

**We Support**



**Harvest  
of the  
Month™**

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

*Fall*

*September, October, November*



Dried Fruits



Persimmon



Grapes



Peppers



Tomatoes



Root Vegetables

*Winter*

*December, January, February*



Beets



Apples



Citrus



Salad Greens



Winter Squash



Kiwi

*Spring*

*March, April, May*



Strawberries



Berries



Grapefruit



Cucumber



Cooked Greens



Peas

*Summer*

*June, July, August*



Melon



Stone Fruit



Watermelon



Summer Squash



Avocado



Beans

For more information and resources on Harvest of the Month, please visit [ucsdcommunityhealth.org/work/school-wellness](https://ucsdcommunityhealth.org/work/school-wellness).

