

## What's in Season?



Ever wonder why strawberries taste better in June than December? Maybe because June is strawberry season. Buy locally grown produce or produce "in season" for the best flavor and cost. Locally grown produce not only tastes great but helps support local farmers. Check out the chart below and start enjoying more local and seasonal produce now!

Month	Locally Grown Produce
January	Local produce is limited to specialty foods and foods grown in greenhouses.
February	Local produce is limited to specialty foods and foods grown in greenhouses.
March	Local produce is limited to specialty foods and foods grown in greenhouses.
April	asparagus, radishes
May	asparagus, broccoli, green onions, greens, peas, radishes, rhubarb
June	asparagus, beets, beans, broccoli, cabbage, cantaloupe, carrots, green onions, greens, lettuce, onions, parsley, peas, radishes, rhubarb, strawberries, watermelons
July	beans, beets, blueberries, broccoli, cabbage, cantaloupe, carrots, cauliflower, celery, cucumbers, eggplant, grapes, green onions, greens, lettuce, onions, parsley, peas, peaches, bell peppers, potatoes, radishes, summer raspberries, squash, sweet corn, tomatoes, turnips, watermelons
August	apples, beans, beets, blueberries, cabbage, cantaloupe, carrots, cauliflower, celery, cucumbers, eggplant, grapes, green onions, greens, lettuce, onions, parsley, peas, peaches, pears, bell peppers, potatoes, radishes, squash, sweet corn, tomatoes, turnips, watermelons
September	apples, beans, beets, blueberries, cabbage, cantaloupe, carrots, cauliflower, celery, cucumbers, eggplant, grapes, green onions, greens, lettuce, onions, parsley, peas, peaches, pears, bell peppers, plums, potatoes, pumpkins, radishes, fall red raspberries, squash, sweet corn, tomatoes, turnips, watermelons
October	apples, beets, broccoli, cabbage, carrots, cauliflower, celery, green onions, greens, lettuce, parsley, peas, pears, potatoes, pumpkins, radishes, fall red raspberries, squash, turnips
November	broccoli, cabbage, carrots, parsley, pears, peas
December	Local produce is limited to specialty foods and foods grown in greenhouses.

