

Seasonal Availability Guide

Check out the diversity in our region!

Fruits	Availability	Harvest Season
Apples	year-round	August to November
Blueberries	July to September	July and August
Currants	July and August	July and August
Gooseberries	July and August	July and August
Grapes	August and September	August and September
Melon	August to October	August to October
Pears	July to October	July to September
Plums	July and August	July and August
Raspberries	May and June	May and June
Rhubarb	June and July	June and July
Strawberries	June to October	June to October
Watermelon	August and September	August and September

Vegetables	Availability	Harvest Season
Artichoke	August to October	August to October
Asian Vegetables	June to November	June to September
Asparagus	May and June	May and June
Beans (Green/Yellow)	June to October	June to September
Beets	July to April	July to October
Bok Choy	June to November	June to October
Broccoli	June to October	June to October
Brussels Sprouts	September to November	September to November
Cabbage	June to April	August to October
Carrots	July to May	July to October
Cauliflower	November	August to October
Celery	July to October	July to October
Corn	August to October	August to October
Cucumber (Field)	June to October	June to October
Eggplant	August to September	August and September
Garlic	July to February	July to October
Leeks	December to February	August to November
Lettuce (Assorted)	year-round	June to September
Mushrooms	year-round	Year Round
Onions (Cooking)	year-round	September to November
Onions (Green)	June to November	June to October
Onions (Red)	September and December	October and November
Parsnips	August to April	August to November
Peas (Green)	June and July	June and July
Peas (Snow)	September	June to August
Peppers (Field)	July to October	July to September
Potatoes	year-round	July to November
Pumpkin	September and October	September and October
Radicchio	June to August	June to August
Radishes	June to October	June to October
Rapini	July to September	July to September
Rutabaga	year-round	October and November
Spinach	May to October	May to October
Sprouts	year-round	year-round
Squash	September to March	September and October
Summer squash	June to October	June to October
Sweet potatoes	September to March	September and October
Tomatoes (Field)	July to September	July to September
Tomatoes (Greenhouse)	February to December	February to December

Additional Products	Availability	
Beverages	year-round	
Dairy Products	year-round	
Grains and Baked Goods	year-round	
Meats	year-round	
Preserves	year-round	