



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												




















FreshFromFlorida.com

 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

FreshFromFlorida.com