



Farmers Markets Availability Chart

Visit the market often. Fruits and vegetables have different growing seasons. When they are in season, the price is often lower.

This chart shows what is in season throughout the summer. Ask farmers at your market when these items will be available.

In season through the summer				In season October
Apples	Brussel Sprouts	Kohlrabi	Scallions	Apples
Asparagus	Cabbage	Lettuce	Snow peas	Brussel Sprouts
Beans, <i>Chinese long</i>	Carrots	Melons	Spinach	Cabbage
Beans, <i>green and yellow</i>	Cauliflower	Onions	Squash, <i>summer and winter</i>	Cauliflower
Beet greens	Celery	Peaches		Cucumbers
Beets	Corn	Pears	Strawberries	Kale
Blackberries	Cucumbers	Peas	Swiss chard	Kohlrabi
Blueberries	Eggplant	Peppers	Tomatoes	Onions
Bok Choi	Garlic	Potatoes	Turnips	Pears
Broccoli	Kale	Pumpkin		Potatoes
		Raspberries		Pumpkin
				Spinach
				Squash, winter
				Turnips