



# Spring Seasonal Foods Check List

## FRUITS:

Apricots  
Cherimoya  
Cherries (Barbados)  
Honeydew  
Jackfruit  
Limes  
Lychee  
Mango  
Melon (Bitter)  
Oranges  
Pineapple  
Strawberries

## VEGGIES:

Artichokes  
Asparagus  
Asparagus, Purple  
Asparagus, White  
Beans, Fava  
Beans, Green

## VEGGIES:

Broccoli  
Cactus  
Chives  
Corn  
Endive, Belgian  
Fennel  
Fiddlehead Ferns  
Greens, Collard  
Greens, Mustard  
Greens, Spinach  
Greens, Swiss Cha.  
Lettuce, Butter  
Lettuce, Manoa  
Lettuce, Red Leaf  
Lettuce, Spring Baby  
Mushrooms, Morel  
Onions, Vidalia  
Pea Pods  
Peas  
Peas, Snow

## VEGGIES:

Radicchio  
Ramps  
Rhubarb  
Sorrel  
Squash, Chayote  
Watercress