

# Pride from A(pples) to Z(ucchini)

**Your guide to harvest times and availability  
for the incredible diversity of New York State produce.**

Today more than ever, New York consumers are demanding close-to-home freshness in everything they buy. And very few places even come close to New York State for the variety and quality of its farm-fresh produce.

As the Program dedicated to advancing New York agriculture, we take a lot of Pride in New York State fruits and vegetables – and the Pride of New York members who produce them.

	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
<b>VEGETABLES</b>												
Asparagus												
Beans, Dry												
Beans, Lima												
Beans, Snap												
Beets												
Beet Greens												
Broccoli												
Brussel Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Collard Greens												
Corn												
Cucumbers												
Eggplant												
Garlic												
Herbs												
Kale												
Leeks												
Lettuce												
Mustard Greens												

Vegetables continued on other side

**Harvest period**  
**Availability period**

The above periods are approximate. Harvest periods may begin a week to ten days earlier during a warmer-than-usual year. A cool spring will delay crop maturity. Call farms for exact dates of harvest.



*Pride for all seasons.*

1-800-554-4501 [www.prideofny.com](http://www.prideofny.com)

	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
<b>VEGETABLES</b> continued from other side												
<b>Onions</b>												
<b>Parsnips</b>												
<b>Peas</b>												
<b>Peppers</b>												
<b>Potatoes</b>												
<b>Pumpkins</b>												
<b>Radishes</b>												
<b>Rhubarb</b>												
<b>Spinach</b>												
<b>Squash, Summer</b>												
<b>Squash, Winter</b>												
<b>Swiss Chard</b>												
<b>Tomatoes</b>												
<b>Turnips</b>												
<b>Turnip Greens</b>												
<b>Zucchini</b>												

	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
<b>FRUITS</b>												
<b>Apples</b>												
<b>Blackberries</b>												
<b>Blueberries</b>												
<b>Cantalopes</b>												
<b>Cherries, Sweet</b>												
<b>Cherries, Tart</b>												
<b>Currants</b>												
<b>Grapes</b>												
<b>Peaches</b>												
<b>Pears</b>												
<b>Plums</b>												
<b>Prunes</b>												
<b>Raspberries</b>												
<b>Strawberries</b>												
<b>Watermelon</b>												

 **Harvest period**  
 **Availability period**

The above periods are approximate. Harvest periods may begin a week to ten days earlier during a warmer-than-usual year. A cool spring will delay crop maturity. Call farms for exact dates of harvest.



*Pride for all seasons.*

1-800-554-4501 [www.prideofny.com](http://www.prideofny.com)