



ABFRESH

Sourcing the world with wonder foods

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES		Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	
BLUEBERRIES	Dark Purple	Dark Purple	Dark Purple	Dark Purple							Dark Purple	Dark Purple
CLEMENTINES					Yellow	Yellow	Yellow	Yellow				
LEMONS					Orange	Orange	Orange	Orange	Orange	Orange		
MANDARINS								Dark Orange	Dark Orange	Dark Orange		
NAVEL ORANGES						Dark Orange	Dark Orange	Dark Orange	Dark Orange	Dark Orange		
KIWIFRUIT			Green	Green	Green	Green	Green	Green	Green	Green		
PEARS	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green		
CHERRIES	Dark Red										Dark Red	Dark Red
NECTARINES	Orange	Orange	Orange	Orange								Orange
PEACHES	Light Orange	Light Orange	Light Orange									Light Orange
PLUMS	Dark Purple	Dark Purple	Dark Purple	Dark Purple								Dark Purple
GRAPES	Green	Green	Green	Green	Green							Green