

Island Fresh
Buy Local  It Matters

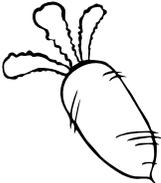
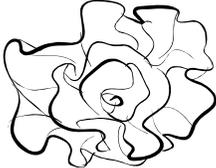
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A Seasonality Guide for Hawaii's Fruits & Veggies

Fruit	Peak Season	Look For
Atemoya	November - December	Pale green, thin-skinned and tender, with no blemishes or cracks in the skin.
Avocado 	November - February	Heavy for size, firm skin and no black or soft spots. When ripe, skin is tender and yields to the touch.
Banana 	June-October	Firm skin and slight green on stem and tip with no bruises.
Cantaloupe 	June-August	Heavy for size, fragrant, with no bruises, and creamy yellow in skin color. Stem end should give to gentle pressure. A delicate aroma is ideal on the end opposite the stem.
Honeydew	June-September	Round, heavy for size, and creamy yellow skin color with a waxy surface.
Lime 	June-March	Heavy for size, brightly colored, smooth, and glossy dark green skin.
Longan	August-October	Smooth, yellow-brown skin with no bruises or cracks.
Lychee	May-September	Brightly colored shell, mostly red, and full with shells that are intact with no cracks.
Mango 	March-November	Firm, partly ripe fruit that shows some yellow or red. Some varieties remain green when ripe. Should have a sweet flowery fragrance.
Orange	September-April	Heavy for size and thin tough yellow skin.

Fruit	Peak Season	Look For
Papaya 	March-November	Firm, with some yellow streaks on skin. Avoid bruised or shriveled papayas.
Persimmon	September-October	Smooth skin with deep, rich orange color with no yellow areas, cracks, or bruises. Very soft when ripe.
Pineapple	April-September	Fresh, dark green leaves and no soft or brown spots on its surface, especially at the base. Strong fragrance.
Rambutan	October-March	Light red hue with green spikes. Avoid dark-skinned and dry fruits.
Starfruit	*September-April	Bright yellow to yellow-orange skin, firm, and shiny with little or no brown spots.
Strawberry 	January-April	Shiny, firm fruit with bright red color. Caps should be green and intact. Avoid shriveled or mushy berries.
Tangerine	November - January	Firm, fragrant, heavy for their size, and no soft spots or bruises.
Watermelon 	June-September	Dried stems and heavy for size.
Vegetable	Peak Season	Look For
Beans 	April-August	Firm, crisp, and no brown spots or bruises. Snaps easily when bent.
Bittermelon	February-June	Dark green for milder bitter taste, yellow for a more bitter taste.
Burdock (<i>Gobo</i>)	August-December	Firm roots.
Cabbage, Chinese	January-November	Heads tightly packed, and no blemishes or browning on the outer leaves.
Cabbage, Head	February-June	Heads tightly closed, and heavy for size.
Cabbage, Asian	August-December	White ribs with no bruises, and dark green leaves. Select large-leaved types for soup and long narrow-stemmed types for stir fry.

* Moderately Available

Vegetable	Peak Season	Look For
Celery	April-August	Light in color and shiny, firm stalks with green leaves. Avoid soft or brown stalks.
Corn, Sweet 	February-June, November-December	Green husks, fresh silks, and tight rows of tender kernels.
Cucumber	April-August	Heavy for size. Glossy, dark green skin, firm, and no soft spots.
Daikon 	July-October	Firm without spots or bruises, and a clear skin with bright green tops.
Eggplant	March-June	Smooth and even colored skin. Avoid shriveled, bruised eggplants.
Ginger Root	April-August	Firm, smooth skin with a spicy smell and minimal number of knobs or branching.
Herbs	*Year Round	Fresh with no blemishes, bruises, or damages.
Lettuce, Baby Green	August-December	Crisp leaves.
Lettuce, Romaine 	June-September	Long, deep green leaves that are closely bunched. Avoid brown, wilting edges.
Lettuce, Leaf 	March-July	Crisp leaves. Avoid brown edges.
Luau (Taro) Leaf	June-August	Crisp leaves. Avoid brown edges.
Mushrooms 	Year Round	Firm, and well shaped. Avoid spots and slime or split caps.

* Moderately Available

Vegetable	Peak Season	Look For
Onion, Round	April-August	Firm, dry, with bright smooth outer layer, and a small neck. Avoid black spots or black dust.
Onion, Green	July-October	Crisp leaves, shiny green stalks, and no yellowing.
Parsley, American	March-June	Crisp with no blemishes, bruises, or wilting.
		
Pepper, Green	April-August	Firm, glossy peppers with tight skin that have no blemishes or soft spots. Heavy for size. Avoid dull or shriveled peppers.
		
Pumpkin (<i>Kabocha</i>)	August-December	Heavy for size, firm and intact with part of its stem. Avoid brown or soft spots.
Sprouts	Year Round	Crisp and firm. Avoid dry or slimy sprouts.
Squash, Oriental	June-September	Heavy for size with glossy firm skin. No bruises or brown spots.
Sweetpotato	February-June	Firm, with skin that is uniform and bright in color.
		
Taro	March-July	Firm and plump with no soft spots.
Tomato	May-September	Smooth, well ripened, and no bruises.
		
Watercress	May-September	Fresh, crisp, with a rich dark green color. Avoid slimy bunches with yellow or wilted leaves.
Zucchini	August-December	Heavy for size with firm, smooth, green skin.
		