

# The Cheapest **Fruits** and **Vegetables**

## Month-By-Month

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[http://frugalliving.about.com/od/foodsavings/tp/Cheapest\\_Produce.htm](http://frugalliving.about.com/od/foodsavings/tp/Cheapest_Produce.htm)



### **January**

broccoli, brussels sprouts, cabbage, cauliflower, grapefruit, kale, leeks, lemons, oranges, parsnips, rutabagas, tangelos, tangerines, turnips

### **February**

broccoli, brussels sprouts, cabbage, cauliflower, grapefruit, kale, leeks, lemons, oranges, parsnips, rutabagas, tangelos, turnips

### **March**

artichokes, broccoli, brussels sprouts, cauliflower, leeks, lettuce, mushrooms, parsnips, pineapples, radishes, rutabagas, turnips

### **April**

artichokes, asparagus, broccoli, cauliflower, leeks, lettuce, mushrooms, pineapples, radishes, rhubarb, spring peas

### **May**

apricots, artichokes, asparagus, cherries, lettuce, mangoes, okra, pineapples, radishes, rhubarb, spring peas, strawberries, swiss chard, zucchini

### **June**

apricots, blueberries, cantaloupe, cherries, corn, kiwi, lettuce, mangoes, peaches, strawberries, swiss chard, watermelon, zucchini

### **July**

apricots, blackberries, blueberries, cantaloupe, corn, cucumbers, green beans, kiwi, kohlrabi, lettuce, mangoes, okra, peaches, peppers plums, raspberries, strawberries, summer squash, swiss chard, tomatoes, watermelon, zucchini



### **August**

acorn squash, apples, apricots, blueberries, butternut squash, cantaloupe, corn, cucumbers, eggplant, figs, green beans, kiwi, kohlrabi, lettuce, mangoes, okra, peaches, peppers plums, raspberries, strawberries, summer squash, swiss chard, tomatoes, watermelon, winter squash, zucchini

### **September**

acorn squash, apples, beets, butternut squash, cantaloupe, cauliflower, eggplant, figs, grapes, green beans, lettuce, mangoes, mushrooms, okra, peppers, persimmons, pomegranates, pumpkins, spinach, sweet potatoes, swiss chard, tomatoes

### **October**

acorn squash, apples, beets, broccoli, butternut squash, cabbage, cauliflower, brussels sprouts, cabbage, cranberries, grapes, leeks, lettuce, mushrooms, parsnips, persimmons, pomegranates, pumpkins, rutabagas, spinach, sweet potatoes, swiss chard, turnips, winter squash

### **November**

beets, broccoli, brussels sprouts, cabbage, cauliflower, cranberries, leeks, mushrooms, oranges, parsnips, pears, persimmons, pomegranates, pumpkins, rutabagas, spinach, sweet potatoes, tangerines, turnips, winter squash

### **December**

broccoli, brussels sprouts, cabbage, cauliflower, grapefruit, kale, leeks, mushrooms, oranges, papayas, parsnips, pears, pomegranates, rutabagas, sweet potatoes, tangelos, tangerines, turnips

### **Always a Good Deal**

bananas, celery, potatoes