



Use this Chart to Help you Choose the Freshest Fruits & Vegetables

	JUNE		JULY		AUGUST		SEPTEMBER		OCTOBER	
	1-15	16-30	1-15	16-31	1-15	16-31	1-15	16-30	1-15	16-31
Apples						*	*	*	*	
Blueberries				*	*	*	*	*		
Melons					*	*	*			
Raspberries			*	*	*	*	*	*		
Strawberries	*	*								
Peaches					*	*	*	*		
Pears					*	*	*	*	*	*
Asparagus	*	*	*							
Beans (snap)			*	*	*	*	*	*		
Beans (shell)				*	*	*				
Beets			*	*	*	*	*	*	*	*
Beet Greens		*	*							
Broccoli	*	*	*	*	*	*	*			
Brussel Sprouts						*	*	*	*	*
Cabbage			*	*	*	*	*	*	*	*
Cabbage (Chinese)				*	*	*	*	*	*	*
Carrots			*	*	*	*	*	*		
Cauliflower				*	*	*	*	*		
Celery						*	*	*		
Corn				*	*	*	*			
Cucumbers				*	*	*	*	*		
Eggplant					*	*	*	*		
Lettuce	*	*	*	*	*	*	*	*		
Onions				*	*	*	*	*	*	
Peas			*	*	*	*	*			
Peppers					*	*	*			
Potato				*new	*	*	*	*	*	
Rhubarb	*	*								
Salad Greens	*	*	*	*	*	*	*	*	*	*
Scallions			*	*	*	*	*	*		
Sugar Pumpkins							*	*	*	*
Spinach	*	*	*	*	*	*	*	*	*	*
Summer Squash				*	*	*	*	*		
Swiss Chard		*	*	*	*	*	*	*		
Tomatoes				*	*	*	*	*		
Turnips/Rutabaga		*	*	*	*	*	*	*	*	*
Winter Squash						*	*	*	*	*

Please remember that this is only a guide. Farming practices, weather conditions and farm locations may result in some crops being earlier or later than listed.