

VEGETABLES

A GUIDE TO SEASONAL FRUITS AND VEGETABLES

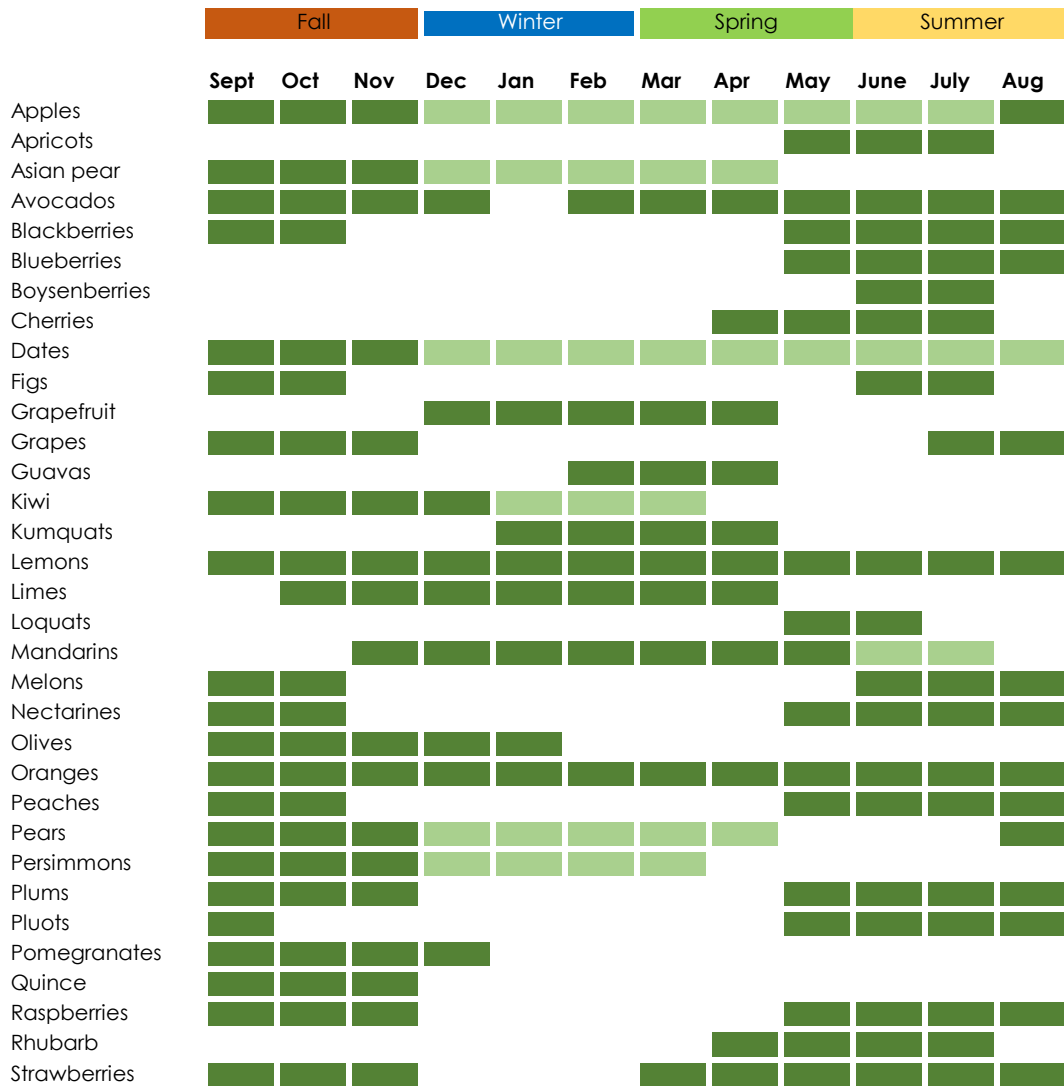
Nothing tastes better than eating fruits and vegetables at the peak of their season. This breakdown shows when various foods are harvested and likely available so you can keep track.

	Fall			Winter			Spring			Summer		
	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug
Artichokes												
Arugula												
Asparagus												
Beets												
Bok choy												
Broccoli												
Broccoli Rabe												
Brussels sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Chard												
Collard greens												
Corn												
Cucumbers												
Dandelion greens												
Eggplant												
Endive												
Fava beans												
Fennel												
Garlic												
Green beans												
Herbs												
Horseradish												
Jicama												
Kale												
Kohlrabi												
Leeks												
Lettuce												
Mushrooms												
Mustard greens												
Nettles												
Okra												
Onions												
Parsnips												
Peas												
Peppers, chile												
Peppers, sweet												
Potatoes												
Radishes												
Rutabagas												
Scallions												
Shallots												
Spinach												
Sprouts												
Squash, summer												
Squash, winter												
Sweet potatoes												
Tomatillos												
Tomatoes												
Turnips												

FRUIT

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<https://cuesa.org/eat-seasonally/charts/vegetables>