<table>
<thead>
<tr>
<th>January</th>
<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fiber Focus Month&lt;br&gt;9 – National Apricot Day&lt;br&gt;15 – National Fresh Squeezed Juice Day</td>
<td>Grapefruit Month&lt;br&gt;National Cherry Month&lt;br&gt;National Grapefruit Month&lt;br&gt;National Hot Breakfast Month&lt;br&gt;Potato Lover’s Month&lt;br&gt;Sweet Potato Month</td>
<td>National Agriculture Week&lt;br&gt;National Frozen Food Month&lt;br&gt;National Nutrition Month&lt;br&gt;National School Breakfast Week&lt;br&gt;11 – Johnny Appleseed Day&lt;br&gt;20 – National Agriculture Day&lt;br&gt;31 – Oranges and Lemons Day</td>
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<tr>
<td>April</td>
<td>May</td>
<td>June</td>
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<td>Florida Tomato Month&lt;br&gt;Garden Month&lt;br&gt;National Pecan Month&lt;br&gt;Soyfoods Month&lt;br&gt;2 – Sweet Potato Day&lt;br&gt;6 – Fresh Tomato Day</td>
<td>International Pickle Week&lt;br&gt;Salad Month&lt;br&gt;Salsa Month&lt;br&gt;Strawberry Month</td>
<td>Fresh Fruit and Vegetable Month&lt;br&gt;Papaya Month&lt;br&gt;9 – Gazpacho Aficionado Time</td>
</tr>
<tr>
<td>In-Season Fruits and Vegetables&lt;br&gt;Asparagus ~ Lettuce ~ Onions ~ Peas ~ Spinach</td>
<td>In-Season Fruits and Vegetables&lt;br&gt;Apples ~ Asparagus ~ Beans ~ Berries&lt;br&gt;Cabbage ~ Carrots ~ Cherries ~ Eggplant&lt;br&gt;Garlic ~ Horseradish ~ Leeks ~ Lettuce&lt;br&gt;Melons ~ Nectarines ~ Okra ~ Onions&lt;br&gt;Peaches ~ Peas ~ Plums ~ Potatoes&lt;br&gt;Radishes ~ Rhubarb ~ Spinach ~ Squash ~ Strawberries</td>
<td>In-Season Fruits and Vegetables&lt;br&gt;Apple ~ Asparagus ~ Beans ~ Berries&lt;br&gt;Cabbage ~ Carrots ~ Cherries ~ Eggplant&lt;br&gt;Garlic ~ Horseradish ~ Leeks ~ Lettuce&lt;br&gt;Melons ~ Nectarines ~ Okra ~ Onions&lt;br&gt;Peaches ~ Peas ~ Plums ~ Potatoes&lt;br&gt;Radishes ~ Rhubarb ~ Spinach ~ Squash ~ Strawberries ~ Tomatoes ~ Turnips</td>
</tr>
<tr>
<td>July</td>
<td>August</td>
<td>September</td>
</tr>
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</tr>
</tbody>
</table>
| Baked Beans Month  
Blueberry Month  
National Culinary Arts Month  
National Salad Week  
Pickle Month | Get Acquainted with Kiwifruit Month  
National Peach Month  
3 – Watermelon Day  
8 – Sneak Some Zucchini Onto Your Neighbor's Porch Night  
29 – More Herb, Less Salt Day | Better Breakfast Month  
Ethnic Food Month  
National 5 A Day Month  
National Apple Month (until November)  
Organic Harvest Month  
Potato Months  
29 – Blackberries Day |
| **In-Season Fruits and Vegetables**  
Apples ~ Artichokes ~ Beans ~ Beets  
Bell Peppers ~ Berries ~ Broccoli  
Cabbage ~ Carrots ~ Cherries ~ Corn  
Eggplant ~ Garlic ~ Grapes ~ Horseradish  
Leeks ~ Melons ~ Nectarines ~ Okra  
Onions ~ Peaches ~ Peas ~ Plums  
Potatoes ~ Radish ~ Rhubarb ~ Squash  
Tomatoes ~ Turnips ~ Zucchini | **In-Season Fruits and Vegetables**  
Apples ~ Artichokes ~ Beans ~ Beets  
Bell Peppers ~ Berries ~ Broccoli ~ Carrots  
Cauliflower ~ Corn ~ Cucumbers  
Eggplant ~ Garlic ~ Grapes ~ Horseradish  
Herbs ~ Leeks ~ Lettuce ~ Melons  
Nectarines ~ Okra ~ Onions ~ Peaches  
Peas ~ Plums ~ Potatoes ~ Pumpkin  
Radish ~ Rhubarb ~ Squash  
Sweet Potatoes ~ Tomatoes  
Turnips ~ Zucchini | **In-Season Fruits and Vegetables**  
Apples ~ Bell Peppers ~ Beets ~ Broccoli  
Cabbage ~ Carrots ~ Cauliflower ~ Corn  
Cucumbers ~ Eggplant ~ Garlic ~ Grapes  
Herbs ~ Horseradish ~ Lettuce ~ Melons  
Nectarines ~ Okra ~ Onions ~ Peaches  
Peas ~ Plums ~ Potatoes ~ Pumpkins  
Radishes ~ Rhubarb ~ Spinach  
Sweet Potatoes ~ Squash ~ Tomatoes  
Turnips ~ Zucchini |
| October       | November                                    | December                                    |
| National School Lunch Week  
Peanuts Month  
Spinach Lovers Month  
Vegetarian Month  
1 – World Vegetarian Day  
16 – World Food Day | Good Nutrition Month  
National Fig Week  
National Split Pea Soup Week  
Thanksgiving | Christmas  
New Year’s Eve |
| **In-Season Fruits and Vegetables**  
Apples ~ Bell Peppers ~ Cabbage  
Cauliflower ~ Corn ~ Cucumbers  
Eggplant ~ Garlic ~ Grapes ~ Greens  
Herbs ~ Horseradish ~ Lettuce ~ Okra  
Onions ~ Peas ~ Plums ~ Potatoes  
Sweet Potatoes ~ Pumpkins ~ Radishes  
Rhubarb ~ Spinach ~ Squash ~ Tomatoes  
Turnips ~ Beets ~ Broccoli | **In-Season Fruits and Vegetables**  
Apples ~ Bell Peppers ~ Cabbage ~ Garlic  
Greens ~ Horseradish ~ Onions ~ Peas  
Potatoes ~ Sweet Potatoes ~ Spinach  
Squash ~ Pumpkins |