



SEASONAL CALENDAR

ORGANIC VEGETABLES

IMPORTED SEASONAL
IMPORTED YEAR-ROUND
LOCAL YEAR-ROUND
LOCAL SEASONAL

ROOTS



Beets	JUL-MAY	YEAR ROUND
Carrots	JUL-APR	YEAR ROUND
Celeriac	SEP-JUN	YEAR-ROUND
Daikon	JUN-JAN	YEAR ROUND
Parsnip	AUG-MAY	AUG-MAY
Radish	MAR-OCT	YEAR ROUND
Turnip	AUG-FEB	YEAR ROUND
Salsify	SEP	AUG-SEP
Fennel	JUN-OCT	YEAR ROUND
Garlic	JUL-FEB	YEAR ROUND
Leek	JUL-MAY	YEAR ROUND
Onion	AUG-MAR	YEAR ROUND
Shallot	AUG-MAY	YEAR-ROUND
Scallion	JUN-SEP	YEAR ROUND
Spring Onion	JUN-JUL	APR-JUL
Ginger	YEAR ROUND	
Turmeric	YEAR ROUND	
Galangal	NOV-JAN	
Potato	JUL-MAR	YEAR ROUND
Rutabaga	SEP-MAR	YEAR-ROUND
Sweet Potato	YEAR ROUND	
Yam	YEAR ROUND	

LEAFY GREENS



Arugula	MAY-NOV	YEAR ROUND
Asparagus	APR-MAY	YEAR ROUND
Bok Choy	JUL-OCT	YEAR ROUND
Brussel Sprouts	OCT-MAR	YEAR ROUND
Cabbage	JUL-MAR	YEAR ROUND
Celery	JUL-OCT	YEAR ROUND
Collards	JUL-MAR	YEAR ROUND
Dandelion	APR-OCT	YEAR ROUND
Endives	JUN-OCT	YEAR ROUND
Fiddleheads	APR	
Herbs	MAY-OCT	YEAR-ROUND
Kale	JUL-MAR	YEAR ROUND
Kohlrabi	JUN-NOV	YEAR ROUND
Lettuce	JUN-OCT	YEAR ROUND
Nettles	MAR-MAY	
Radicchio	JUL-AUG	YEAR-ROUND
Rhubarb	MAY-JUN	MAR-JUN
Sorrel	YEAR-ROUND	
Spinach	MAY-OCT	YEAR ROUND
Watercress	YEAR ROUND	

EVERYTHING ELSE!



Artichoke	NOV-MAY	
Bean	JUL-OCT	YEAR ROUND
Broad Bean	JUL-OCT	
Broccolini	JUL-NOV	YEAR-ROUND
Broccoli	JUL-OCT	YEAR ROUND
Cauliflower	JUL-SEP	YEAR ROUND
Fava Bean	MAY	MAR-APR
Pea	JUN-SEP	YEAR ROUND
Snow Pea	JUN-SEP	YEAR ROUND
Sweet Corn	JUL-OCT	MAR-SEP

VINE VEGETABLES



Cucumber*	FEB-NOV	YEAR ROUND
Eggplant	JUN-NOV	NOV-MAY
Okra	AUG-SEP	JUL-SEP
Peppers*	FEB-NOV	YEAR ROUND
Pumpkin	SEP-NOV	AUG-NOV
Summer Squash	JUL-OCT	YEAR ROUND
Winter Squash	SEP-MAR	YEAR ROUND
Tomato*	FEB-NOV	YEAR ROUND
Tomatillo	JUN-SEP	YEAR ROUND

MUSHROOMS



Chanterelle	SEPT-OCT	
Crimini	YEAR ROUND	
Morel	MAR-APR	
Oyster	YEAR ROUND	
Portobello	YEAR ROUND	
Shitake	YEAR ROUND	
White	YEAR ROUND	

* Hothouse and Field



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