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Use this calendar to choose fresh fruits and vegetables year-round! Look for locally grown foods in grocery stores and restaurants, or visit your local farmers' market, pick-your-own farm, or roadside produce stand.



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES*												
ASPARAGUS												
BEANS, POLE												
BEANS, GREEN												
BEETS**												
BLACKBERRIES												
BLUEBERRIES												
BROCCOLI												
CABBAGE/COLLARDS/ MUSTARD												
CANTALOUPE												
CARROTS												
CAULIFLOWER												
CHARD												
CORN, SWEET												
CUCUMBERS												
EGGPLANT												
FIGS												
GARLIC**												
GRAPES												
KALE												
LEEK												
LETTUCE, LEAF												
LETTUCE, HEAD												
MUSCADINES												
NECTARINES												

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
OKRA												
ONIONS**												
PEACHES												
PEARS												
PEANUTS												
PEAS, ENGLISH												
PEAS, SNAP/SNOW												
PEAS, SOUTHERN												
PECANS**												
PEPPERS, SWEET												
PEPPERS, HOT												
PERSIMMONS												
PLUMS												
POTATOES, IRISH**												
PUMPKINS												
RADISHES												
RASPBERRIES												
RHUBARB												
SPINACH												
SQUASH, SUMMER												
STRAWBERRIES												
SWEET POTATOES**												
TOMATOES												
TURNIPS												
WATERMELONS												

\*Apples may be available until spring if they are stored cold.

\*\*These fruits and vegetables may be available from storage year-round.

*These time frames are statewide. The earliest dates are for counties in the south, and the latest dates are for counties in the north. The produce available in your area may be slightly different than the dates listed here.*

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