

The New Hampshire Harvest Season – Availability of Locally Grown Fruits and Vegetables

Jan		Feb		March		April		May		June		July		Aug		Sept		Oct		Nov		Dec		Ideal storage temp:
1-15	16-31	1-15	16-31	1-15	16-31	1-15	16-31	1-15	16-31	1-15	16-30	1-15	16-31	1-15	16-31	1-15	16-30	1-15	16-31	1-15	16-31	1-15	16-31	
Vegetables																								
Asparagus																								fridge
												Beans (shell)												fridge
												Beans (lima)												fridge
												Beans (green, yellow)												fridge
												Beans (Chinese long)												fridge
Beet Greens																								fridge
Beets																								fridge
Bok Choi																								fridge
												Broccoli												fridge
												Brussel Sprouts												fridge
Cabbage																								fridge
Carrots																								fridge
Cauliflower																								fridge
Celery																								fridge
Corn (sweet)																								fridge
Cucumbers																								50-55 F
												Eggplant (all types)												50-55 F
Fiddleheads																								fridge
Garlic (fresh)																								fridge
Garlic scapes																								fridge
												Ginger (baby)												fridge (short term, or freeze)
Kale																								fridge
Kohlrabi																								fridge
Lettuce																								fridge
												Muskmelon												fridge
Onions																								fridge
Parsnips																								fridge
Peas																								fridge
Peppers																								45-50 F
Potato																								45-50 F
												Pumpkin (Sugar, Pie)												55-60 F
Rhubarb																								fridge
												Rutabaga (swede)												fridge
Salad Greens																								fridge
Scallions																								fridge
Snow Peas																								fridge
Spinach																								fridge
Squash (winter)																								55-60 F
Squash (summer)																								45-50 F
												Sweetpotato												55-60 F
Swiss Chard																								fridge
Tomatoes																								55-60 F
Turnips (salad type)																								fridge
												Watermelon												fridge
Fruits																								
Apples																								fridge
Blackberries																								fridge
Blueberries																								fridge
Cherries																								fridge
Peaches & Nectarines																								fridge
Pears																								fridge
Plums																								fridge
Raspberries																								fridge
Strawberries																								fridge

new
main season
greenhouse or other season extension
stored
over wintered

Revised by UNH Cooperative Extension Specialist R. Sideman, 6/2020. Originally developed with assistance from the NH Farmers Market Association and Richard Sharpe.