



**FORD'S
PRODUCE CO.**

"Fresh Fruits & Vegetables are Better!"®

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PRODUCE AVAILABILITY GUIDE

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples												
Apricots												
Arugula												
Artichokes												
Asian Pears												
Asparagus												
Atemoya												
Avocados												
Baby Carrots												
Baby Corn												
Baby Eggplant												
Baby Lettuce												
Baby Squash												
Bananas												
Beans, Snap												
Beets												
Belgian Endive												
Bitter Melons												
Blackberries												
Blood Oranges												
Blueberries												
Boc Choy												
Boniato												
Boston/Bibb												
Breadfruit												
Broccoli												
Brussels Sprouts												
Burro Banana												
Cabbage												
Calabaza												
Cantaloupes												
Carambola (Starfruit)												
Cardoon												
Carrots												
Cassava (Yuca)												
Cauliflower												
Celeriac (Celery Root)												
Celery												
Chayotes												

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Cherimoyas												
Cherries												
Cherry Rhubarb												
Chili Peppers												
Chinese Long Beans												
Cilantro												
Collards												
Corn												
Cucumbers												
Daikon												
Dates												
Dried Tomatoes												
Eggplant												
Eggs												
Endive												
Escarole												
Fava Beans												
Feijoa												
Fennel												
Fiddlehead Fern												
Figs												
Flowering Kale												
Garlic												
Ginger Root												
Grapefruit												
Grapes												
Greens (Turnip, Mustard)												
Guava												
Herbs, Fresh (Thyme, Sage, Basil, Rosemary)												
Honeydews												
Horseradish Root												
Japanese Cucumbers												
Jerusalem Artichokes												
Jicama												
Kale												
Kiwano												
Kiwifruit												
Kohlrabi												

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Kumquat												
Leeks												
Lemons												
Lemon Grass												
Lettuce, Iceberg												
Lettuce, Leaf, Green, Red												
Limes												
Longan Fruit												
Loquat												
Lychee												
Malanga												
Mamey Sapote												
Melons, Various												
Mushrooms												
Mushrooms, Chanterelle												
Mushrooms, Enoki												
Mushrooms, Morel												
Mushrooms, Oyster												
Mushrooms, Porcini												
Mushrooms, Shiitake												
Mushrooms, Woodear												
Napa												
Nectarines												
Nopales (Cactus Pads)												
Okra												
Onions, Dry Globe												
Onions, Green												
Oranges												
Papayas												
Passion Fruit (Granadilla)												
Peaches												
Pearl Onions												
Pears												
Peas, Green												
Pepino Melons												
Peppers, Sweet												
Pineapples												
Plantains												
Plums												

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Potatoes												
Prickly Pears												
Pummelos												
Pumpkins												
Quince												
Radicchio												
Radishes												
Ramps / Wild Leeks												
Rapini (Broccoli Rabe)												
Raspberries												
Red Bananas												
Romaine												
Salsify (Oyster Plant)												
Shallots												
Snow Peas												
Sorrel												
Spinach												
Sprouts (Alfalfa, Bean)												
Squash, Summer												
Squash, Winter												
Strawberries												
Sugar Snap Peas												
Sunchokes (Jerusalem Artichoke)												
Sweet Potatoes												
Swiss Chard												
Tamarillos												
Tamarinds												
Tangerines												
Taro Root												
Tomatillos												
Tomatoes												
Water Chestnuts												
Watercress												
Watermelons												
White Sapote												

PEAK
 AVAILABLE LOCALLY
 AVAILABLE
 NOT AVAILABLE