

EAT THE SEASONS



A SEASONAL PRODUCE GUIDE FOR THE PASO DEL NORTE REGION

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLE												
APRICOT												
ARTICHOKE												
ASPARAGUS												
BEANS												
BEETROOT												
CABBAGE												
CARROT												
CAULIFLOWER												
CHARD												
CHERRY												
CHILE												
CUCUMBER												
CORN												
EGGPLANT												
FIG												
GARLIC												
GRAPE												
LETTUCE												
MELON												
NECTARINE												
OKRA												
ONION												
ORANGE												
PEACH												
PEAR												
PEAS												
PEPPER												
PLUM												
POTATO												
PUMPKIN												
RADISH												
SPINACH												
STRAWBERRY												
SWEET POTATO												
TOMATILLO												
TOMATO												
TURNIP												
ZUCCHINI												