



In
Season

November Fruits

The sweetest fruits, rich in
vitamin C predominate:

- Tangerine
- Orange
- Grapefruit
- Lemon
- Guava
- Apple
- Pear
- Banana
- Pomegranate
- Papaya
- Coconut
- * Strawberry (early season begins)
- * Grapes (last batches of the year)



In
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November Veggies

Swiss Chard

Celery

Kale

Beetroot

Broccoli

* Winter Squash (Butternut, Spaguetti, Kabocha,
Fennel Pattypan)

Spinach

Green Beans

Cauliflower

* Lettuces (Romaine, Iceberg, Sweet Gem)

Turnip

Potato

Leek

Radish

* Tomatoes (last of season)

Carrot

Scallions

Cambray Onions

Chayote

White and Red Cabbage