



# *we support* Harvest of the Month™

San Diego's seasonal produce helps communities maintain healthy lifestyle habits.

| <i>January</i>                                                                      | <i>February</i>                                                                     | <i>March</i>                                                                          | <i>April</i>                                                                          |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |
| Salad Greens                                                                        | Citrus                                                                              | Cooked Greens                                                                         | Cucumbers                                                                             |
| <i>May</i>                                                                          | <i>June</i>                                                                         | <i>July</i>                                                                           | <i>August</i>                                                                         |
|  |  |  |  |
| Strawberries                                                                        | Stone Fruits                                                                        | Avocados                                                                              | Melons                                                                                |
| <i>September</i>                                                                    | <i>October</i>                                                                      | <i>November</i>                                                                       | <i>December</i>                                                                       |
|  |  |  |  |
| Peppers                                                                             | Grapes                                                                              | Root Vegetables                                                                       | Apples                                                                                |



For CalFresh information, call 2-1-1. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.