Eating more fruit is a good way to help you stay at your best. Fruits provide an excellent source of antioxidants and nutrients such as vitamin C, fiber, vitamin A, and potassium.

Below is a list of fruits at their season peaks. Remember, if you do not see your favorite fresh fruit listed during a particular season, there is a chance you will find them year-round frozen, canned, dried or as 100% fruit juice.

**Winter**
- Clementine
- Dates
- Grapefruit
- Kiwi
- Mandarin
- Oranges
- Pomegranate
- Tangerines

**Spring**
- Apricots
- Honeydew
- Limes
- Mango
- Oranges
- Pineapple
- Strawberries

**Summer**
- Apricots
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Figs
- Grapefruit
- Grapes
- Key Limes
- Nectarines
- Passion Fruit
- Peaches
- Plums
- Strawberries
- Watermelon

**Fall**
- Apples
- Cranberries
- Grapes
- Guava
- Huckleberries
- Key Limes
- Pear
- Pineapple
- Pomegranate
- Raspberries

**All Seasons**
- Apples
- Dried Apricots
- Banana
- Dried Cranberries
- Coconut
- Lemons
- Papayas

**Did you know?**

Peak season is the best time for you to get a good deal on fruit at your local grocery store. The list below can help you keep a variety of fresh fruit in your diets throughout the year.
What’s the Missing Piece?

1 2 3 4 5

The right answer

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