



Fruit and Vegetable Seasonal Guide

By choosing fruits and vegetables that are in season, you will enjoy the best flavor and save some money in the process. Use the guide below to help you select produce at their peak harvest while teaching your family to enjoy these “good for you” foods.

VEGETABLES	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ASPARAGUS									
BEANS, STRING *									
BEANS, SHELL									
BEETS									
BEEF GREENS									
BROCCOLI									
BRUSSELS SPROUT									
CABBAGE									
CARROTS									
CAULIFLOWER									
CELERY									
COLLARD GREENS									
CORN *									
CUCUMBERS *									
EGGPLANT *									
FENNEL									
HERBS									
KALE									
LETTUCE *									
LEEKs									
LIMA BEANS *									
MESCLUN									
ONIONS									
PARSNIPS									
PEAS *									
PEPPERS *									
POTATOES									
PUMPKINS									
RADISHES *									
RHUBARB									
SCALLIONS									
SPINACH									
SQUASH, SUMMER*									
SQUASH, WINTER									
SWISS CHARD									
TOMATOES									
TURNIPS									
TURNIP GREENS									
FRUITS	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES									
BLACKBERRIES									
BLUEBERRIES									
CANTALOUPEs									
CHERRIES									
CURRANTS									
GRAPES									
PEACHES									
PEARS									
PLUMS									
PRUNES									
STRAWBERRIES									
RASPBERRIES *									
WATERMELON									

* Harvest and availability ends with frost, as early as September or October.

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