A SEASONAL GUIDE FRESHEALTH TO FRESH PRODUCE

## 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 -
FRUIT	MAR APR MAY	JUN JUL AUG	SEPT OCT NOV	DEC JAN FEB
Apple & Grape		AUG	SEPT OCT	•
Apple, Evercrisp		AUG	SEPT OCT	
Apple, Honeycrisp		AUG	SEPT OCT	9-7-
Apple, RubyFrost		AUG	SEPT OCT	
Apples		AUG	SEPT OCT	
Apples, Granny Smith	2	AUG	SEPT OCT	
Blackberries	5	AUG	SEPT	
Blackberry & Grape		AUG	SEPT OCT	
Blueberry		JUN JUL		
Cantaloupe & Honeydew		JUN JUL AUG		
Cantaloupe & Watermelon		JUN JUL AUG		
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	Cantaloupe				JUN	JUL	AUG	SEPT	ОСТ				
	Dragon Fruit					JUL	AUG	SEPT					
	Fruit Cup (CHG)				JUN	JUL	AUG	SEPT	ОСТ				
	Grapes, Red						AUG	SEPT	ост				
	Grapefruit, Wedges	MAR									DEC	JAN	FEB
	Grapes, Black						AUG	SEPT	ОСТ				
	Grapes, Red & White						AUG	SEPT	ОСТ				
	Grapes, Tear Drop						AUG	SEPT	ОСТ				
	Grapes, White						AUG	SEPT	ост				
	Honeydew, Chunk						AUG	SEPT	ОСТ				
	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	ОСТ	NOV	DEC	JAN	FEB
0	ranges, Blood Wedges	MAR										JAN	FEB
	Oranges, Cara Cara	MAR	APR								DEC	JAN	FEB
5	Papaya, Chunk	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Pineapple, Chunk	MAR	APR	ΜΑΥ	JUN	JUL							
	Pineapple, Spear	MAR	APR	MAY	JUN	JUL							
	Pineapple, Pink	MAR	APR									JAN	FEB
	Plum, Sliced			MAY	JUN	JUL	AUG	SEPT	ост				
21	Raspberries	31	(		JUN	JUL	AUG	SEPT	ОСТ	NOV			
S	trawberry & Blueberry	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV			
	Strawberry & Kiwi	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV			
	Strawberry	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV			
	Tangerine, Wedges					3			ОСТ	NOV	DEC	JAN	
	Ugli Fruit, Wedges	MAR											FEB
	Watermelon							SEPT	ОСТ	NOV			

## >spring = >summer = >fall = >winter =

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

## VEGGIE

	Asparagus, Spears	MAR	APR	MAY	JUN								FEB
A	sparagus, Spears White		APR	ΜΑΥ	JUN								
	Bean, Green				JUN	JUL	AUG	SEPT					
	Beets, Golden Coins	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Beets, Red Coins	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Broccoli & Carrot	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Broccoli & Cauliflower	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Broccoli & Tomato	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Broccoli, Florets	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Broccolini	MAR	APR						ОСТ	NOV	DEC	JAN	FEB
Ca	bbage, Green Chopped	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
C	Cabbage, Red Chopped	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
С	abbage, Shredded G/R	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Carrot, Baby	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Carrot & Celery		APR	MAY	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Carrot & Radish, Coins	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
Co	arrot Coin & Grape Tom.	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Carrot, Coins	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Carrot, Rainbow Coin	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Cauliflower, Florets	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Cauliflower, Rainbow	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Celery & Grape Tomato		APR	MAY	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Celery, Sticks		APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Cucumber, Sliced				JUN	JUL	AUG	SEPT	ОСТ	NOV			
C	Cucumber & Grape Tom.				JUN	JUL	AUG	SEPT	ост	NOV			
	Daikon, Coins	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB

⇒SPRING ← ⇒SUMMER ← ⇒FALL ← ⇒WINTER ←

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

## VEGGIE

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	Jicama, Sticks	MAR	APR						ОСТ	NOV	DEC	JAN	FEB
	Kohlrabi	MAR	APR							NOV	DEC	JAN	FEB
	Parsnip, Coins	MAR	APR						ост	NOV	DEC	JAN	FEB
	Peas, Snow		APR	MAY	JUN	JUL	AUG	SEPT					
	Peas, Sugar Snap	MAR	APR	MAY				SEPT	ОСТ	NOV			
	Pepper, Mini Sweet.	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Peppers, Green Sliced	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Peppers, Orange Sliced	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Peppers, RG, Sliced	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Peppers, RGY, Sliced	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Peppers, Red Sliced	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Peppers, Yellow Sliced	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Potato, Sweet	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Radish, Coins	MAR	APR	ΜΑΥ							DEC	JAN	FEB
Rc	adish, Watermelon Coins	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Romanesco, Florets						AUG	SEPT					
-	Squash, Butternut	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
	Squash, Yellow Coin				JUN	JUL	AUG				DEC	JAN	FEB
	Squash, Zucchini Sliced				JUN	JUL	AUG	SEPT	ОСТ	NOV			
7 -	Tomato, Cherry / Grape	MAR	APR	ΜΑΥ	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC	JAN	FEB
То	m. Grape <mark>&amp; Baby</mark> Carrot	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Tomato, Grape	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Tomato, Grape Yellow	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
	Turnip, Wedges	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB
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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!