

What's in Season					When to Choose Organic		
SPRING	SUMMER	FALL	WINTER	YEAR ROUND	DIRTY DOZEN	MODERATE CONTAMINATION	LEAST CONTAMINATION
Apricots	Apricots	Acorn Squash	Belgian Endive	Apples	Peaches	Carrots	Papaya
Artichokes	Beets	Belgian Endive	Brussels Sprouts	Avocados	Strawberries	Green beans	Kiwi
Asparagus	Bell Peppers	Broccoli	Cherimoya	Bananas	Apples	Hot peppers	Bananas
Belgian Endive	Blackberries	Brussels Sprouts	Chestnuts	Bell Peppers	Spinach	Oranges	Broccoli
Broccoli	Blueberries	Butter Lettuce	Collard Greens	Bok Choy	Nectarines	Apricots	Onions
Butter Lettuce	Boysenberries	Butternut Squash	Dates	Broccoflower	Celery	Cucumbers	Asparagus
Chayote Squash	Butter Lettuce	Cape Gooseberries	Grapefruit	Broccolini	Pears	Tomatoes	Peas
Cherimoya	Cantaloupe	Cauliflower	Kale	Cabbage	Cherries	Collard greens	Mango
Chives	Casaba Melon	Celery Root	Kiwifruit	Carrots	Potatoes	Grapes (domestic)	Cauliflower
Collard Greens	Chayote Squash	Chayote Squash	Leeks	Celery	Bell peppers	Turnip greens	Pineapple
Corn	Cherries	Cranberries	Oranges	Coconut	Raspberries	Honeydew melon	Avocado
English Peas	Cherries, Sour	Diakon Radish	Passion Fruit	Leek	Grapes (imported)	Lettuce	Corn
Fava Beans	Corn	Garlic	Pear	Lemons		Kale	
Fennel	Crenshaw Melon	Ginger	Persimmons	Lettuce		Mushrooms	
Fiddlehead Ferns	Cucumbers	Grapes	Pummelo	Mushrooms		Cantaloupe	
Green Beans	Eggplant	Guava	Radicchio	Onions		Sweet potatoes	
Honeydew	Figs	Huckleberries	Red Currants	Papayas		Grapefruit	
Mango	Garlic	Jalapeno Peppers	Sweet Potatoes	Parsnips		Winter squash	
Morel Mushrooms	Grapefruit	Kohlrabi	Tangerines	Pearl Onions		Blueberries	
Mustard Greens	Grapes	Kumquats	Turnips	Potatoes		Watermelon	
Oranges	Green Beans	Mushrooms	Winter Squash	Rutabagas		Plums	
Limes	Honeydew Melons	Passion Fruit				Tangerines	
Lychee	Jalapeno Peppers	Pear				Cabbage	
Pea Pods	Lima Beans	Persimmons					
Pineapple	Limes	Pineapple					
Ramps	Loganberries	Pomegranate					
Rhubarb	Lychee	Pumpkin					
Snow Peas	Nectarines	Quince					
Sorrel	Olallieberries	Sweet Potatoes					
Spinach	Okra	Swiss Chard					
Spring Baby Lettuce	Passion Fruit	Turnips					
Strawberries	Peaches	Winter Squash					
Sugar Snap Peas	Peas						
Swiss Chard	Persian Melons						
Vidalia Onions	Plums						
Watercress	Radishes						
	Raspberries						
	Strawberries						
	Summer Squash						
	Tomatillo						
	Tomatoes						
	Watermelon						
	Zucchini						