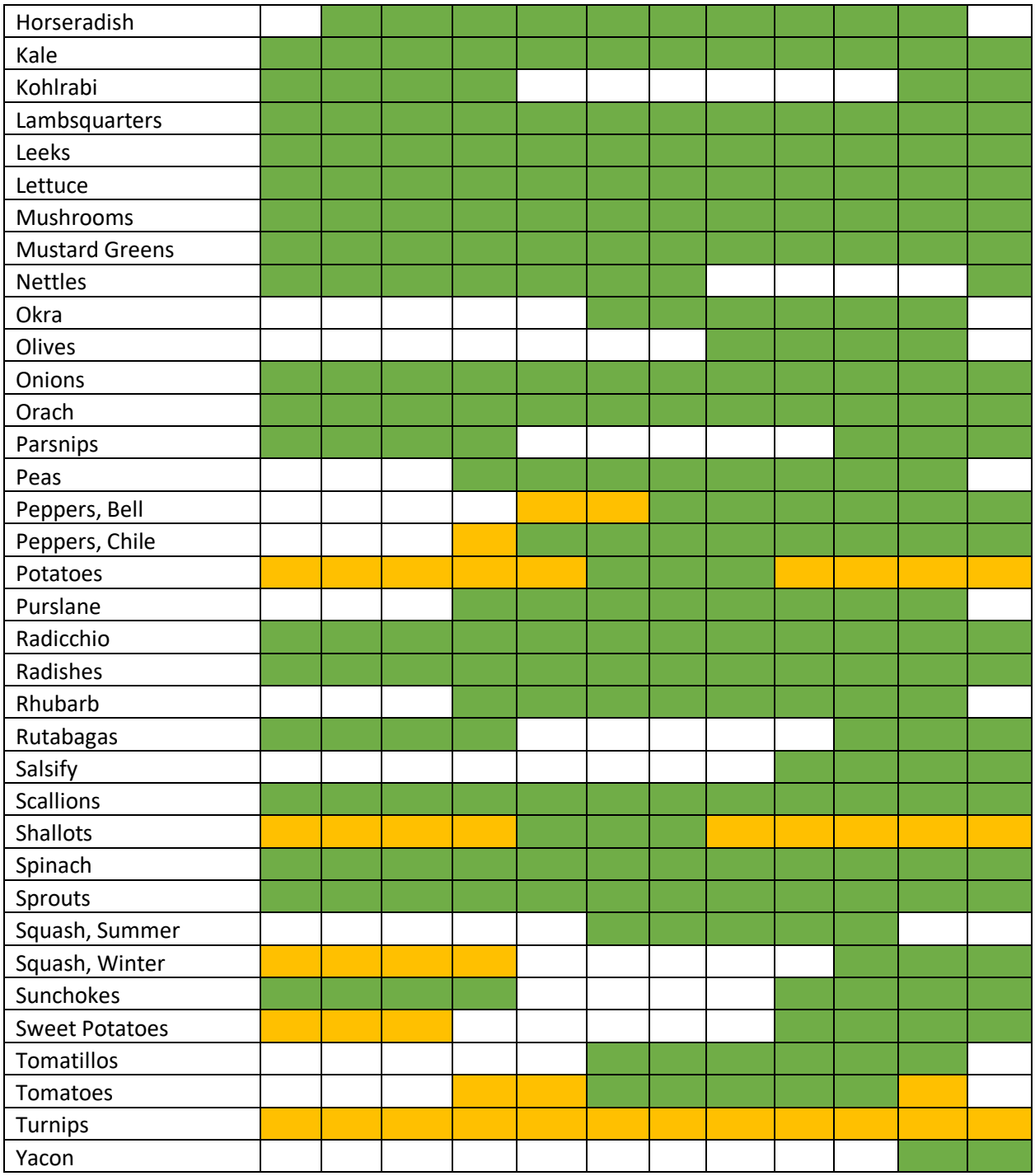
Vegetable Seasonality Chart

	Dark: In Season
	Light: In the market but not within its natural harvest season (i.e., cold storage or hot house production)

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichokes												
Arugula												
Asian Greens												
Asparagus												
Avocados												
Beans, Green												
Beans, Shelling												
Beets												
Bok Choy												
Broccoli												
Broccoli Rabe												
Brussel Sprouts												
Burdock												
Cabbage												
Cactus Pads												
Cardoons												
Carrots												
Cauliflower												
Celeriac												
Celery												
Chard												
Collard Greens												
Corn												
Cress												
Cucumbers												
Dandelion Greens												
Eggplant												
Endive												
Fava Beans												
Fava Greens												
Fennel												
Garlic												
Garlic, Green												
Ginger Root												


Horseradish
Kale
Kohlrabi
Lambsquarters
Leeks
Lettuce
Mushrooms
Mustard Greens
Nettles
Okra
Olives
Onions
Orach
Parsnips
Peas
Peppers, Bell
Peppers, Chile
Potatoes
Purslane
Radicchio
Radishes
Rhubarb
Rutabagas
Salsify
Scallions
Shallots
Spinach
Sprouts
Squash, Summer
Squash, Winter
Sunchokes
Sweet Potatoes
Tomatillos
Tomatoes
Turnips
Yacon