



# Fresh Fruit and 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

#### 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.





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### JULY

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

- Avocado
- Carambola
- Guava
- Mango
- Mushroom
- Okra
- Watermelon

### AUGUST

*National Zucchini Day - 8/8*

- Avocado
- Carambola
- Guava
- Mushroom
- Okra

### SEPTEMBER

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

- Avocado
- Carambola
- Grapefruit
- Guava
- Mushroom
- Okra
- Orange
- Tangerine

### OCTOBER

*National Farm to School Month*

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

### NOVEMBER

*World Diabetes Day - 11/14*

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

### DECEMBER

*Root Vegetables Month*

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

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