

## SEASONAL FOOD CHART FOR NEW YORK STATE

<b>TIME OF YEAR</b>	<b>FRESH PRODUCE OPTIONS</b>
<b>January (early)</b>	Apples*, Cabbage*, Carrots *, Onions *, Potatoes*, Turnips*, <u>Winter Squash</u> *
<b>January (late)</b>	Apples*, Cabbage*, Carrots *, Onions *, Potatoes*, Turnips*, <u>Winter Squash</u> *
<b>February (early)</b>	Apples*, Cabbage*, Carrots *, Onions *, Potatoes*, Turnips*, <u>Winter Squash</u> *
<b>February (late)</b>	Apples*, Carrots *, Onions *, Potatoes*, Turnips*, <u>Winter Squash</u> *
<b>March (early)</b>	Apples*, Carrots *, Onions *, Potatoes*, Turnips*, <u>Winter Squash</u> *
<b>March (late)</b>	Apples*, Carrots *, Onions *, Potatoes*, Turnips*, <u>Winter Squash</u> *
<b>April (early)</b>	Apples*, Carrots *, Onions *, Potatoes*, Turnips*
<b>April (late)</b>	Apples*, Onions *, Potatoes*, Turnips*
<b>May (early)</b>	Apples*, <u>Asparagus</u> , Radishes, Spinach
<b>May (late)</b>	Apples*, <u>Asparagus</u> , Broccoli, Radishes, Rhubarb, Spinach
<b>June (early)</b>	Apples*, <u>Asparagus</u> , Broccoli, Cabbage, Radishes, Rhubarb, Spinach, Strawberries , Summer squash
<b>June (late)</b>	Beans, Broccoli, Cabbage, <u>Peas</u> , Potatoes, Radishes, Rhubarb, Spinach, Strawberries , Summer squash, Sweet Cherries
<b>July (early)</b>	Beans, Broccoli, Cabbage, Cauliflower, Lettuce, <u>Peas</u> , Potatoes, Radishes, Raspberries, Rhubarb, Sour Cherries, Spinach, Summer squash, Sweet Cherries, Tomatoes
<b>July (late)</b>	Apples, Beans, Beets, Blueberries, Broccoli, Cabbage, Carrots , Cauliflower, Celery, Corn , Lettuce, Peaches, <u>Peas</u> , Potatoes, Radishes, Raspberries, Rhubarb, Sour Cherries, Summer squash, Tomatoes, Turnips
<b>August (early)</b>	Apples, Beans, Beets, Blueberries, Broccoli, Cabbage, Carrots , Cauliflower, Celery, Corn , Cucumber, Eggplant, Lettuce, Melons, Onions , Peaches, <u>Peas</u> , Peppers, Potatoes, Radishes, Rhubarb, Summer squash, Tomatoes, Turnips
<b>August (late)</b>	Apples, Beans, Beets, Blueberries, Broccoli, Cabbage, Carrots , Cauliflower, Celery, Corn , Cucumber, Eggplant, Grapes, Lettuce, Melons, Onions , Peaches, Pears, Peppers, Plums and prunes, Potatoes, Radishes, Rhubarb, Spinach, Summer squash, Tomatoes, Turnips, <u>Winter Squash</u>
<b>September (early)</b>	Apples, Beans, Beets, Blueberries, Broccoli, Cabbage, Carrots , Celery, Corn , Cucumber, Eggplant, Grapes, Lettuce, Melons, Onions , Peaches, Pears, Peppers, Plums and prunes, Potatoes, <u>Pumpkins</u> , Radishes, Raspberries, Spinach, Summer squash, Tomatoes, Turnips, <u>Winter Squash</u>
<b>September (late)</b>	Apples, Beans, Beets, Blueberries, Broccoli, Cabbage, Carrots , Celery, Corn , Cucumber, Eggplant, Grapes, Lettuce, Onions , Pears, Peppers, Plums and prunes, Potatoes, <u>Pumpkins</u> , Radishes, Raspberries, Spinach, Summer squash, Tomatoes, Turnips, <u>Winter Squash</u>

**TIME OF YEAR****FRESH PRODUCE OPTIONS**

<b>October (early)</b>	Apples, Beans, Beets, Blueberries, Broccoli, Cabbage, Carrots , Cauliflower, Celery, Corn , Cucumber, Eggplant, Grapes, Lettuce, Onions , Pears, Peppers, Potatoes, <u>Pumpkins</u> , Radishes, Raspberries, Spinach, Summer squash, Tomatoes, Turnips, <u>Winter Squash</u>
<b>October (late)</b>	Apples, Beets, Blueberries, Broccoli, Cabbage, Carrots , Cauliflower, Celery, Eggplant, Grapes, Lettuce, Onions *, Pears*, Peppers*, Potatoes, <u>Pumpkins</u> , Radishes, Raspberries, Spinach, Turnips, <u>Winter Squash</u>
<b>November (early)</b>	Apples*, Beets, Broccoli, Cabbage, Carrots , Cauliflower, Celery, Onions *, Pears*, Potatoes*, Radishes, Turnips, <u>Winter Squash</u>
<b>November (late)</b>	Apples*, Beets, Broccoli, Cabbage, Carrots , Cauliflower, Onions *, Pears*, Potatoes*, Radishes, Turnips, <u>Winter Squash</u> *
<b>December (early)</b>	Apples*, Broccoli, Cabbage, Carrots , Cauliflower, Onions *, Potatoes*, Turnips*, <u>Winter Squash</u> *
<b>December (late)</b>	Apples*, Broccoli, Cabbage, Carrots , Onions *, Potatoes*, Turnips*, <u>Winter Squash</u> *

**\* Indicates availability from local hothouse or storage**

Source(s):

<http://www.agmkt.state.ny.us/HarvestCalendar.html>