



Seasonal Availability of Maine Fruits & Vegetables

FRUIT

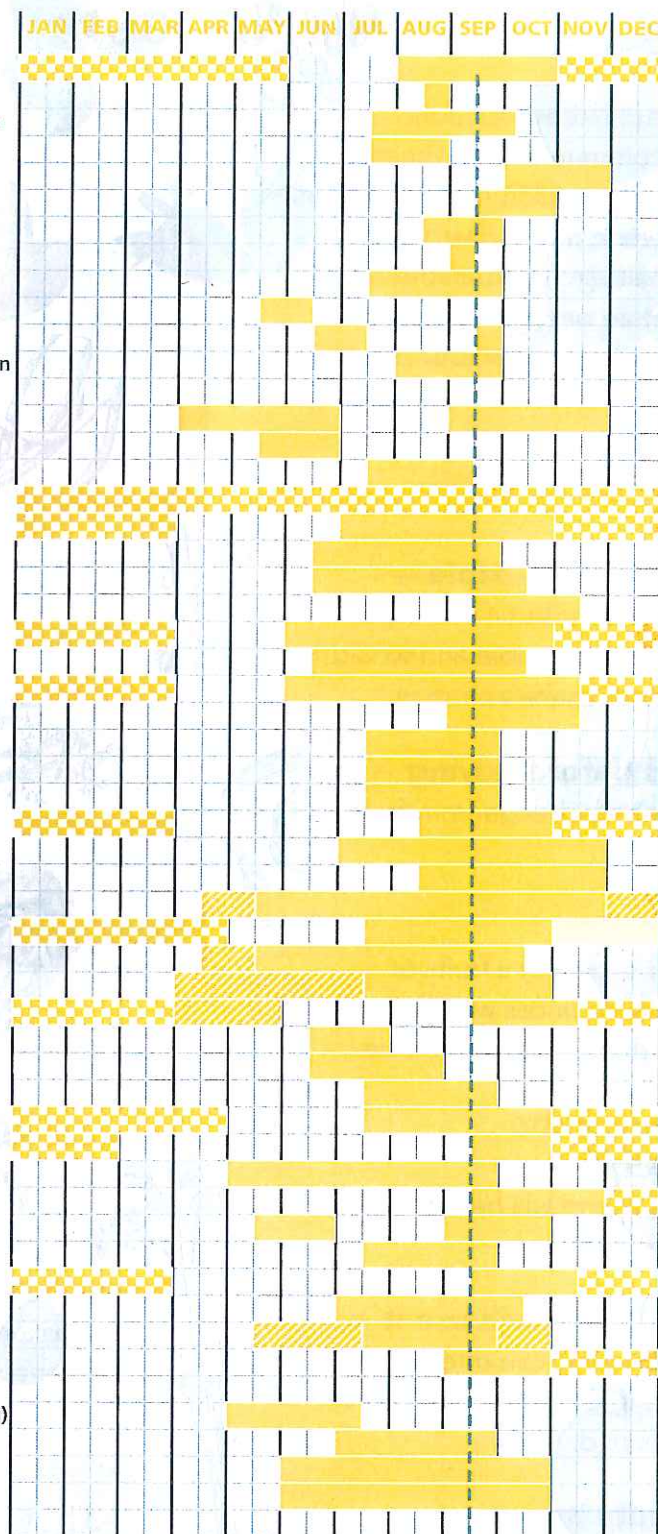
- Apples
- Blackberries
- Blueberries, Highbush
- Blueberries, Wild
- Cranberries
- Grapes
- Pears
- Plums
- Raspberries
- Rhubarb
- Strawberries
- Cantelope/Watermelon

VEGETABLES

- Arugula
- Asparagus
- Beans (snap, wax)
- Dry beans
- Beets
- Beet Greens
- Broccoli
- Brussel Sprouts
- Cabbage
- Chinese Cabbage
- Carrots
- Cauliflower
- Sweet Corn
- Cucumbers
- Eggplant
- Garlic
- Kale/Collards
- Leeks
- Lettuce/Mixed Greens
- Onions, bulb
- Onions, scallions
- Parsley
- Parsnip
- Peas (shell)
- Peas (edible pod)
- Peppers
- Potatoes
- Pumpkins
- Radishes
- Rutabaga
- Spinach
- Summer Squash
- Winter Squash
- Swiss Chard
- Tomatoes
- Turnips

OTHER

- Plants (annual bedding)
- Cut flowers
- Herbs
- Herb plants



approximate frost
date for most of the
state of Maine



extended season, overwintered or from greenhouse
available from storage
harvest season

PLEASE NOTE: These bars represent average dates based on the beginning and middle of the months. Availability can vary widely from one end of the state to the other with such factors as locality, weather and variety grown. This chart is meant to serve as a guide for shopping for *real fresh* produce so you will know when to expect to *getrealmaine* on your grocer's shelves, direct from a farm stand or at a farmers' market.

Maine Federation of Farmers' Markets

TIPS FOR SHOPPING AT A FARMERS MARKET ON A BUDGET

Farmers markets are becoming more popular in many communities. The market is a place to buy local food from local farmers in a fun atmosphere. Fruits and vegetables from farmers markets are comparable in price to grocery-store products and you can find great savings on organic produce. It pays to shop smart at the market though! Here are some tips to consider before shopping at the farmers market:

1. **Make a list but be flexible** —
be prepared with a list but if a cheaper fruit or vegetable is available and would work just the same, make a change.
2. **Look around before buying** —
prices & quality may change from farmer to farmer.
3. **Be patient** —
wait for a larger supply of a fruits or vegetables because prices will often be lower when there is an abundance.
4. **Don't overbuy and consider shelf life** —
planning meals ahead will help so the food doesn't go bad.
5. **Buy in bulk...if you will use it** —
buying larger amounts can often save money but only if you are going to use it before it goes bad.
6. **Avoid specialty items** —
these items are usually more expensive and things you don't really need.



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7. **Ask the farmer questions** —
don't be afraid to chat with the farmer, they know their stuff and can give advice on how to cook and store the food they sell.
8. **Use your SNAP dollars and Bonus Bucks** —
EBT cards are accepted at many farmers markets and some offer other incentives like Bonus Bucks.