



Local Foods by Seasonal Availability



		Winter Dec. to Feb.	Spring Mar. to April	Early Summer May to July	Late Summer Aug. to Sept.	Fall Oct. to Nov.
FRUIT & NUTS	Blackberries			█		
	Figs			█	█	
	Melons			█	█	█
	Peaches			█		
	Pears				█	
	Pecans					█
	Strawberries		█			
HERBS	Basil			█	█	
	Cilantro	█	█			
	Dill	█				
	Mint		█	█		
	Parsley	█	█			█
VEGETABLES	Arugula	█				█
	Asparagus		█			
	Beets	█	█			█
	Broccoli	█	█			█
	Brussels Sprouts	█	█			
	Cabbage	█	█			
	Carrots	█	█			
	Cauliflower	█	█			█
	Corn			█		
	Cucumbers			█		█
	Eggplant			█	█	█
	Garlic, Green	█	█			
	Garlic, Mature			█		
	Green Beans			█		█
	Greens, Chard	█	█	█		█
	Greens, Collards & Kale	█	█			█
	Greens, Mustard	█	█	█		█
	Leeks	█	█			
	Lettuce, head and leaf	█	█			█
	Potatoes *			█		█
	Onions, Spring		█			█
	Onions, Yel./White/Red			█		
	Okra			█	█	
	Peppers, Sweet and hot			█	█	█
	Pumpkin				█	█
	Radishes	█	█	█		█
	Spinach	█	█			█
	Squash, Summer			█	█	
	Squash, Winter *			█	█	█
	Sweet Potatoes *				█	█
	Tomatoes			█		█
	Turnips	█	█	█		█

* Although potatoes, winter squash, and sweet potatoes grow in warmer months, they store well and can be eaten throughout the winter.