

The Colors and Peak Seasons for Fruits and Vegetables

GREEN				
	Spring	Summer	Fall	Winter
Fruits				
Apples, Granny Smith	x	x	x	x
Avocados	x	x	x	x
Grapes, green (Thompson or Perlette)	x	x	x	x
Honeydew			x	x
Kiwifruit	x	x	x	x
Limes	x	x	x	x
Pears, Anjou	x		x	x
Pears, Comice			x	x
Pears, Packham	x	x		
Vegetables				
Artichokes	x		x	
Arugula	x	x	x	x
Asparagus	x			
Beans, green		x		
Beet greens		x	x	
Bok choy	x	x	x	x
Broccoflower			x	x
Broccoli	x		x	x
Broccoli raab	x		x	x
Broccoli romanesco			x	x
Brussels sprouts				x
Cabbage, Chinese	x	x	x	x
Cabbage, green	x	x	x	x
Celery	x	x	x	x
Chayote squash	x		x	x
Chives	x	x	x	x
Collard greens	x		x	x
Cucumbers		x		
Dandelion greens	x			
Endive, curly	x			x
Herbs, all fresh	x	x	x	x
Kale			x	x
Leeks	x		x	x

GREEN (cont.)				
	Spring	Summer	Fall	Winter
Vegetables (cont.)				
Lettuce, all	x	x	x	x
Mâche	x	x	x	x
Mizuna	x	x	x	x
Mustard greens	x			x
Okra		x		
Onions, green	x	x	x	x
Parsley	x	x	x	x
Peas, fresh	x			
Peas, snow	x	x		
Peas, sugar snap	x	x		
Peppers, green bell	x	x		
Sorrel		x	x	
Spinach	x	x	x	x
Sprouts, alfalfa and sunflower	x	x	x	x
Swiss chard, green		x	x	
Tomatillos	x	x	x	x
Turnip greens	x		x	x
Watercress	x	x	x	x
Zucchini	x	x		
YELLOW and ORANGE				
Fruits				
Apricots, dried	x	x	x	x
Apricots, fresh	x	x		
Bananas, red	x	x	x	x
Cantaloupe		x	x	
Carambola (star fruit)		x	x	x
Figs, Calimyrna, dried	x	x	x	x
Figs, Calimyrna, fresh		x		
Grapefruit	x			x
Kumquats	x			x
Lemons	x	x		
Lemons, Meyer			x	x
Mangoes	x	x	x	x

YELLOW and ORANGE (cont.)

Fruits (cont.)	Spring	Summer	Fall	Winter
Nectarines	x	x		
Oranges	x		x	x
Papayas	x	x	x	x
Peaches	x	x		
Pears, Bartlett			x	x
Persimmons			x	x
Pineapple	x	x		
Quince			x	x
Tamarind	x	x		
Tangelos				x
Tangerines	x			x
Ugli fruit	x			x
Vegetables				
Carrots	x		x	x
Corn		x	x	
Mushrooms, chanterelle	x	x	x	
Onions, yellow	x	x	x	
Peppers, yellow bell		x	x	
Potatoes, fingerling	x		x	x
Potatoes, Yellow Finn		x	x	
Potatoes, Yukon gold		x	x	
Rutabagas	x		x	x
Summer squash, yellow	x	x		
Sweet potatoes			x	x
Sweet potatoes, Japanese	x		x	x
Tomatoes, yellow		x	x	
Winter squash			x	x
Yams			x	x
Zucchini, golden	x	x		
RED				
Fruits				
Apples	x		x	x
Blood oranges	x		x	x
Cherries		x		

RED (cont.)

Fruits (cont.)	Spring	Summer	Fall	Winter
Cranberries			x	x
Grapefruit, pink or red	x			x
Grapes, red (Flame, Tokay)	x	x	x	x
Guava, red-fleshed	x			x
Pears, Red Bartlett			x	x
Plums, El Dorado, Laroda		x	x	
Pomegranates			x	x
Raspberries	x	x		
Strawberries	x	x		
Watermelon		x		
Vegetables				
Beets		x	x	
Onions, red	x	x		
Peppers, red bell		x		
Potatoes, red			x	
Radicchio				x
Radishes	x			
Rhubarb	x	x		
Tomatoes		x	x	
WHITE				
Fruits				
Bananas	x	x	x	x
Dates, dried	x	x	x	x
Dates, fresh			x	
Figs, brown Turkey	x			x
Lychees		x	x	
Nectarines, white	x	x		
Peaches, Babcock	x	x		
Pears, Bosc	x		x	x
Plaintains	x	x	x	x
Vegetables				
Burdock	x	x	x	x
Cauliflower			x	x
Celery root	x		x	x

WHITE (cont.)				
Vegetables (cont.)	Spring	Summer	Fall	Winter
Corn, white		x	x	
Daikon			x	x
Endive, Belgian	x			x
Fennel bulb	x		x	x
Garlic	x	x	x	x
Ginger	x	x	x	
Jerusalem artichokes			x	x
Jicama	x		x	x
Kohlrabi		x		
Lotus root		x	x	x
Mushrooms, beech	x	x	x	x
Mushrooms, button	x	x	x	x
Mushrooms, crimini	x	x	x	x
Mushrooms, enoki	x	x	x	x
Mushrooms, portobello	x	x	x	x
Mushrooms, shiitake	x	x	x	x
Onions	x	x	x	
Parsley root				x
Parsnips			x	x
Potatoes, new	x	x		
Potatoes, russet	x		x	x
Shallots	x			
Sprouts, mung bean	x	x	x	x
Taro root	x	x	x	x
Turnips	x		x	x

BLUE or PURPLE				
Fruits	Spring	Summer	Fall	Winter
Blackberries		x	x	
Black currants		x		
Blueberries		x	x	
Elderberries		x	x	
Figs, black Mission, dried	x	x	x	x
Figs, black Mission, fresh	x	x	x	
Grapes, purple (Ribier)	x	x	x	x
Passion fruit		x	x	x
Plums		x		
Prunes	x	x	x	x
Raisins	x	x	x	x
Vegetables				
Cabbage, red or purple	x	x	x	x
Carrots, purple	x	x	x	x
Eggplant		x	x	
Mushrooms, black trumpet			x	x
Mushrooms, morel	x			
Potatoes, purple			x	
Salsify, black			x	x