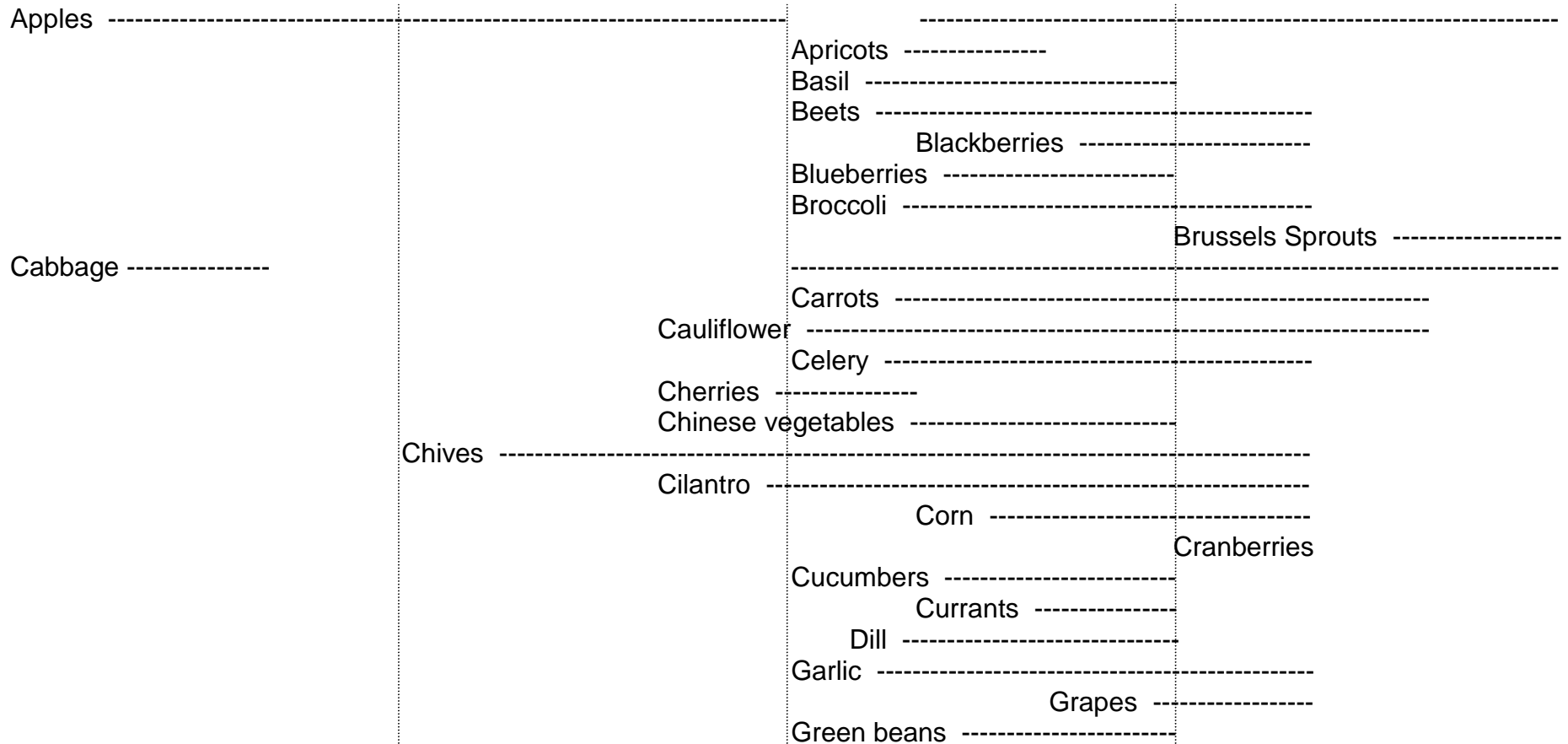
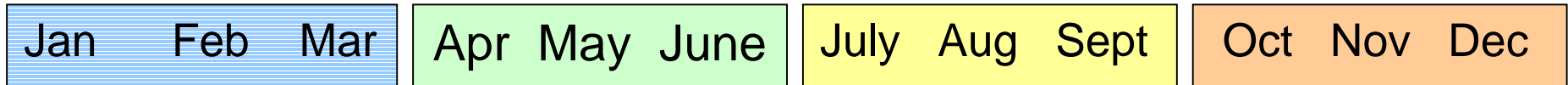


What's in season when – a guide to help you buy local

It helps to know when fruits and vegetables are in season – then you know what to look for and when!



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| | | | |
|--------------------|-----------------|----------------|----------------|
| Apples | August – June | Garlic | July – Oct |
| Apricots | July – August | Grapes | Sept – Oct |
| Basil | July – Sept | Green Beans | July – Sept |
| Beets | July – Oct | Hazelnuts | Sept- Oct |
| Blackberries | August – Oct | Kale | Mid Aug – Nov |
| Blueberries | July - Sept | Kiwi | Oct – Feb |
| Broccoli | July – Oct | Lavender | June – Oct |
| Brussels sprouts | Oct – Dec | Leeks | July – Nov |
| Cabbage | July – Feb | Lettuce | June – Oct |
| Carrots | July – Nov | Marjoram | June – Oct |
| Cauliflower | June – Nov | Melons | Aug - Sept |
| Celery | July – Oct | Mushrooms | All year |
| Cherries | June – July | Nectarines | July – Aug |
| Chinese Vegetables | June – Sept | Onions, Green | June - Sept |
| Chives | April – Oct | Onions, red | Oct – Jan |
| Cilantro | June – Oct | Onions, Yellow | Sept – March |
| Corn | Aug – Oct | Parsley | May – Oct |
| Cranberries | Oct | Parsnip | Oct- March |
| Cucumbers | July – Sept | Peaches | July - Sept |
| Currants | Aug - Sept | Pears | August – April |
| Dill | Mid July - Sept | Peas | June – July |

Peppers
Plums
Potatoes
Radish
Raspberries
Rhubarb
Rosemary
Sage
Salad greens

July – Oct
Aug – Sept
June – Oct
May – Oct
July - Sept
April – July
All year
All year
June – Oct

Shallots
Spinach
Strawberries
Summer Squash
Swiss Chard
Tomatoes
Thyme
Turnips
Winter Squash

Aug-Sept
April - Sept
June - Sept
July – Aug
July – Oct
July – Oct
June – Nov
May – Feb
Mid Sept - Dec