

Rooted in Wellness

Family Fruit + Vegetable Initiative

YEAR-ROUND

FRUITS

VEGETABLES

- Apples
- Bananas
- Grapes
- Kiwi
- Lemons
- Limes
- Oranges

- Cabbage
- Carrots
- Garlic
- Green Bell Peppers
- Onions
- Potatoes
- Spinach

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

FRUITS

- Avocado
- Carambola (Starfruit)
- Grapefruit
- Guava
- Tangerine

- Avocado
- Carambola (Starfruit)
- Grapefruit
- Guava
- Tangerine
- Orange

- Avocado
- Carambola (Starfruit)
- Grapefruit
- Orange
- Passionfruit
- Tangerine

- Grapefruit
- Orange
- Tangerine
- Strawberry
- Passionfruit
- Guava

VEGETABLES

- Okra
- Mushrooms
- Peanuts
- Squash
- Hot Peppers

- Cucumber
- Tomato
- Squash
- Okra
- Mushrooms

- Bell Pepper
- Eggplant
- Cucumber
- Sweet Corn
- Snap Beans
- Radish

- Bell Pepper
- Cauliflower
- Cabbage
- Lettuce
- Celery
- Tomato



SEASONAL