



HARVEST HANDBOOK

Fresh Fruits & Vegetable Program

Tailored specifically for the USDA Fruit & Vegetable Program, this guide unveils the prime periods of freshness for a wide range of produce items. It's important to note that this guide highlights the peak freshness moments rather than mere availability, as most of these products remain accessible year-round.

By understanding when each item is at its peak flavor & freshness, kids can embrace the diverse tastes and nutrients that each season brings. Whether it's the crispness of autumn apples or the succulence of summer berries, this guide empowers young minds to make the most of nature's bounty.

≧ SPRING ≦

≧ SUMMER ≦

≧ FALL ≦

≧ WINTER ≦

MAR APR MAY JUN JUL AUG SEPT OCT NOV DEC JAN FEB

FRUIT

Apple & Grape

AUG SEPT OCT

Apple, Evercrisp

AUG SEPT OCT

Apple, Honeycrisp

AUG SEPT OCT

Apple, RubyFrost

AUG SEPT OCT

Apples

AUG SEPT OCT

Apples, Granny Smith

AUG SEPT OCT

Blackberries

AUG SEPT

Blackberry & Grape

AUG SEPT OCT

Blueberry

JUN JUL

Cantaloupe & Honeydew

JUN JUL AUG

Cantaloupe & Watermelon

JUN JUL AUG

Cantaloupe				JUN	JUL	AUG	SEPT	OCT				
Dragon Fruit					JUL	AUG	SEPT					
Fruit Cup (CHG)				JUN	JUL	AUG	SEPT	OCT				
Grapes, Red						AUG	SEPT	OCT				
Grapefruit, Wedges	MAR									DEC	JAN	FEB
Grapes, Black						AUG	SEPT	OCT				
Grapes, Red & White						AUG	SEPT	OCT				
Grapes, Tear Drop						AUG	SEPT	OCT				
Grapes, White						AUG	SEPT	OCT				
Honeydew, Chunk						AUG	SEPT	OCT				
Kiwi, Sliced										DEC	JAN	FEB
Kumquat	MAR	APR									JAN	FEB
Mango, Sliced			MAY	JUN	JUL	AUG	SEPT					
Orange, Wedges	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Oranges, Blood Wedges	MAR										JAN	FEB
Oranges, Cara Cara	MAR	APR								DEC	JAN	FEB
Papaya, Chunk	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Pineapple, Chunk	MAR	APR	MAY	JUN	JUL							
Pineapple, Spear	MAR	APR	MAY	JUN	JUL							
Pineapple, Pink	MAR	APR									JAN	FEB
Plum, Sliced			MAY	JUN	JUL	AUG	SEPT	OCT				
Raspberries				JUN	JUL	AUG	SEPT	OCT	NOV			
Strawberry & Blueberry	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV			
Strawberry & Kiwi	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV			
Strawberry	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV			
Tangerine, Wedges								OCT	NOV	DEC	JAN	
Ugli Fruit, Wedges	MAR											FEB
Watermelon							SEPT	OCT	NOV			

SPRING

SUMMER

FALL

WINTER

MAR APR MAY JUN JUL AUG SEPT OCT NOV DEC JAN FEB

VEGGIE

Jicama, Sticks	MAR	APR						OCT	NOV	DEC	JAN	FEB
Kohlrabi	MAR	APR							NOV	DEC	JAN	FEB
Parsnip, Coins	MAR	APR						OCT	NOV	DEC	JAN	FEB
Peas, Snow		APR	MAY	JUN	JUL	AUG	SEPT					
Peas, Sugar Snap	MAR	APR	MAY				SEPT	OCT	NOV			
Pepper, Mini Sweet.	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Peppers, Green Sliced	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Peppers, Orange Sliced	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Peppers, RG, Sliced	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Peppers, RGY, Sliced	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Peppers, Red Sliced	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Peppers, Yellow Sliced	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Potato, Sweet	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Radish, Coins	MAR	APR	MAY							DEC	JAN	FEB
Radish, Watermelon Coins	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Romanesco, Florets						AUG	SEPT					
Squash, Butternut	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Squash, Yellow Coin				JUN	JUL	AUG				DEC	JAN	FEB
Squash, Zucchini Sliced				JUN	JUL	AUG	SEPT	OCT	NOV			
Tomato, Cherry / Grape	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Tom. Grape & Baby Carrot	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Tomato, Grape	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Tomato, Grape Yellow	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB
Turnip, Wedges	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB

We provide an extensive selection of items beyond what's featured in this guide, including a variety of cuts and combinations! If you don't find what you're looking for here, don't hesitate to inquire with your sales representative or contact us via email at sales@DNOProduce.com.

We're here to help you discover the perfect produce for your needs!