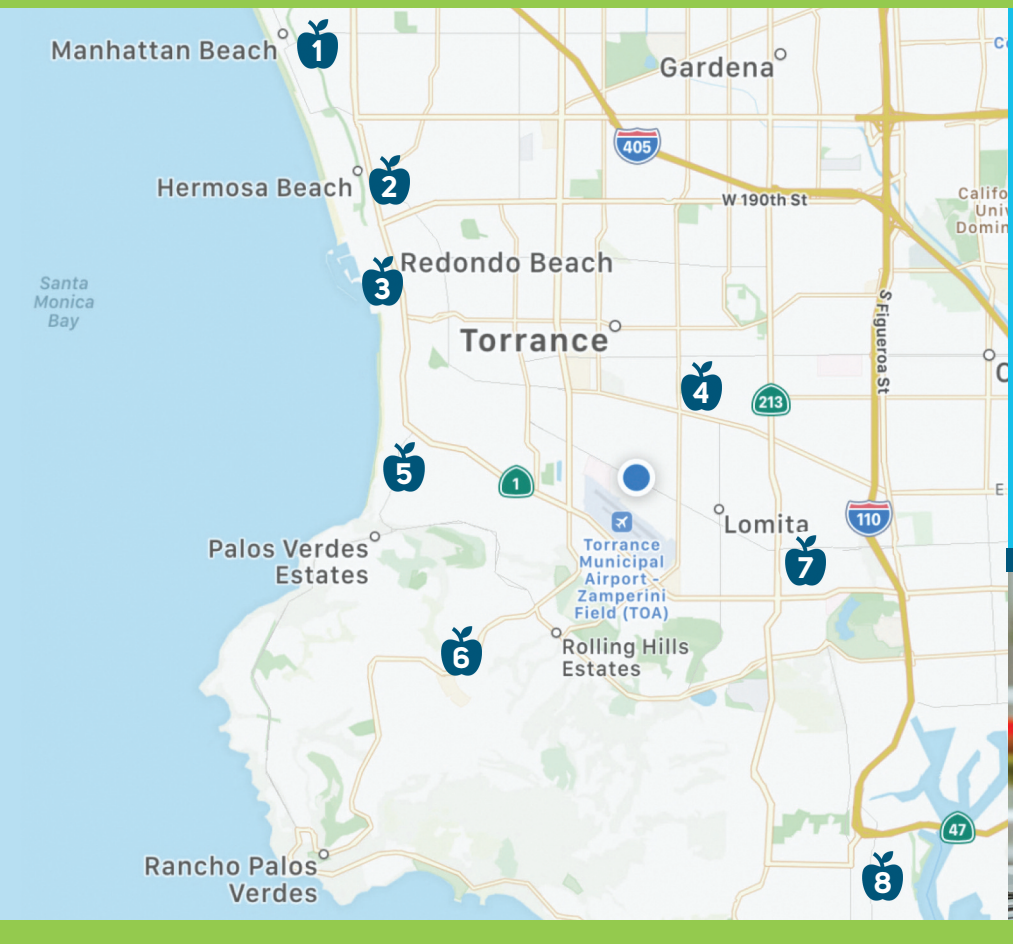
Torrance Memorial | An Affiliate of Cedars Sinai

Food and Nutrition Services

2024 South Bay Farmers Markets



COURTESY OF TORRANCE MEMORIAL FOOD & NUTRITION SERVICES

Please visit torrancememorial.org/Nutrition

Torrance Memorial Specialty Center, Meet with one of our Registered Dietitian Nutritionist

2841 Lomita Blvd, Suite 335

310-891-6707

1 MANHATTAN BEACH

Tuesday, 11am – 3pm

326 13th St., Manhattan Beach, CA 90266

2 HERMOSA BEACH

Friday, 12pm – 4pm

1035 Valley Dr., Hermosa Beach, CA 90254

3 REDONDO BEACH (Veterans Park)

Thursday, 8am – 1pm

309 Esplanade, Redondo Beach, CA 90277

4 TORRANCE CITY

Tuesday & Saturday, 8am – 1pm

2200 Crenshaw Blvd., Torrance, CA 90501

5 RIVIERA VILLAGE

Sunday, 9am – 2pm

1801 S. Elena Ave., Redondo Beach, CA 90277

6 PALOS VERDES

Sunday, 8am – 1pm

27188 Silver Spur Rd., Rolling Hills Est., CA 90274

7 LOMITA

Sunday, 10am – 2pm

24300 Narbonne Ave., Lomita, CA 90717

8 SAN PEDRO

Friday, 11am – 3pm

638 S Beacon St., San Pedro, CA 90731

SEASONAL PRODUCE GUIDE

Courtesy of Torrance Memorial Food & Nutrition Services

WINTER

- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Chestnuts
- Grapefruit
- Kale
- Leeks
- Lemons
- Onion
- Oranges
- Potatoes
- Pumpkins
- Radicchio
- Radishes
- Rutabaga
- Tangerines
- Turnips
- Winter squash

SPRING

- Apricots
- Artichokes
- Asparagus
- Avocados
- Carrots
- Cherries
- Chicory
- Chives
- Collards
- Dandelion greens
- Fennel
- Mangoes
- Mustard greens
- Peas
- Potatoes
- Rhubarb
- Spinach
- Spring lettuce
- Strawberries
- Sugar snap peas
- Snow peas
- Watercress

SUMMER

- Artichokes
- Bell Peppers
- Blackberries
- Blueberries
- Broccoli
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Green Beans
- Nectarines
- Onions
- Peaches
- Pineapples
- Plums
- Raspberries
- Summer squash
- Tomatoes
- Watermelon
- Zucchini

FALL

- Acorn squash
- Apples
- Beets
- Butternut squash
- Brussels sprouts
- Cabbage
- Carrots
- Cranberries
- Figs
- Grapes
- Melons
- Mushrooms
- Parsnips
- Peas
- Pears
- Pomegranates
- Pumpkin
- Quince
- Sweet Potatoes
- Swiss chard
- Turnips
- Winter squash