Seasonal fruits and vegetables can offer the best flavor at the best price. Buying from farmers in your community also helps the local economy. The following is a list of fruits and vegetables grown in Tennessee by season. Visit the Pick Tennessee Products website (www.picktnproducts.org) to for more information on availability in your community.

### Summer
- Apricots
- Apples
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Cabbage
- Cantaloupe
- Cherries
- Corn (sweet)
- Cucumbers
- Eggplant
- Grapes
- Green Beans
- Honeydew Melon
- Hot Peppers
- Kale
- Lettuce
- Okra
- Pears
- Peas
- Potatoes
- Pumpkins
- Snow Peas
- Raspberries
- Spinach
- Strawberries
- Watermelon

### Fall
- Apples
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Green Beans
- Greens
- Hot Peppers
- Kale
- Lettuce
- Onions
- Pears
- Peas
- Potatoes
-南瓜
- Summer Squash
- Sweet Potatoes
- Turnips
- Winter Squash

### Winter
- Beets
- Carrots
- Sweet Potatoes
- Winter Squash
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Green Beans
- Greens
- Honeydew Melons
- Kale
- Lettuce
- Onions
- Snow Peas
- Raspberries
- Spinach
- Strawberries

### Spring
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Green Beans
- Greens
- Honeydew Melons
- Kale
- Lettuce
- Onions
- Snow Peas
- Raspberries
- Spinach
- Strawberries

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