

# VERMONT HARVEST CALENDAR

**Eat with the seasons!** This calendar presents the diverse array of farm products that are available throughout the seasons at local farmers markets, farm stands and retail stores. Eating food when it's in season means flavor and nutritional value are at their peak and cost is often at its lowest. Find out when your favorite fruits and veggies are freshest and which products are **in season now**.

January	February	March	April	May	June
Apples Beets Cabbage Carrots Celeriac Garlic Parsnips Potatoes Rutabaga Turnips Winter Squash 	Apples Beets Cabbage Carrots Onions Parsnips Potatoes Rutabaga Turnips Winter Squash 	Apples Beets Carrots Onions Parsnips Potatoes Rutabaga Turnips Winter Squash 	Apples Carrots Parsnips Potatoes Turnips 	Asparagus Greens Parsnips Radishes Rhubarb Scallions Spinach 	Asparagus Chard Greens Lettuce Peas Radishes Rhubarb Scallions Spinach Strawberries 
July	August	September	October	November	December
Beans Beets Broccoli Carrots Cauliflower Fennel Greens Kale Lettuce Melons Peas Potatoes Radishes Raspberries Scallions Spinach Summer Squash Tomatoes Turnips 	Apples Beans Beets Blackberries Blueberries Broccoli Cabbage Carrots Cauliflower Celery Chard Corn Cucumbers Eggplant Fennel Garlic Greens Kale Leeks Lettuce Melons Onions Peas Peppers Potatoes Radishes Raspberries Scallions Spinach Summer Squash Tomatoes Turnips Watermelon 	Apples Beans Beets Blueberries Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Chard Corn Cucumbers Eggplant Fennel Greens Kale Leeks Lettuce Onions Parsnips Peppers Potatoes Pumpkins Radishes Raspberries Scallions Spinach Summer Squash Tomatoes Turnips Winter Squash 	Apples Beans Beets Blueberries Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Celeriac Chard Celery Kale Leeks Onions Parsnips Peppers Potatoes Pumpkins Radishes Rutabaga Scallions Spinach Summer Squash Turnips Winter Squash 	Apples Beets Broccoli Brussel Sprouts Cabbage Carrots Celeriac Garlic Kale Onions Parsnips Potatoes Pumpkins Radishes Rutabaga Turnips Winter Squash 	Apples Beets Brussel Sprouts Cabbage Carrots Celeriac Garlic Kale Onions Parsnips Potatoes Pumpkins Radishes Rutabaga Turnips Winter Squash  <p><b>*Fruit or vegetable comes into season this month.</b></p>