



Faith-Based Wellness

Harvest of the Season

San Diego’s seasonal produce helps faith communities maintain healthy lifestyles.

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



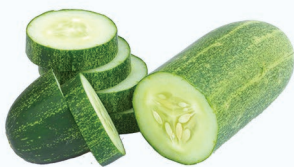
Strawberries



Berries



Grapefruit



Cucumber



Cooked Greens



Peas

Summer

June, July, August



Melon



Stone Fruit



Watermelon



Summer Squash



Avocado



Beans



The Faith-Based Wellness Program is a program of Live Well San Diego: Healthy Works and implemented by UCSD Center for Community Health. This work supports Live Well San Diego, the County's vision for a region that is Building Better Health, Living Safely, and Thriving. For CalFresh information, call 2-1-1. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CalChampionsForChange.net for healthy tips.

