



**WORLDWIDE PRODUCE**

# menu planner

**SEASONALITY GUIDE**

**MAY**





**WORLDWIDE PRODUCE**  
**WWPRODUCE.COM (800) 300-2737**

**NOTE:**

Our seasonality calendar is based on harvest histories and is intended as an informative *guide* to help you menu plan. Some items may not be available due to weather or unforeseen circumstances.

Check with your rep for additional information and to confirm availability.

Items that, historically, provide the best value are noted in **BOLD**.



# MAY

## SPECIALTY

### **BABY ARTICHOKEs**

#### **FAVA BEANS**

BELGIAN ENDIVE

BROCCOLI RABE

CACTUS LEAVES

CACTUS PEAR

### **BABY CARROTS W/ TOPS**

CHERIMOYA

BLOOD ORANGES

MEYER LEMON

FEIJOA

FENNEL

### **FIDDLEHEAD FERN**

KOHLRABI

KUMQUATS

ALL BABY LETTUCEs

SPRING MIX

LYCHEE

KIWANO MELONS

MOREL MUSHROOM

SPRING SWEET ONIONS

### **ENGLISH PEAS**

PEPINO

PERSIMMONS (CHILE)

BABY PINEAPPLE

PURPLE POTATOES

YUKON GOLD POTATOES

QUINCE

RADICCHIO

### **RHUBARB**

CELERY ROOT

HORSERADISH

BABY SPINACH

CHAYOTE SQUASH

STAR FRUIT

TAMRILLO



# MAY

## FRUIT

- APPLES
- APRICOTS**
- AVOCADOS**
- BANANAS
- BLUEBERRIES**
- BLACKBERRIES**
- RASPBERRIES**
- STRAWBERRIES**
- CHERRIES
- GRAPEFRUIT
- ORANGES
- GRAPES (PERLETTE)
- CANTALOUPE**
- HONEYDEW
- WATERMELON**
- KIWI
- MANGOES**
- NECTARINES
- PAPAYA
- PEACHES
- PEARS
- PINEAPPLE

## VEGETABLE

- ARTICHOKES**
- ASPARAGUS**
- BEETS
- BELL PEPPERS
- BROCCOLI
- BROCCOLINI
- CABBAGE
- CAULIFLOWER
- CELERY
- CORN
- CUCUMBERS
- GREEN BEANS (NEW CROP)
- LEEKS
- LETTUCES
- OKRA
- SPRING SWEET ONIONS**
- VIDALIA ONIONS**
- PEAS
- PEPPERS
- RED POTATOES
- WHITE POTATOES
- RADISH
- SHALLOTS
- SPINACH
- SQUASH

