

SUMMER FOODS GROCERY LIST

Buy in-season foods with this handy guide.

VEGETABLES

- Artichokes
- Asparagus
- Basil
- Bell Peppers
- Cauliflower
- Corn
- Cucumber
- Eggplant
- Fava Beans
- Garlic
- Green Beans
- Okra
- Peas
- Spinach
- Squash
- Sweet Potatoes
- Swiss Chard
- Tomatillos
- Tomatoes
- Zucchini

FRUITS

- Apricots
- Avocado
- Blackberries
- Cantaloupe
- Cherries
- Figs
- Kiwi
- Lemons
- Mango
- Nectarines
- Peaches
- Pineapple
- Plums
- Raspberries
- Rhubarb
- Strawberries
- Watermelon

OTHER

- Salmon
- Gazpacho