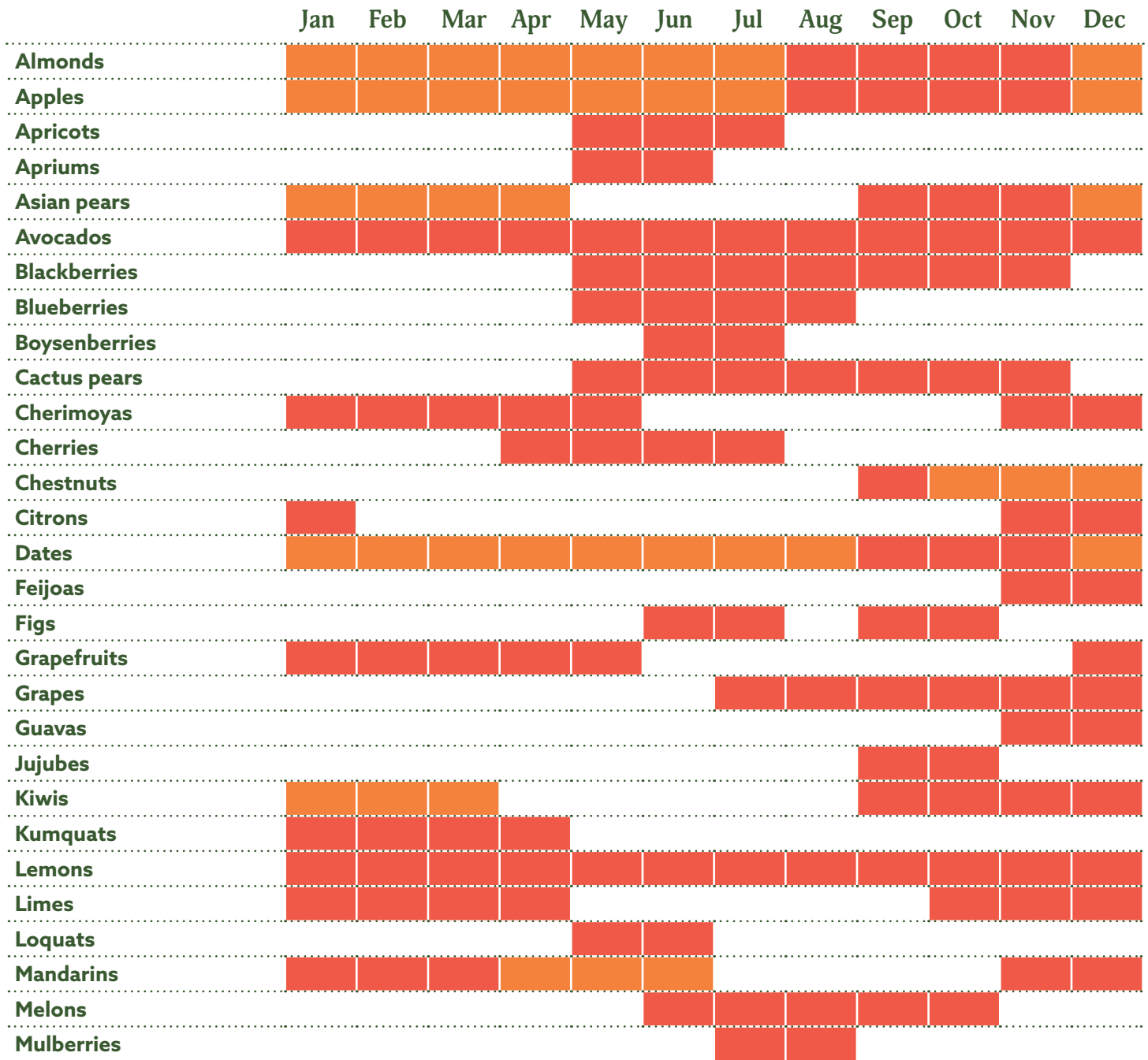
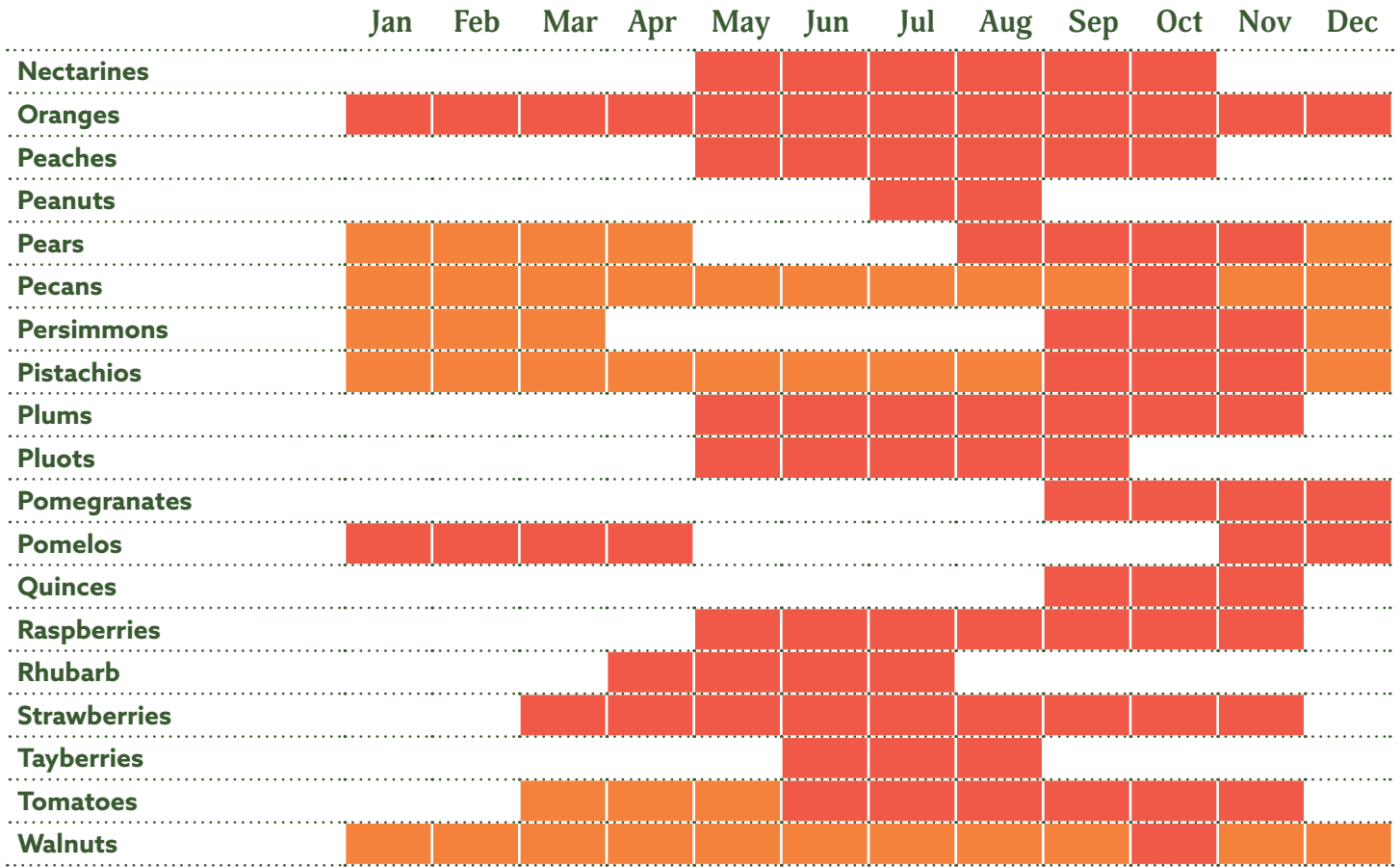


## Fruit & Nuts Seasonality Chart for Bay Area Farmers Markets

The following chart represents general produce availability at Bay Area farmers markets. Keep in mind that every year is different, and individual varieties have different harvest times. If you are outside of Northern California, this chart might not apply to your growing region. Learn more at [foodwise.org](http://foodwise.org).

 In season       In the market but not within its natural harvest season (i.e., cold storage or hot house production)





Please contact Foodwise at [info@foodwise.org](mailto:info@foodwise.org) before reproducing or distributing this chart.