

APRIL 5TH, 2024

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



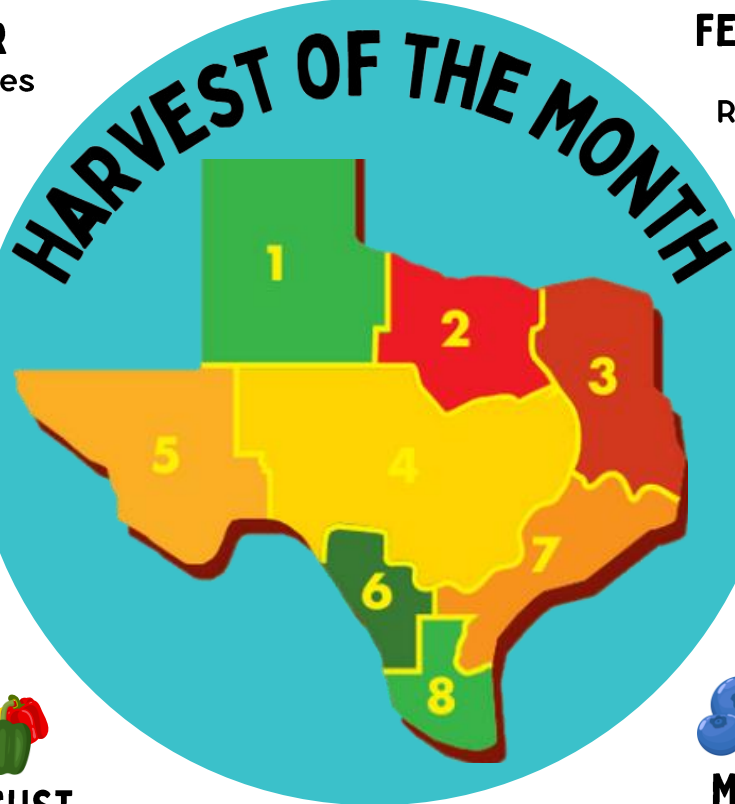
NOVEMBER
Root vegetables
Region 1 & 6



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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