





































Florida Produce

Seasonal Availability Calendar

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|  Avocado | | | | | | | | | | | | |
|  Bell Pepper | | | | | | | | | | | | |
|  Blackberry | | | | | | | | | | | | |
|  Blueberry | | | | | | | | | | | | |
|  Broccoli | | | | | | | | | | | | |
|  Cabbage | | | | | | | | | | | | |
|  Cantaloupe | | | | | | | | | | | | |
|  Carrot | | | | | | | | | | | | |
|  Cauliflower | | | | | | | | | | | | |
|  Celery | | | | | | | | | | | | |
|  Cilantro | | | | | | | | | | | | |
|  Collard Greens | | | | | | | | | | | | |
|  Cucumber | | | | | | | | | | | | |
|  Eggplant | | | | | | | | | | | | |
|  Endive | | | | | | | | | | | | |
|  Escarole | | | | | | | | | | | | |
|  Grapefruit | | | | | | | | | | | | |
|  Lettuce | | | | | | | | | | | | |
|  Mango | | | | | | | | | | | | |
|  Mushroom | | | | | | | | | | | | |
|  Orange | | | | | | | | | | | | |
|  Peach | | | | | | | | | | | | |
|  Peanut | | | | | | | | | | | | |
|  Pineberry | | | | | | | | | | | | |
|  Potato | | | | | | | | | | | | |
|  Radish | | | | | | | | | | | | |
|  Snap Beans | | | | | | | | | | | | |
|  Spinach | | | | | | | | | | | | |
|  Squash | | | | | | | | | | | | |
|  Strawberry | | | | | | | | | | | | |
|  Sweet Corn | | | | | | | | | | | | |
|  Tangerine | | | | | | | | | | | | |
|  Tomato | | | | | | | | | | | | |
|  Watermelon | | | | | | | | | | | | |




















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 IN SEASON
  NOT IN SEASON



Florida Seafood

Seasonal Availability Calendar

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|  Alligator | | | | | | | | | | | | |
|  Blue Crab | | | | | | | | | | | | |
|  Clams | | | | | | | | | | | | |
|  Flounder | | | | | | | | | | | | |
|  Grouper | | | | | | | | | | | | |
|  King Mackerel | | | | | | | | | | | | |
|  Mahi-Mahi | | | | | | | | | | | | |
|  Mullet | | | | | | | | | | | | |
|  Mullet Roe | | | | | | | | | | | | |
|  Oysters | | | | | | | | | | | | |
|  Pompano | | | | | | | | | | | | |
|  Snapper | | | | | | | | | | | | |
|  Shrimp | | | | | | | | | | | | |
|  Spanish Mackerel | | | | | | | | | | | | |
|  Spiny Lobster | | | | | | | | | | | | |
|  Stone Crab Claws | | | | | | | | | | | | |
|  Swordfish | | | | | | | | | | | | |
|  Tilefish | | | | | | | | | | | | |
|  Yellowfin Tuna | | | | | | | | | | | | |

 HEAVY
  MODERATE
  LIGHT
  NOT AVAILABLE

"FRESH FROM FLORIDA" IS ALWAYS IN SEASON



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