



Fresh Fruit & Vegetable Program

Florida Harvesting Calendar

JANUARY

Healthy Weight Week

Avocado	Celery	Okra	Squash
Bell Pepper	Eggplant	Orange	Strawberry
Broccoli	Grapefruit	Passion	Sweet Corn
Cabbage	Guava	Fruit	Tangerine
Carambola	Lettuce	Radish	Tomato
Cauliflower	Mushroom	Snap Bean	

FEBRUARY

*National Grapefruit Month
National Strawberry Day - 2/27*

Bell Pepper	Eggplant	Orange	Strawberry
Broccoli	Grapefruit	Papaya	Sweet Corn
Cabbage	Guava	Radish	Tangerine
Carambola	Lettuce	Potato	Tomato
Cauliflower	Mushroom	Snap Bean	
Celery	Okra	Squash	

MARCH

National Nutrition Month

Bell Pepper	Cucumber	Okra	Spinach
Broccoli	Eggplant	Orange	Squash
Cabbage	Grapefruit	Papaya	Strawberry
Carambola	Guava	Potato	Sweet Corn
Cauliflower	Lettuce	Radish	Tangerine
Celery	Mushroom	Snap Bean	Tomato

APRIL

Florida Tomato Month

Bell Pepper	Celery	Okra	Squash
Blueberry	Cucumber	Orange	Strawberry
Cabbage	Eggplant	Papaya	Sweet Corn
Cantaloupe	Grapefruit	Potato	Tangerine
Carambola	Guava	Radish	Tomato
Carrot	Lettuce	Snap Bean	Watermelon
Cauliflower	Mushroom	Spinach	

MAY

National Salad Month

Bell Pepper	Cucumber	Orange	Tangerine
Blueberry	Eggplant	Potato	Tomato
Cabbage	Grapefruit	Radish	Watermelon
Cantaloupe	Guava	Snap Bean	
Carrot	Mushroom	Squash	
Celery	Okra	Sweet Corn	

JUNE

*National Fresh Fruit and Vegetable Month
Remember to use your funds by June 30!*

Avocado	Guava	Okra	Sweet Corn
Cantaloupe	Mushroom	Orange	Tomato
Eggplant	Mango	Potato	Watermelon

JULY

FFVP Begins. If needing to purchase equipment, contact FFVP coordinator

Avocado	Guava	Mushroom	Watermelon
Carambola	Mango	Okra	

AUGUST

National Zucchini Day - 8/8

Avocado	Guava	Mushroom	Okra
Carambola			

SEPTEMBER

*Fruits & Veggies - More Matters Month
1st Quarter Funds Must be Used*

Avocado	Grapefruit	Mushroom	Orange
Carambola	Guava	Okra	Tangerine

OCTOBER

National Farm to School Month

Avocado	Grapefruit	Okra	Sweet Corn
Carambola	Guava	Orange	Tangerine
Cucumber	Mushroom	Squash	Tomato

NOVEMBER

World Diabetes Day - 11/14

Avocado	Eggplant	Orange	Sweet Corn
Bell Pepper	Grapefruit	Radish	Tangerine
Carambola	Guava	Snap Bean	Tomato
Cucumber	Mushroom	Squash	

DECEMBER

Root Vegetables Month

Avocado	Celery	Lettuce	Strawberry
Bell Pepper	Cucumber	Orange	Sweet Corn
Cabbage	Eggplant	Radish	Tangerine
Carambola	Grapefruit	Snap Bean	Tomato
Cauliflower	Guava	Squash	

DATES TO REMEMBER

July 1: FFVP begins. If needing to purchase equipment, contact FFVP coordinator.

September 30: 1st quarter funds must be used.

June 30: 2nd quarter funds must be used. FFVP ends.



This institution is an equal opportunity provider.

Florida Department of Agriculture and Consumer Services