

# TEXAS FRUIT & VEGETABLE DAY

Dive in and explore a plate bursting with a rainbow of tasty fruits and vegetables!



**DECEMBER**  
Greens  
Region 1, 6 & 8



**JANUARY**  
Citrus fruit  
Region 8



**FEBRUARY**  
Lettuce  
Region 1-8



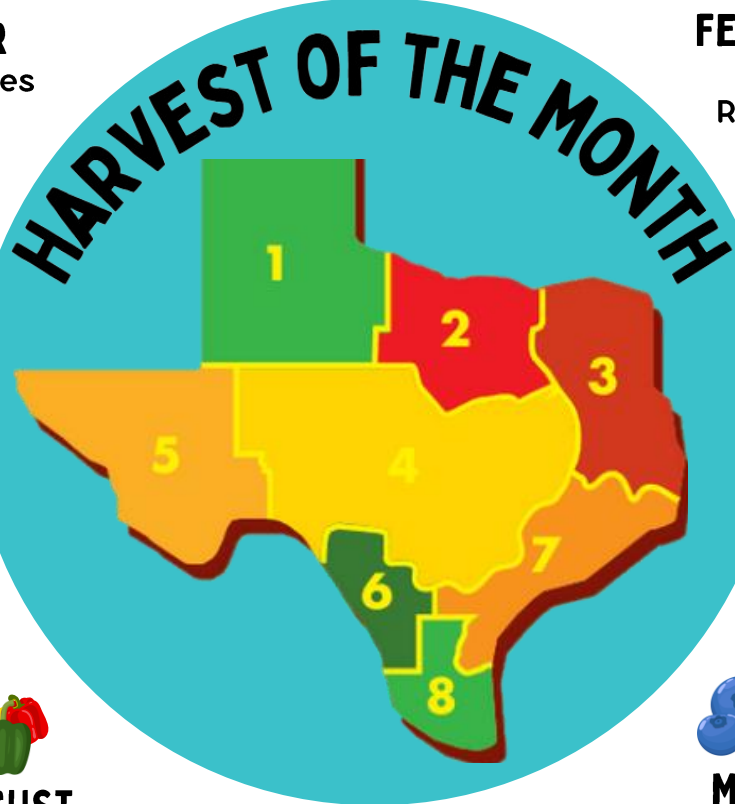
**NOVEMBER**  
Root vegetables  
Region 1 & 6



**OCTOBER**  
Apples  
Region 1 & 4



**SEPTEMBER**  
Melons  
Region 1, 3, 6, & 8



**MARCH**  
Mushrooms  
Region 3 & 4



**APRIL**  
Cruciferous  
Region 6 & 8



**AUGUST**  
Peppers  
Region 1-8



**JULY**  
Tomatoes  
Region 3 & 8



**JUNE**  
Stone fruit  
Region 3 & 4



**MAY**  
Berries  
Region 3

## GROWING REGIONS

- 1. The High Plains
- 2. North Texas
- 3. East Texas
- 4. Central Texas
- 5. Trans Pecos
- 6. Winter Pecos
- 7. Coastal Blend
- 8. Rio Grande Valley



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711  
Toll Free: (877) TEX- MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division  
Fresh Fruit and Vegetable Program

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 03/13/2024  
www.SquareMeals.org

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