



CUESA



CULTIVATING A HEALTHY
FOOD SYSTEM

Fruit & Nut Seasonality Chart

The following chart represents general produce availability at the Ferry Plaza Farmers Market in San Francisco. Keep in mind that every year is different, and individual varieties have different harvest times. If you are outside of Northern California, this chart might not apply to your growing region. Learn more at www.cuesa.org.

 **Dark:** In season  **Light:** In the market but not within its natural harvest season (i.e., cold storage or hot house production)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Almonds	Light	Light	Light	Light	Light	Light	Light	Dark	Dark	Dark	Dark	Light
Apples	Light	Light	Light	Light	Light	Light	Light	Dark	Dark	Dark	Dark	Light
Apricots					Dark	Dark	Dark					
Apriums					Dark	Dark						
Asian pears	Light	Light	Light	Light					Dark	Dark	Dark	Light
Avocados		Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	
Blackberries					Dark	Dark	Dark	Dark	Dark	Dark		
Blueberries					Dark	Dark	Dark	Dark				
Boysenberries						Dark	Dark					
Cactus pears					Dark	Dark	Dark	Dark	Dark	Dark	Dark	
Cherimoyas	Dark	Dark	Dark	Dark							Dark	Dark
Cherries				Dark	Dark	Dark	Dark					
Chestnuts									Dark	Light	Light	Light
Citrons	Dark										Dark	Dark
Dates	Light	Light	Light	Light	Light	Light	Light	Light	Dark	Dark	Dark	Light
Feijoas											Dark	Dark
Figs						Dark	Dark		Dark	Dark		
Grapefruits	Dark	Dark	Dark	Dark								Dark
Grapes							Dark	Dark	Dark	Dark	Dark	Dark
Guavas											Dark	Dark
Jujubes									Dark	Dark		
Kiwis	Light	Light	Light						Dark	Dark	Dark	Dark
Kumquats	Dark	Dark	Dark	Dark						Dark	Dark	Dark
Lemons	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Limes	Dark	Dark	Dark	Dark						Dark	Dark	Dark
Loquats					Dark	Dark						
Mandarins	Dark	Dark	Dark	Light	Light	Light					Dark	Dark
Melons						Dark	Dark	Dark	Dark	Dark		

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Mulberries							█	█				
Nectarines					█	█	█	█	█	█		
Oranges	█	█	█	█	█	█	█	█	█	█	█	█
Peaches					█	█	█	█	█	█		
Peanuts							█	█				
Pears	█	█	█	█				█	█	█	█	█
Pecans	█	█	█	█	█	█	█	█	█	█	█	█
Persimmons	█	█	█						█	█	█	█
Pistachios	█	█	█	█	█	█	█	█	█	█	█	█
Plums					█	█	█	█	█	█	█	
Pluots					█	█	█	█	█			
Pomegranates									█	█	█	█
Pomelos	█	█	█	█							█	█
Quinces									█	█	█	
Raspberries					█	█	█	█	█	█	█	
Rhubarb				█	█	█	█					
Strawberries			█	█	█	█	█	█	█	█	█	
Tayberries						█	█	█				
Tomatoes			█	█	█	█	█	█	█	█	█	
Walnuts	█	█	█	█	█	█	█	█	█	█	█	█

Please contact CUESA (Center for Urban Education about Sustainable Agriculture) at info@cuesa.org before reproducing or distributing this chart.