

TOP **25**

SOUTHERN COLORADO FOOD

# Guide to What's in Season



April	May	June	July	August	September	October	November
				APPLES			
	ASPARAGUS						
			BEETS				
				BELL PEPPERS			
			BROCCOLI & CAULIFLOWER				
			CANTALOUPE				
		CARROTS					
				CHILE PEPPERS			
			GREEN BEANS				
HERBS							
				HONEYDEW MELONS			
LETTUCE							
			ONIONS & GARLIC				
			PEACHES				
POTATOES							
					PUMPKINS		
SPINACH							
		STRAWBERRIES					
			SUMMER SQUASH				
			SWEET CORN				
			TOMATOES				
			WATERMELON				
						WINTER SQUASH	

\* Information gathered from Colorado Proud website: [coloradoproud.com](http://coloradoproud.com). See their website for a full listing of Colorado produce.

\* Many meat producers may have a 'fall order' where you can buy in bulk. Check with your favorite local supplier in summer and fall to see what options are available.