



**we support**



# Harvest of the Month™

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

<p><i>January</i></p>  <p>Grapefruit &amp; Salad Greens</p>	<p><i>February</i></p>  <p>Beets &amp; Mandarin</p>	<p><i>March</i></p>  <p>Cooked Greens &amp; Kiwi</p>	<p><i>April</i></p>  <p>Cucumbers &amp; Berries</p>
<p><i>May</i></p>  <p>Strawberries &amp; Carrots</p>	<p><i>June</i></p>  <p>Peaches &amp; Corn</p>	<p><i>July</i></p>  <p>Plums &amp; Avocado</p>	<p><i>August</i></p>  <p>Green Beans &amp; Melon</p>
<p><i>September</i></p>  <p>Pears &amp; Pepper</p>	<p><i>October</i></p>  <p>Grapes &amp; Zucchini</p>	<p><i>November</i></p>  <p>Persimmon &amp; Root Vegetables</p>	<p><i>December</i></p>  <p>Apples &amp; Winter Squash</p>