

Eating Seasonally Chart

	January	February	March	April	May	June	July	August	September	October	November	December
Apples												
Arugula												
Asparagus												
Beans												
Beets												
Blackberries												
Blueberries												
Broccoli												
Brussels Sprouts												
Cabbage												
Cantaloupe												
Carrots												
Cauliflower												
Celery												
Chard												
Cherries												
Collards												
Cucumbers												
Eggplant												
Fennel												
Garlic												
Garlic Scapes												
Ginger Root												
Herbs												
Kale												
Kohlrabi												
Leeks												
Leafy Greens												
Mushrooms												
Mustard Greens												
Okra												
Onions												
Parsnips												
Pawpaws												
Peaches & Nectarines												
Pears												
Peas												
Peppers												
Plums												
Potatoes												
Radishes												
Ramps												
Rapini (Broccoli Rabe)												
Raspberries												
Rhubarb												
Rutabaga												
Spinach												
Squash (Summer)												
Squash (Winter)												
Strawberries												
Sweet Corn												
Sweet Potatoes												
Tomatoes												
Turnips												
Watermelon												

Key

Stored Crop Harvested Crop

Note: With season extension techniques, some produce can be found earlier and later at the market.