

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

In season October		
Apples		
Brussel Sprouts		
Cabbage		
Cauliflower		
Cucumbers		
Kale		
Kohlrabi		
Onions		
Pears		
Potatoes		
Pumpkin		
Spinach		
Squash, winter		
Turnips		

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