



Seasonal Produce List by Region

Northwest (WA, OR, ID)

| Spring | Summer | Fall | Winter |
|--|--|--|---|
| Asparagus Lettuces Radishes Rhubarb | Apples Apricots Asparagus Beets Blackberries Blueberries Boysenberries Cherries Cucumbers Eggplant Gooseberries Lettuces/greens Nectarines Peaches Peas Raspberries Rhubarb Strawberries String beans Summer squash Sweet corn Tomatoes | Apples Beets Brussels sprouts Cabbage Figs Grapes Leeks Melons Pears Plums Pumpkins and gourds Rutabagas Tomatoes Winter squash | Apples Leeks Rutabagas Winter squash |

Southwest (CA, NV, AZ, UT)

| Spring | Summer | Fall | Winter |
|-------------------|---------------------------|---------------------------|-------------|
| Asparagus | Apricots | Almonds | Beets |
| Beets | Artichokes | Apples | Broccoli |
| Broccoli | Beets | Artichokes | Cabbage |
| Brussels sprouts | Blackberries | Beets | Grapefruit |
| Cabbage | Blueberries | Broccoli | Horseradish |
| Cauliflower | Boysenberries | Cabbage | Kumquats |
| Cucumbers | Broccoli | Dates | Leeks |
| Leeks | Cabbage | Figs | Mandarins |
| Lettuces & greens | Cauliflower | Grapes | Oranges |
| Mandarins | Cherries | Lettuces & greens | Parsnips |
| Oranges | Cucumbers | Mandarins | Radishes |
| Peas | Eggplant | Melons | Rutabagas |
| Radishes | Figs | Parsnips | Salsify |
| Strawberries | Grapes | Pears | Tangerines |
| Turnips | Lettuces & greens | Persimmons | Walnuts |
| | Melons | Plums | |
| | Nectarines | Pumpkins & gourds | |
| | Okra | Radishes | |
| | Peaches | Rhubarb (early) | |
| | Peas | Rutabagas | |
| | Plums (late) | Strawberries | |
| | Radishes | Summer & Winter squash | |
| | Raspberries | Sunchokes | |
| | Rhubarb | Sweet corn | |
| | Strawberries | Tomatoes | |
| | String beans | Turnips | |
| | Summer & Winter squash | Walnuts | |
| | Sweet corn | | |
| | Tomatoes | | |
| | Turnips | | |

North Central (MT, WY, CO, ND, SD, NE, KS, MN, IA, MO)

| Spring | Summer | Fall | Winter |
|-------------------|---------------|---------------------------|--------------------------|
| Asparagus | Blackberries | Apples | Chicories |
| Beets | Blueberries | Beets | Horseradish |
| Horseradish | Boysenberries | Broccoli | Salsify |
| Lettuces & greens | Broccoli | Cabbage | Winter squash (early) |
| Parsnips | Cabbage | Cauliflower | |
| Peas (late) | Cauliflower | Cucumbers | |
| | Cherries | Eggplant | |
| | Cucumbers | Grapes | |
| | Eggplant | Lettuces & greens | |
| | Gooseberries | Melons | |
| | Grapes | Okra | |
| | Melons | Pears | |
| | Nectarines | Plums (early) | |
| | Peaches | Pumpkins | |
| | Peas | Radishes | |
| | Raspberries | Rhubarb (early) | |
| | Rhubarb | String beans (early) | |
| | Strawberries | Summer & Winter squash | |
| | String beans | Sweet corn | |
| | Summer squash | Sweet potatoes | |
| | Sweet corn | Tomatoes | |
| | Tomatoes | Turnips | |

South Central (NM, OK, TX, AR, LA)

| Spring | Summer | Fall | Winter |
|-------------------|---------------------------|-------------------|-------------------|
| Asparagus | Apples | Apples | Beets |
| Beets | Blackberries | Beets | Cabbage (early) |
| Broccoli | Blueberries | Broccoli | Cauliflower |
| Brussels sprouts | Cherries | Brussels sprouts | Chicories |
| Cabbage | Cucumbers | Cabbage | Grapefruit |
| Cucumbers | Eggplant | Cauliflower | Horseradish |
| Lettuces & greens | Figs | Cucumbers | Kumquats |
| Peas | Grapes | Eggplant | Lettuces & greens |
| Radishes | Melons | Figs | Mandarins |
| Rhubarb | Nectarines | Grapes & | Oranges |
| Strawberries | Okra | Muscadines | Pecans (early) |
| Turnips | Peaches | Lettuces & greens | Radishes |
| | Plums | Melons | Salsify |
| | Raspberries | Okra | Sunchokes |
| | Strawberries (early) | Pears | Tangerines |
| | String beans | Pecans | Turnips |
| | Summer & Winter squash | Persimmons | |
| | Sweet corn | Pomegranates | |
| | Tomatoes | Pumpkins | |
| | | Radishes | |
| | | Squash | |
| | | Sweet corn | |
| | | Sweet potatoes | |
| | | Tomatoes | |

Great Lakes, Ohio Valley, Midwest (WI, MI, IL, IN, OH, KY)

| Spring | Summer | Fall | Winter |
|-------------------|----------------------|---------------------------|---------------------------|
| Asparagus | Apples | Apples | Chicories |
| Cabbage (late) | Beets | Beets | Horseradish |
| Lettuces & greens | Blackberries | Broccoli | Salsify |
| Parsnips | Blueberries | Brussels sprouts | Sweet potatoes (early) |
| Peas | Broccoli | Cabbage | Winter squash (early) |
| Radishes | Cabbage | Cauliflower | |
| Rhubarb | Cherries | Cucumbers | |
| | Cucumbers | Eggplant (early) | |
| | Currants | Grapes | |
| | Eggplant | Leeks | |
| | Gooseberries | Lettuces & greens | |
| | Lettuces & greens | Parsnips | |
| | Melons | Paw paws (early) | |
| | Nectarines | Pears | |
| | Okra | Plums | |
| | Peaches | Pumpkins | |
| | Peas | Radishes | |
| | Plums (late) | Rutabagas | |
| | Radishes | Sorghum | |
| | Raspberries | Summer & Winter squash | |
| | Rhubarb (early) | Sweet corn | |
| | Strawberries (early) | Sweet potatoes | |
| | String beans | Tomatoes | |
| | Summer squash | Turnips | |
| | Sunchokes | | |
| | Sweet corn | | |
| | Tomatoes | | |
| | Turnips | | |

Northeast and New England (ME, VT, NH, MA, CT, RI, NY, NJ, PA, MD, DE)

| Spring | Summer | Fall | Winter |
|----------------------|-------------------|-------------------|--------------------------|
| Asparagus | Beets | Apples | Brussels sprouts (early) |
| Fiddleheads | Blackberries | Beets | Cranberries (early) |
| Garlic Scapes (late) | Blueberries | Broccoli | Horseradish |
| Lettuces & greens | Broccoli | Brussels sprouts | Leeks (early) |
| Radishes (late) | Cabbage | Cabbage | Parsnips |
| Rhubarb (late) | Cherries | Cauliflower | Salsify |
| | Lettuces & greens | Cranberries | Sweet potatoes (early) |
| | Lima beans | Eggplant | Winter squash (early) |
| | Melons | Grapes | |
| | Nectarines | Melons | |
| | Peaches | Parsnips | |
| | Peas | Pears | |
| | Radishes | Plums | |
| | Raspberries | Pumpkins & gourds | |
| | Rhubarb | Radishes | |
| | Strawberries | Rutabagas | |
| | String beans | Sunchokes | |
| | Summer squash | Sweet potatoes | |
| | Sweet corn | Turnips | |
| | Tomatoes | Winter squash | |

Southeast (WV, VA, NC, SC, TN, GA, FL, AL, MS)

| Spring | Summer | Fall | Winter |
|--------------------------|-------------------|----------------------|-------------------|
| Asparagus | Apples | Beets | Beets (early) |
| Beets (late) | Apricots | Broccoli | Broccoli (early) |
| Cabbage (late) | Beets | Brussels sprouts | Brussels sprouts |
| Lettuces & greens | Blackberries | Cabbage | (early) |
| Peas | Blueberries | Cucumbers | Cabbage |
| Radishes | Broccoli | Eggplant (early) | Grapefruit |
| Rhubarb (late) | Cabbage | Figs (early) | Kumquats |
| String beans (late) | Cherries | Grapefruit | Leeks |
| Turnips | Cucumbers | Grapes & | Lettuces & greens |
| Vidalia onions (late) | Eggplant (late) | Muscadines | Oranges |
| | Grapes & | Lettuces & greens | Radishes |
| | Muscadines (late) | Okra | Sweet potatoes |
| | Key limes | Oranges | Tangerines |
| | Leeks | Paw paws | Turnips |
| | Lettuces & greens | Pears | |
| | Lima beans | Peas | |
| | Melons | Pecans | |
| | Nectarines | Persimmons | |
| | Okra | Pumpkins | |
| | Peaches | Quince | |
| | Peas | Radishes | |
| | Raspberries | Rutabagas | |
| | Rhubarb | Strawberries (late) | |
| | Strawberries | String beans (early) | |
| | String beans | Summer & winter | |
| | Summer squash | squash | |
| | Sweet corn | Sweet corn | |
| | Tomatoes | Sweet potatoes | |
| | | Tangerines | |
| | | Tomatoes | |
| | | Turnips | |

Alaska

| Spring* | Summer | Fall | Winter* |
|-----------------|------------------|------------------|-----------------|
| Beets | Beans | Beans | Beets |
| Carrots | Beets | Beets | Cabbage (early) |
| Lettuce (late) | Broccoli | Broccoli | Carrots |
| Potatoes | Brussels sprouts | Brussels sprouts | Onions |
| Rhubarb (late) | (late) | (late) | Potatoes |
| Tomatoes (late) | Cabbage | Cabbage | Turnips |
| | Carrots (late) | Carrots (late) | |
| | Cauliflower | Cauliflower | |
| | Celery (late) | Celery (late) | |
| | Chard | Chard | |
| | Collard greens | Collard greens | |
| | Cucumbers | Cucumbers | |
| | Kale | Kale | |
| | Lettuce | Lettuce | |
| | Onions | Onions | |
| | Peas | Peas | |
| | Potatoes | Potatoes | |
| | Radishes | Radishes | |
| | Raspberries | Raspberries | |
| | Rhubarb | Rhubarb | |
| | Spinach | Spinach | |
| | Strawberries | Strawberries | |
| | Tomatoes | Tomatoes | |
| | Turnips | Turnips | |
| | Winter squash | Winter squash | |
| | (late) | (late) | |
| | Zucchini | Zucchini | |

**winter and early spring items from cold storage*

Hawaii

| Spring | Summer | Fall | Winter |
|------------------|------------------|------------------|------------------|
| Beans | Banana | Banana | Atemoya |
| Bittermelon | Beans | Burdock | Avocado |
| Cabbage | Bittermelon | Daikon | Burdock |
| Cantaloupe | Cabbage | Green onion | Heart of palm |
| Celery | Cantaloupe | Heart of palm | Lettuce & greens |
| Cucumber | Celery | Lettuce & greens | Lime |
| Eggplant | Cucumber | Lime | Mushrooms |
| Ginger root | Daikon (late) | Longan | Orange |
| Green pepper | Eggplant (early) | Mango | Pumpkin |
| Heart of palm | Ginger root | Mushrooms | Rambutan (late) |
| Honeydew | Green onion | Orange | Sprouts |
| Lettuce & greens | Green pepper | Papaya (early) | Strawberry |
| Lime | Heart of palm | Persimmon | Tangerine |
| Lychee | Honeydew | Pumpkin | |
| Mango | Lettuce & greens | Sprouts | |
| Mushrooms | Lime | Tomato (early) | |
| Onion | Lychee | Zucchini | |
| Orange | Mango | | |
| Papaya | Mushrooms | | |
| Pineapple | Onion | | |
| Sprouts | Papaya | | |
| Strawberry | Pineapple | | |
| Sweet potato | Sprouts | | |
| Taro | Sweet potato | | |
| | Taro | | |
| | Tomato | | |
| | Watermelon | | |
| | Zucchini (late) | | |

Sources: Farmer's Almanac, "[Fruits In Season And Vegetables In Season: A Guide To The Best Times To Buy Produce!](#)", Alaska Grown, "[Seasonal Produce Chart](#)", Hawaii Agricultural and Food Products Directory, "[Hawaii Seasonality Chart](#)"

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