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	Apples	Apples	Apples	Asparagus*	Asparagus
Beets	Beets	Beets	Carrots	Greens*	Chard*
Cabbage	Cabbage	Carrots	Parsnips	Parsnips	Greens
Carrots	Carrots	Onions	Potatoes	Radishes*	Lettuce*
Celeriac	Onions	Parsnips	Turnips	Rhubarb*	Peas*
Garlic	Parsnips	Potatoes		Scallions*	Radishes
Onion	Potatoes	Rutabaga		Spinach*	Rhubarb
Parsnips	Rutabaga	Turnips			Scallions
Potatoes	Turnips	Winter Squash			Spinach
Rutabaga	Winter Squash				Strawberries*
Turnips	A Comment of the Comm				
Winter Squash					
			1		

July	August	September	October	November	December
Beans*	Apples*	Apples	Apples	Apples	Apples
Beets*	Beans	Beans	Beans	Beets	Beets
Broccoli	Beets	Beets	Beets	Broccoli	Brussels Sprouts
Carrots*	Blackberries*	Blueberries	Blueberries	Brussels Sprouts	Cabbage
Cauliflower*	Blueberries*	Broccoli	Broccoli	Cabbage	Carrots
Fennel*	Broccoli	Brussels Sprouts*	Brussels Sprouts	Carrots	Celeriac
Greens	Cabbage*	Cabbage	Cabbage	Cauliflower	Garlic
Kale*	Carrots	Carrots	Carrots	Celeriac	Kale
Lettuce	Cauliflower	Cauliflower	Cauliflower	Celery	Onions
Melons*	Celery*	Celeriac*	Celeriac	Chard	Parsnips
Peas	Chard	Celery	Celery	Kale	Potatoes
Potatoes*	Corn*	Chard	Chard	Leeks	Pumpkins
Radishes	Cucumbers*	Corn	Cucumbers	Onions	Radishes
Raspberries*	Eggplant*	Cucumbers //	Eggplant	Parsnips	Rutabaga
Scallions	Fennel	Eggplant	Greens	Potatoes	Turnips
Spinach	Garlic*	Fennel //	Kale	Pumpkins	Winter Squash
Summer Squash*	Greens	Greens	Leeks	Radishes	
Tomatoes*	Kale	Kale	Lettuce	Rutabaga	
Turnips*	Leeks*	Leeks	Onions	Turnips	
•	Lettuce	Lettuce	Parsnips	Winter Squash	
1 A	Melons	Onions	Peppers	·	
	Onions*	Parsnips*	Potatoes		
	Peas	Peppers	Pumpkins		A TORRES STATES
	Peppers*	Potatoes	Radishes		
200/1	Potatoes	Pumpkins*	Rutabaga*		
	Radishes	Radishes	Scallions		
ALVI	Raspberries	Raspberries	Spinach		
	Scallions	Scallions	Summer Squash	3 3	*Fruit or
	Spinach	Spinach	Turnips		vegetable
	Summer Squash	Summer Squash	Winter Squash	THE PARTY OF THE P	comes into
	Tomatoes	Tomatoes			season this
	Turnips	Turnips			month.
	Watermelon*	Winter Squash*			
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Source: "Farm to School: Highlighting Local Fruits & Vegetables," by VT FEED and Vermont Agency of Education.

Download at wtfeed.org/feed-resources-library.