



# SUMMER FRUITS & VEGETABLES

Fruits and vegetables that are grown and harvested in a particular season tend to be fresher and less expensive than produce out of season. The following are common summer produce.

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|------------------|----------------------------|
| ■ Apples         | ■ Garlic                   |
| ■ Apricots       | ■ Green Beans              |
| ■ Avocado        | ■ Honeydew Melon           |
| ■ Bananas        | ■ Kiwifruit                |
| ■ Beets          | ■ Lima Beans               |
| ■ Bell Peppers   | ■ Mangos                   |
| ■ Blackberries   | ■ Nectarines               |
| ■ Blueberries    | ■ Okra                     |
| ■ Carrots        | ■ Peaches                  |
| ■ Cantaloupe     | ■ Plums                    |
| ■ Celery         | ■ Raspberries              |
| ■ Cherries       | ■ Strawberries             |
| ■ Collard Greens | ■ Summer Squash & Zucchini |
| ■ Corn           | ■ Tomatillos               |
| ■ Cucumbers      | ■ Tomatoes                 |
| ■ Eggplant       | ■ Watermelon               |

## SEASONAL PRODUCE

Note: Some of these may not be available at Bloomington's Farmers Market, and Bloomington's Farmers' Market may have additional items not listed above.

Source: <https://snaped.fns.usda.gov/seasonal-produce-guide>