

SEASONAL AVAILABILITY



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fruit												
apples	■	■	■	■	■	■	●	●	●	●	■	■
blueberries							●	●	●	■	■	■
cantaloupes & melons								●	●	●		
peaches							●	●	●			
pears								●	●	●		
raspberries							●	●	●	●		
rhubarb					●	●	●	●				
strawberries						●	●					
watermelon								●	●	●		
Vegetables												
asparagus					●	●	●	●				
beans, dry	■	■	■	■	■	■	■	■	●	●	●	■
beans, green							●	●	●	●		
beets	■	■	■	■	■	■	●	●	●	●	■	■
broccoli							●	●	●	●	●	
Brussels sprouts										●	●	●
cabbage	■	■	■	■	■	■	●	●	●	●	■	■
carrots	■	■	■	■	■	■	●	●	●	●	■	■
corn							●	●	●	●		
cucumbers							●	●	●	●		
eggplant							●	●	●	●		
fresh herbs	▲	▲	▲	▲	▲	▲	●	●	●	●	▲	▲
garlic	■	■	■	■	■	■	●	●	●	●	■	■
greens	▲	▲	▲	▲	▲	●	●	●	●	●	▲	▲
kale & collards		▲	▲	▲	▲	▲	●	●	●	●	●	▲
leeks		▲	▲	▲	▲	▲	●	●	●	●	●	▲
lettuce		▲	▲	▲	▲	●	●	●	●	●		
onions	■	■	■	■	■	■	●	●	●	●	■	■
parsnips	■	■	●	●	●	●	●	●	●	■	■	■
peas						●	●	●	●			
peppers							●	●	●	●	●	
potatoes	■	■	■	■	■	■	●	●	●	●	■	■
pumpkins & winter squash	■	■	■	■	■	■			●	●	■	■
radishes	▲	▲	▲	▲	▲	●	●	●	●	●	▲	▲
shallots	■	■	■	■	■	■	●	●	●	●	■	■
spinach		▲	▲	▲	▲	●	●	●	●	●	▲	▲
summer squash & zucchini							●	●	●	●		
Swiss chard		▲	▲	▲	▲	●	●	●	●	●	▲	▲
tomatoes						▲	▲	●	●	▲	▲	
turnips	■	■	■	■	■	●	●	●	●	●	■	■

Available year-round: meat and poultry, eggs, milk, cheese, honey, maple syrup, wine, seafood
 ● fresh ■ storage ▲ greenhouse or extended season

www.seacoastharvest.org