













Vermont Harvest Calendar

This calendar presents the diverse array of farm products that are available throughout the seasons at local farmers markets, farm stands, and retail stores. Foods in season are at peak flavor and nutritional value, and their cost is often at its lowest. Find out when your favorite fruits and vegetables are freshest and which products are **in season now**.

January	February	March	April	May	June
Apples Beets Cabbage Carrots Celeriac Garlic Onion 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 Brussels Sprouts* Cabbage Carrots Cauliflower Celeriac* 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 Brussels Sprouts Cabbage Carrots Cauliflower Celeriac Celery Chard Kale Leeks Onions Cucumbers* Eggplant Greens Kale Leeks Lettuce Onions Parsnips Peppers Potatoes Pumpkins Radishes Scallions Spinach Summer Squash Turnips Winter Squash 	Apples Beets Broccoli Brussels Sprouts Cabbage Carrots Celeriac Celery Chard Kale Leeks Onions Parsnips Potatoes Pumpkins Radishes Rutabaga Turnips Winter Squash 	Apples Beets Brussels Sprouts Cabbage Carrots Celeriac Garlic Kale Onions Parsnips Potatoes Pumpkins Radishes Rutabaga Turnips Winter Squash  <p>*Fruit or vegetable comes into season this month.</p>

Source: "Farm to School: Highlighting Local Fruits & Vegetables," by VT FEED and Vermont Agency of Education.
 Download at vtfeed.org/feed-resources-library.