


























Seasonal Produce Calendar

	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Apricot 							×	×				
Asparagus 					×	×	×					
Eggplant 							×	×	×	×	×	
Swiss chard 						×	×	×	×	×		
Beet 	×	×	×	×	×	×	×	×	×	×	×	×
Blueberry 								×	×	×		
Broccoli 							×	×	×	×	×	
Cranberry 									×	×	×	×
Cantaloupe 								×	×			
Carrot 	×	×	×	×	×	×	×	×	×	×	×	×
Celery 							×	×	×	×	×	
Celery root 	×	×	×	×	×					×	×	×
Cherry 						×	×	×				
Cape gooseberry 								×	×			
Mushrooms 	×	×	×	×	×	×	×	×	×	×	×	×
Cabbage 	×	×	×	×	×	×	×	×	×	×	×	×
Brussels sprouts 								×	×	×	×	×
Cauliflower 								×	×	×	×	
Pumpkin 									×	×	×	
Cucumber 			×	×	×	×	×	×	×	×	×	
Squash 	×	×				×	×	×	×	×	×	×
Chicory 	×	×	×								×	
Spinach 					×	×	×	×	×	×	×	×

* This list is not exhaustive. Seasonal fruits and vegetables vary according to region and climate.

🍅 Seasonal Produce Calendar

	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Fennel 						×	×	×	×			
Strawberry 						×	×					
Raspberry 							×	×	×	×		
Bean 							×	×	×	×		
Lettuce 								×	×	×		
Corn 							×	×	×	×		
Melon 								×	×	×		
Onion 	×	×	×	×	×	×	×	×	×	×	×	×
Parsnip 	×										×	×
Peach 							×	×	×			
Leek 	×	×	×	×	×	×	×	×	×	×	×	×
Pear 	×	×	×	×			×	×	×	×	×	×
Pepper 							×	×	×			
Apple 	×	×	×	×	×	×	×	×	×	×	×	×
Potato 	×	×	×	×	×	×	×	×	×	×	×	×
Plum/ Prune 							×	×	×	×		
Radish 				×	×	×	×	×	×	×	×	
Grape 								×	×	×		
Rhubarb 	×	×	×	×	×	×	×	×				
Rutabaga 	×	×	×	×	×	×	×	×	×	×	×	×
Tomato 			×	×	×	×	×	×	×	×	×	
Sunchoke 	×	×			×						×	×

