

What's in season? Northern California edition

Apples	M	A	M	J	J	A	S	O	N
Apricots	M	A	M	J	J	A	S	O	N
Artichokes	M	A	M	J	J	A	S	O	N
Asparagus	M	A	M	J	J	A	S	O	N
Basil	M	A	M	J	J	A	S	O	N
Beets	M	A	M	J	J	A	S	O	N
Black/raspberries	M	A	M	J	J	A	S	O	N
Bok choy	M	A	M	J	J	A	S	O	N
Broccoli	M	A	M	J	J	A	S	O	N
Cabbage	M	A	M	J	J	A	S	O	N
Carrots	M	A	M	J	J	A	S	O	N
Cauliflower	M	A	M	J	J	A	S	O	N
Chard	M	A	M	J	J	A	S	O	N
Cherries	M	A	M	J	J	A	S	O	N
Cilantro	M	A	M	J	J	A	S	O	N
Corn	M	A	M	J	J	A	S	O	N
Cucumbers	M	A	M	J	J	A	S	O	N
Dill	M	A	M	J	J	A	S	O	N
Eggplants	M	A	M	J	J	A	S	O	N
Fava beans	M	A	M	J	J	A	S	O	N
Fennel	M	A	M	J	J	A	S	O	N
Garlic	M	A	M	J	J	A	S	O	N
Grapes	M	A	M	J	J	A	S	O	N
Green beans	M	A	M	J	J	A	S	O	N
Green onions	M	A	M	J	J	A	S	O	N
Greens	M	A	M	J	J	A	S	O	N
Herbs, fresh	M	A	M	J	J	A	S	O	N
Leeks	M	A	M	J	J	A	S	O	N
Lemons	M	A	M	J	J	A	S	O	N
Lettuces	M	A	M	J	J	A	S	O	N
Melons	M	A	M	J	J	A	S	O	N
Nectarines	M	A	M	J	J	A	S	O	N
Onions	M	A	M	J	J	A	S	O	N
Oranges	M	A	M	J	J	A	S	O	N
Peaches	M	A	M	J	J	A	S	O	N
Pears	M	A	M	J	J	A	S	O	N
Peas	M	A	M	J	J	A	S	O	N
Peppers	M	A	M	J	J	A	S	O	N
Potatoes	M	A	M	J	J	A	S	O	N
Pumpkins	M	A	M	J	J	A	S	O	N
Radishes	M	A	M	J	J	A	S	O	N
Spinach	M	A	M	J	J	A	S	O	N
Squash, summer	M	A	M	J	J	A	S	O	N
Squash, winter	M	A	M	J	J	A	S	O	N
Strawberries	M	A	M	J	J	A	S	O	N
Sweet corn	M	A	M	J	J	A	S	O	N
Sweet potatoes	M	A	M	J	J	A	S	O	N
Tomatoes	M	A	M	J	J	A	S	O	N
Turnips	M	A	M	J	J	A	S	O	N
Watermelon	M	A	M	J	J	A	S	O	N



The amount of **vegetables and fruit** you need to eat depends on age, sex, and level of physical activity. Recommended **weekly** amounts are shown in the chart. It is not necessary to eat vegetables from each **subgroup** daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your **intake recommendation**.

	Cups per Week				
	Dark Vegetables	Orange Vegetables	Starchy Vegetables	Other Vegetables	Fruits
Children					
2-3 years old	1	1 1/2	1 1/2	4	7
4-8 years old	1 1/2	1	2 1/2	4 1/2	10 1/2
Girls					
9-13 years old	2	1 1/2	2 1/2	5 1/2	10 1/2
14-18 years old	3	2	3	6 1/2	10 1/2
Boys					
9-13 years old	3	2	3	6 1/2	10 1/2
14-18 years old	3	2	6	7	14

	Cups per Week				
	Dark Vegetables	Orange Vegetables	Starchy Vegetables	Other Vegetables	Fruits
Women					
19-30 years old	3	2	3	6 1/2	14
31-50 years old	3	2	3	6 1/2	10 1/2
51+ years old	2	1 1/2	2 1/2	5 1/2	10 1/2
Men					
19-30 years old	3	2	6	7	14
31-50 years old	3	2	6	7	14
51+ years old	3	2	3	6 1/2	14