

# GUIDE TO SEASONAL FOODS

APPLES	August - March	KOHLRABI	June - December
APRICOTS	July	LEEEKS	June - October
ARTICHOKES	July, September	LETTUCE	Year Round
ARUGULA	Feb - Dec	LIMA BEANS	August - September
ASPARAGUS	May - June	MELONS	Late July - October
BASIL	April - First Frost	MESCLUN MIX	Year Round
BEANS, GREEN	June - October	MINT	June - December
BEANS, SHELLING	September	MUSHROOMS	Year Round
BEETS	April - November	NECTARINES	July - August
BLACKBERRIES	July - August	OKRA	July - September
BLUEBERRIES	July - September	ONIONS	Year Round
BOK CHOY	May - November	PARSLEY	May - June, Sept - Dec
BROCCOLI	June - July, Oct - Dec	PARSNIPS	Late Sept - March
BROCCOLI RAAB	April - June, Sept - Nov	PEACHES	July - September
BRUSSELS SPROUTS	Sept - December	PEARS	August - November
CABBAGE	June - December	PEPPERS	July - December
CURRANTS	June	PLUMS	July - August
CARROTS	June - July, Oct - March	POTATOES	June - Dec
CAULIFLOWER	September - December	PUMPKINS	Oct - March
CELERY	August - November	RADDICCHIO	June, Sept - November
CELERY ROOT	August - February	RADISHES	May - March
CHESTNUTS	Mid Oct - early Dec	RASPBERRIES	June - August
CHERRIES	Late June - July	RHUBARB	May - August
CIDER	August - March	ROSEMARY	Year Round
CILANTRO	April - October	RUTABAGA	October - December
COLLARDS	May - July, Sept - Dec	SAGE	April - December
CORN	July - September	SHALLOTS	August - December
CUCUMBERS	Mid June - November	SORREL	April - June, Sept - Dec
DILL	May - June, Sept - Nov	SPINACH	Jan - June, Sept - Dec
EGGPLANT	June - October	SQUASH, SUMMER	May - October
FAVA BEANS	June - July	SQUASH, WINTER	Late Oct - March
FENNEL	June, Sept - Nov	STRAWBERRIES	June - July
FIGS	July - August	SWEET POTATOES	July - March
GARLIC	Late July - December	SWISS CHARD	Year Round
GOOSEBERRIES	July	TARRAGON	July - November
GRAPES	Aug - Sept	TAT SOI	June - November
JERSLM 'CHOKES	November - December	THYME	June - December
KALE	Year Round	TOMATOES	June - December
KIWI	August - Sept	TURNIPS	May - June, Sept - Dec
		WALNUTS	Sept - December