

# Seasonal Availability of Produce

## SPRING

Spring is the time to enjoy a wide diversity of nutritious greens, several other vegetables, and the year's first fruits.

### VEGETABLES

asparagus	mizuna mustard
beets	sorrel
broccoli	tatsoi
cabbage	turnip
cauliflower	lettuce
fiddleheads	mushrooms
garlic greens	parsnips
greens	peas: snap & snow
arugula	radishes
bok choy	rhubarb
chard	scallions
collard	spinach
cress dandelion	sprouts
kale	

### FRUITS

apples	strawberries
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### SEASON WITH

chives	oregano
cilantro	parsley
dill	sage
marjoram	thyme
mint	

## SUMMER

Summer is the peak of the season for many northeastern fruits and a great time to enjoy a wide variety of fresh vegetables.

### VEGETABLES

beets	mushrooms
broccoli	okra
cabbage	onions:
carrots	red & yellow
cauliflower	peppers:
celery	hot & sweet
cucumbers	potatoes
eggplant	radicchio
endive	scallions
fennel	sprouts
garlic	summer squash
green beans	sweet corn
kohlrabi±	tomatoes
lettuce	

### FRUITS

apricots	gooseberries
blackberries	melons
blueberries	nectarines
cherries	peaches
currants	plums
elderberries	raspberries

### SEASON WITH

basil	parsley
cilantro	rosemary
dill	savory
marjoram	tarragon
mint	

## FALL

Fall, the traditional harvest season is the time to enjoy the bounty of northeastern fruits & vegetables.

### VEGETABLES

beets	turnips
broccoli	horseradish
brussels sprouts	kohlrabi
burdock (gobo)	leeks
cabbage	lettuce
carrots+	mushrooms
cauliflower	onions:
celeriac	red & yellow
daikon+	parsley
fennel	parsnips
garlic+	potatoes+
greens arugula	pumpkins
bok choy	radishes
chard	rutabaga
collard	scallions
kale	shallots+
mizuna	sprouts
mustard	sweet potatoes
tatsoi	winter squash+

### FRUITS

apples+	grapes
apple cider+	pears+ quince
Asian pears	raspberries

### FRUITS

*Season with herbs dried from the spring and summer harvests.*

## WINTER

At this time of year a wide variety of northeastern foods can be found canned, froze, dried, and stored.

### VEGETABLES

beets	leeks±
burdock	mushrooms
(gobo)	onions:
cabbage	red & yellow
carrots	parsnips
celeriac	potatoes
daikon+	rutabagas
garlic	shallots
horseradish	sprouts
Jerusalem artichoke	sweet potatoes
kale±	turnips
kohlrabi±	winter squash

### FRUITS

apples	pears
apple cider	

*Season with herbs dried from the spring and summer harvests.*

\*The fruits and vegetables listed reflect the availability of fresh and stored produce.

In addition, many regional fruits and vegetables can be found canned, frozen, dried, and stored year round.

+This is the peak harvest season. However, this fruit or vegetable can be found in other seasons stored from local sources.

±Available early in the season only.



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