

SEASONAL EATING GUIDE

Here's what's in season in most of North America. Also check out eatwellguide.org for other seasonal picks in your region.

WINTER

- ☐ Apples (stored)
- ☐ Beets (stored)
- ☐ Belgian endive
- ☐ Burdock
- ☐ Cabbage
- ☐ Carrots (stored)
- ☐ Citrus (in southern regions)
- ☐ Collard greens
- ☐ Cucumber (greenhouse)
- ☐ Daikon radish, horseradish
- ☐ Garlic (stored)
- ☐ Jerusalem artichoke (stored)
- ☐ Kale
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce & salad greens (hydroponic)
- ☐ Mushrooms
- ☐ Onions (stored)
- ☐ Parsnips (stored)
- ☐ Pears (stored)
- ☐ Potatoes (stored)
- ☐ Radicchio
- ☐ Rutabagas (stored)
- ☐ Shallots
- ☐ Sprouts
- ☐ Sweet potatoes & yams (stored)
- ☐ Turnips & turnip greens (stored)
- ☐ Winter squash (stored)

SPRING

- ☐ Apples (stored)
- ☐ Arugula
- ☐ Asparagus
- ☐ Beets (late-winter)
- ☐ Bok choy
- ☐ Broccoli
- ☐ Cabbage
- ☐ Carrots (stored)
- ☐ Chard
- ☐ Collard greens
- ☐ Watercress
- ☐ Fiddleheads
- ☐ Fresh herbs (e.g. oregano, mint)
- ☐ Garlic (stored)
- ☐ Jerusalem artichoke (stored)
- ☐ Lettuce & salad greens
- ☐ Mangoes (in southern regions)
- ☐ Mushrooms
- ☐ Mustard greens
- ☐ Onions (bulb and green)
- ☐ Parsnips (stored)
- ☐ Peas (snap and snow)
- ☐ Potatoes (stored)
- ☐ Radishes
- ☐ Rhubarb
- ☐ Shallots (stored)
- ☐ Spinach
- ☐ Sprouts
- ☐ Turnips & turnip greens (stored)

EARLY SUMMER

- ☐ Apricots
- ☐ Asparagus
- ☐ Avocados (in southern regions)
- ☐ Blackberries
- ☐ Chives
- ☐ Cherries
- ☐ Elderberries
- ☐ Endive
- ☐ Fresh herbs (e.g. oregano, mint)
- ☐ Gooseberries
- ☐ Lettuce & salad greens
- ☐ Mangoes (in southern regions)
- ☐ New potatoes
- ☐ Onions (green)
- ☐ Radishes
- ☐ Rhubarb
- ☐ Spinach
- ☐ Sprouts
- ☐ Strawberries

MID-SUMMER

- ☐ Apricots
- ☐ Avocados (in southern regions)
- ☐ Basil
- ☐ Beans (fresh)
- ☐ Blackberries
- ☐ Blueberries
- ☐ Broccoli
- ☐ Celery
- ☐ Corn
- ☐ Cucumbers
- ☐ Currants
- ☐ Fresh herbs (e.g. oregano, mint) Kale
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce & salad greens
- ☐ Mangoes (in southern regions)
- ☐ Melons & cantaloupe
- ☐ Mustard greens
- ☐ Nectarines
- ☐ Okra
- ☐ Peaches
- ☐ Peas
- ☐ Peppers
- ☐ Plums
- ☐ Parsnips
- ☐ Radicchio
- ☐ Radishes
- ☐ Raspberries

- ☐ Tomatoes
- ☐ Turnips & turnip greens
- ☐ Winter squash
- ☐ Zucchini & summer squash

FALL

- ☐ Apples
- ☐ Arugula
- ☐ Asian pears
- ☐ Avocados (in southern regions)
- ☐ Beans (fresh & dried)
- ☐ Beets & beet greens
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Collard greens
- ☐ Cranberries
- ☐ Cucumbers
- ☐ Daikon & horseradish
- ☐ Eggplant
- ☐ Fennel
- ☐ Garlic
- ☐ Grapes
- ☐ Kale

- ☐ Leeks
- ☐ Lettuce & salad greens
- ☐ Melons
- ☐ Mustard greens
- ☐ Mushrooms (esp. shiitake)
- ☐ Okra
- ☐ Onions (green and bulb)
- ☐ Parsnips
- ☐ Pears
- ☐ Peas (snap, snow)
- ☐ Peppers
- ☐ Potatoes
- ☐ Pumpkins
- ☐ Quince
- ☐ Radicchio
- ☐ Radishes
- ☐ Rapini
- ☐ Raspberries
- ☐ Rutabagas
- ☐ Shallots
- ☐ Spinach
- ☐ Sprouts
- ☐ Sweet potatoes & yams
- ☐ Tomatoes (late-season)
- ☐ Tomatillos
- ☐ Turnips & turnip greens
- ☐ Winter squash