

Seasonal Food Guide Summer

Below is a list of some of the foods that are in season during Summer! Something to keep in mind is that the foods that are in season do vary by region. I always recommend stopping at the local farmer's market if you have one near you to get familiar with what food is grown in your area and to support your local community. You can also use the [Seasonal Food Guide](#) and search by your state of residence for more information on what food is grown in different times of the year.

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Vegetables



Beets



Bell Peppers



Black Eyed Peas



Bok Choy



Carrots



Celery



Cucumbers



Eggplant



Garlic



Green Beans



Leeks



Lima Beans



Okra



Tomatoes



Zucchini

Fruits



Apples



Apricots



Blackberries



Blueberries



Cantaloupe



Cherries



Figs



Grapes



Melons



Mango



Peaches



Plums



Raspberries



Strawberries



Watermelon

Sources:

- Seasonal Food Guide. Accessed March 13, 2023. <https://www.seasonalfoodguide.org/why-eat-seasonally>
- Seasonal Produce Guide. SNAP Education Connection. Accessed March 13, 2023. <https://snaped.fns.usda.gov/seasonal-produce-guide>