

EATING LOCAL MEANS

PRODUCT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Arugula												
Asian Greens												
Beans, Dry												
Beans, Green												
Beans, Fava												
Beets												
Broccoli												
Cabbage, Green												
Cabbage, Red												
Cabbage, Chinese												
Carrots												
Cauliflower												
Celery												
Chard												
Chicories												
Collards												
Corn, Sweet												
Cucumbers												
Eggplant												
Fennel												
Garlic												
Kale												
Kohlrabi												
Leeks												
Lettuce												
Mustard												
Okra												
Onions, Sweet												
Onions, Storage												
Onions, Green												
Parsnip												
Peas												
Peppers, Green												
Peppers, Sweet												
Peppers, Hot												
Potatoes												
Pumpkin												
Radish												
Rhubarb												
Rutabaga												
Salad Greens												
Shallots												
Spinach												
Squash, Summer												
Squash, Winter												
Sweet Potato												
Tomato												
Tomatillo												
Turnip, Salad												
Turnip, Roasting												

EATING Seasonal

PRODUCT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Basil												
Chives												
Cilantro												
Dill												
Lavender												
Mint												
Oregano												
Parsley												
Rosemary												
Sage												
Tarragon												
Thyme												
PRODUCT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Apple												
Apricot												
Blackberry												
Blueberry												
Cherry												
Figs												
Kiwis												
Lemon												
Mandarin												
Melon												
Nectarines												
Orange												
Peach												
Pear												
Persimmon												
Plum												
Quince												
Raspberry												
Strawberry												
Eggs	Lower production										Lower production	
Beef												
Pork												
Lamb												
Goat												
Chicken												
Rabbit												
Mushrooms												

* This is an approximate list. Crop availability may vary depending on weather and pest pressure.
 * This list does not account for farmers practicing season extension using high tunnels.