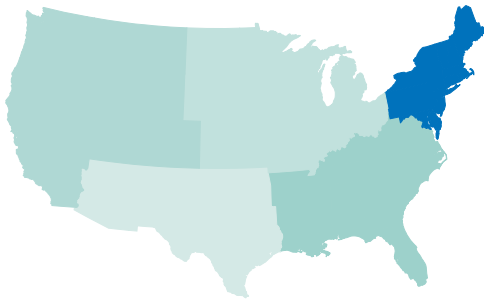


Seasonal Foods by U.S. Region

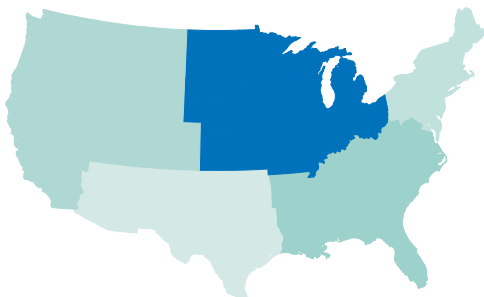
Eating with the season is easier when you know which foods grow in your area at any given time of year. The following lists show the growing seasons by region in the contiguous United States (the 48 adjoining states).

Northeast Region



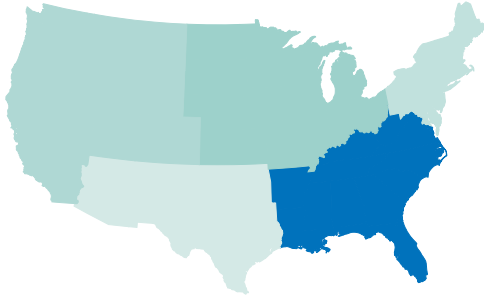
- **Winter:** Arugula, beet, carrot, chard, cranberry, green onion, leek, pear, potato, squash (winter), turnip greens
- **Spring:** Arugula, asparagus, beet, broccoli, cabbage, carrot, cauliflower, cherries, fava beans, fiddleheads, garlic scapes, kale, lettuce, mushrooms, nettles, parsley, parsnip, peas, pea greens, radish, ramps, rhubarb, spinach, strawberries
- **Summer:** Apple, arugula, asparagus, basil, beans, beet, blueberries, broccoli, Brussels sprouts, cabbage, cantaloupe, carrot, cauliflower, celery, chard, cherries, collard greens, corn, cucumber, eggplant, fennel, garlic, grapes, green beans, kale, leek, lettuce, mushrooms, nectarine, okra, onion, parsley, peach, pear, peas, peppers, plum, potato, pumpkin, radish, raspberries, rhubarb, rutabaga, salad greens, spinach, squash (summer), strawberries, sweet potato, tomato, turnip, watermelon, zucchini
- **Fall:** Apple, beet, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chard, chicory, collard greens, cranberries, cucumber, eggplant, fennel, garlic, grapes, kale, leek, lettuce, melon, mushrooms, onion, parsley, parsnip, pear, peas, peppers, potato, pumpkin, radish, rutabaga, salad greens, spinach, squash (winter), sweet potato, turnip

Midwest Region



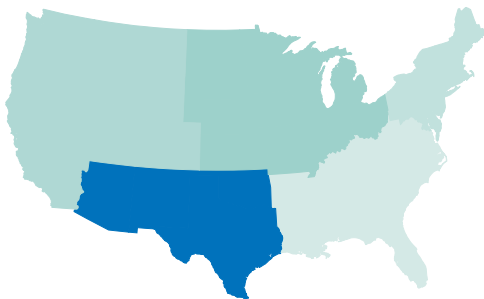
- **Winter:** Arugula, Brussels sprouts, carrot, lettuce, parsley, radish, squash (winter), turnip
- **Spring:** Arugula, asparagus, beet, carrot, chard, fava beans, garlic scapes, lettuce, mushrooms, parsley, parsnip, pea greens, peppers, radish, rhubarb, spinach
- **Summer:** Apple, arugula, asparagus, beet, blueberries, broccoli, Brussels sprouts, cabbage, cantaloupe, carrot, cauliflower, celery, chard, cherries, cilantro, corn, cucumber, eggplant, garlic, grapes, green beans, kale, leek, lettuce, mushrooms, onion, parsley, peach, pear, peas, peppers, plum, pluot, potato, pumpkin, radish, raspberries, rhubarb, salad greens, spinach, squash (summer), strawberries, tomato, turnip, watermelon, zucchini
- **Fall:** Apple, beans, beet, broccoli, Brussels sprouts, cabbage, carrot, cauliflower, celery, chard, cucumber, eggplant, fennel, garlic, kale, leek, lettuce, mushrooms, onion, parsnip, pear, persimmon, pumpkin, radish, salad greens, spinach, squash (summer, winter), tomato, turnip, zucchini

Southeast Region

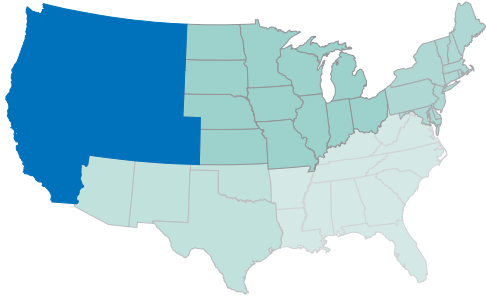


- **Winter:** Apple, broccoli, Brussels sprouts, cabbage, carrot, chard, chicory, fava beans, fennel, grapefruit, kale, lettuce, orange, parsnip, peppers, radish, spinach, squash (winter)
- **Spring:** Asparagus, beet, blueberries, broccoli, cabbage, carrot, cauliflower, chard, collard greens, corn, cucumber, eggplant, fennel, grapefruit, green beans, lettuce, mango, mushrooms, nettles, okra, orange, peach, pea greens, peppers, plum, pumpkin, radish, spinach, squash (summer), strawberries, sweet potato, tomatillo, tomato
- **Summer:** Apple, asparagus, basil, beet, blueberries, cabbage, cantaloupe, carrot, cauliflower, collard greens, corn, cucumber, eggplant, fig, grapes, green beans, mushrooms, okra, onion, orange, peach, peas, peppers, plum, potato, pumpkin, radicchio, radish, raspberries, rhubarb, salad greens, shallots, spinach, squash (summer), sweet potato, tomato, watermelon, zucchini
- **Fall:** Apple, broccoli, Brussels sprouts, cabbage, cauliflower, chard, chicory, collard greens, cucumber, escarole, fennel, grapes, kale, kohlrabi, leek, lettuce, mushrooms, okra, parsnip, peach, peppers, pumpkin, radish, salad greens, spinach, squash (summer, winter), sweet potato, tomatillo, tomato

Southwest Region



- **Winter:** Arugula, avocado, bok choy, broccoli, broccoli rabe, Brussel sprouts, cabbage, carrot, cauliflower, celery, celery root, chard, collard greens, garlic, grapefruit, kale, kohlrabi, leek, lemon, lettuce, mushrooms, orange, parsnip, radish, rutabaga, sorrel, spinach, squash (winter), strawberries, sweet potato, turnip
- **Spring:** Apricot, arugula, asparagus, avocado, broccoli, cabbage, carrot, cauliflower, celery, chard, collard greens, corn, cucumber, eggplant, fig, garlic, grapefruit, green beans, kale, leek, lemon, lettuce, mushrooms, nectarine, onion, orange, peach, peas (pod, snap, etc.), potato, radish, spinach, squash (summer), strawberries, tomato, turnip, zucchini
- **Summer:** Apple, arugula, beans, blueberries, cantaloupe, corn, cucumber, eggplant, fig, garlic, grapes, green beans, leek, mushrooms, nectarine, okra, onion, peach, pear, peppers, plum, pomegranate, potato, pumpkin, raspberries, squash (summer), tomatillo, tomato, watermelon, zucchini
- **Fall:** Apple, arugula, avocado, beans (shelling), bok choy, broccoli, Brussels sprouts, carrot, cauliflower, chard, collard greens, corn, date, fig, green bean, kale, leek, lettuce, lime (key, regular), mushrooms, parsnip, peppers, pomegranate, potato, pumpkin, radish, raspberries, spinach, squash (summer, winter), sweet potato, tomato, turnip



West Region

- **Winter:** Arugula, bok choy, Brussels sprouts, cabbage, cauliflower, celery, collard greens, endive, fennel, kale, mustard greens, parsnip, spinach, squash (winter), sunchoke, sweet potato, tangerine
- **Spring:** Artichoke, arugula, asparagus, avocado, bok choy, cabbage, carrot, cauliflower, garlic scapes, lemon, lettuce, lime, mushrooms, mustard greens, nettles, peas, potato, radish, rhubarb, spinach, strawberries, sweet potato, watercress
- **Summer:** Apple, apricot, artichoke, arugula, asparagus, basil, beet, blueberries, broccoli, cabbage, cantaloupe, carrot, cauliflower, chard, cherries, collard greens, corn, cucumber, eggplant, fennel, figs, garlic, grapes, green beans, green onion, kale, leek, lettuce, mushrooms, nectarine, onion, parsnip, pear, peas, peppers, plum, pluot, potato, radish, raspberries, rhubarb, salad greens, spinach, squash (summer), strawberries, tomato, turnip, watermelon, zucchini
- **Fall:** Apple, artichoke, arugula, beet, Brussels sprouts, cabbage, cantaloupe, carrot, celery, chard, collard greens, corn, cucumber, eggplant, endive, fennel, garlic, grapes, green beans, green onion, kale, leek, lettuce, mushrooms, onion, parsnip, pear, peppers, persimmon, potato, pumpkin, radish, salad greens, spinach, squash (winter), sunchoke, sweet potato, tomato, turnip, zucchini

