

Harvest times vary depending on the climate. Use this map and chart to see when fruits and vegetables are being harvested where you live.

Arizona



-  Warm Climate
-  Cool Climate



Buy fresh fruits and vegetables in season when flavor and price are the best!

This material was funded by the USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-352-8401. This institution is an equal opportunity provider and employer. ADHS 1/11

