

# SEASONALITY GUIDE

Seasonality isn't a perfect predictor of what you will find at our markets. Although we can make our best guesses for what will be available, our farmers grow from low desert to tundra, which affects what grows and when it's ripe. Expect to be surprised!

Fresh herbs available year-round include: epazote, lavender, lemongrass, lemon balm, mint, oregano, rosemary, sage, and thyme.

## Late November through Mid-March

**Fruits:** clementines, grapefruits, kumquats, lemons, limes, oranges, persimmons, tangerines.

**Herbs:** anise, cilantro, parsley, dill, fennel, chives, garlic chives, ginger, lime leaves, turmeric.



## Late May to Mid-July

**Fruits:** apricots, dates, figs, grapes, melons, nectarines, and peaches.

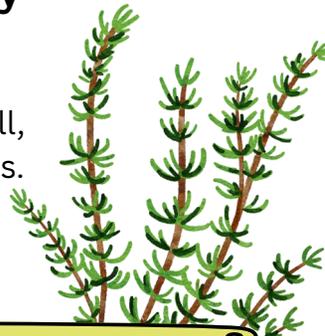
**Herbs:** basil.



## Late March to Mid-May

**Fruits:** apricots, dates, strawberries.

**Herbs:** cilantro, parsley, dill, fennel, chives, garlic chives.



## Late July through September

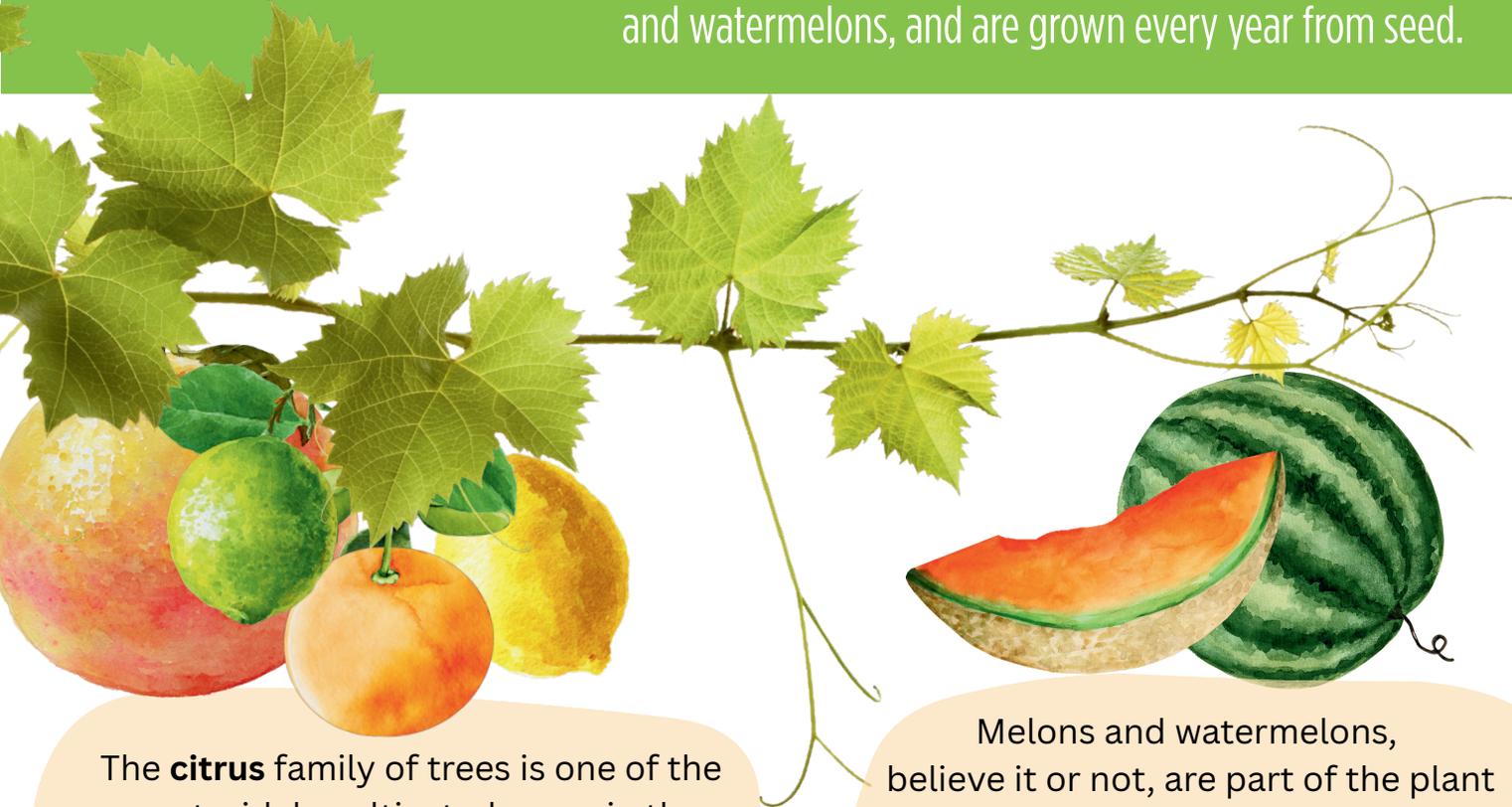
**Fruits:** apples, apricots, dates, grapes, jujubes, melons, nectarines, peaches, pears, pomegranates, plums, watermelons.

**Herbs:** basil, turmeric, and ginger.



# FRUIT AND HERBS

A lot of what we call ‘vegetables’ are botanically considered fruits because they contain seeds. We’ve chosen to use the common understanding of ‘fruit’ for our guide to make it easier, but as you will see, there’s more here than meets the eye. Many of the plants we refer to as fruits grow on trees or vines in orchards; things like dates, grapes, oranges, and figs. Others are annuals, like melons and watermelons, and are grown every year from seed.



The **citrus** family of trees is one of the most widely cultivated crops in the world. It is also one of Arizona’s main industries, as citrus trees thrive in low-humidity regions without hard freezes.

All parts of citrus fruits are edible (except the seeds). Whether it’s a dash of zest, half a grapefruit sprinkled with sugar, a preserved lemon, orange juice, marmalade, ceviche, or kaffir lime leaves in a curry, we never get bored during citrus season!

Melons and watermelons, believe it or not, are part of the plant family that gives us summer and winter squash, cucumbers, pumpkins, and gourds! There are at least six distinct species of cucurbits that people regularly eat today. **Cucurbitaceae** (cue-kur-bit-ay-see-ee) is a massive plant family used in human civilizations for over 10,000 years.

Because of their close relation, cucumbers can cross-breed with many of our common melons, especially cantaloupes.

From the genus **prunus**, these are often called stone fruits due to their hard, pitted centers.

Plums, peaches, apricots, nectarines, and even cherries and almonds belong to this genus! All stone fruit trees need a certain number of ‘chilling hours’ to produce fruit so most of our stone fruit farmers grow at the cooler, higher elevations.