



# Farm Fresh Food by Season

Bringing good food from farm to you!

Farm to Table (F2T) is a Healthy Eating Active Living (HEAL) initiative made possible by funding from the Department of Health and Human Services and Public Health—Seattle & King County. To find a farmer near you, contact the Northwest Agriculture Business Center. [www.AgBizCenter.org](http://www.AgBizCenter.org) | [info@AgBizCenter.org](mailto:info@AgBizCenter.org)

For recipes and more information on farm to institution, visit the Washington State Department of Agriculture Farm to School Toolkit at [www.wafarmtoschool.org](http://www.wafarmtoschool.org)

**FARM  
to TABLE**

## Fruits, Herbs & Legumes

categories	produce	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Vitamin A	Apricots												
	Cantaloupe												
	Nectarines												
	Peaches, yellow												
	Plums, purple												
Vitamin C	Blackberries												
	Blueberries												
	Cantaloupe												
	Honeydew melon												
	Kiwi berries												
	Raspberries												
Other	Strawberries												
	Apples										*	*	*
	Asian pears												
	Cherries, Bings												
	Cherries, Rainiers												
	Currants												
	Grapes												
	Pears										*	*	*
	Pluots												
	Quince												
	Watermelons												
Frozen berries													
Legume	Black beans, dry												
	Cranberry beans, dry												
	Garbanzo/Chickpea, dry												
	Great Northern beans, dry												
	Kidney beans, dry												
	Lentils, dry												
	Navy beans, dry												
	Pink beans, dry												
	Pinto beans, dry												
Herbs	Basil												
	Chives												
	Cilantro/Coriander												
	Dill												
	Fennel												
	Lavender												
	Garlic												
	Mint												
	Oregano												
	Parsley												
	Rosemary												
	Sage												

\* Peak harvest season for this product; however, this product is stored and available in other seasons from local sources.

Special thanks to the Washington State Department of Agriculture Farm to School Program, which originated these charts (AGR PUB 607-345 & 346 (N/10/11)).



# Vegetables

categories	produce	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Vitamin C	Bok Choy, baby													
	Broccoli													
	Brussels sprouts													
	Braising Mix													
	Cabbages, green													
	Cabbages, red													
	Cauliflower & Romanesco													
	Chards													
	Chili peppers, red & green													
	Collard greens													
	Green peas, snap/snow													
	Kale										**	**	**	
	Kohlrabi greens													
	Kohlrabi, root													
	Mustard greens													
	Peppers, sweet green & red													
	Broccoli Rabe/Rapini/Chinese broccoli													
	Winter squash, Butternut											**	**	**
	Sweet potatoes										**	**	**	
	Tomatoes													
Turnip greens														
Watercress														
Vitamin A	Beet greens													
	Carrots						**	**	**	**	**			
	Collard greens													
	Lettuce, green leaf													
	Lettuce, Romaine													
	Kale													
	Mustard greens													
	Peppers, sweet red													
	Pumpkin													
	Spinach													
	Sweet potatoes										**	**	**	
	Turnip greens													
	Winter squash, Acorn											**	**	**
	Winter squash, Butternut											**	**	**
Winter squash, Hubbard											**	**	**	
Starchy	Corn/Sweet corn													
	Green peas/shell peas													
	Potatoes													
	Sunchokes/Jerusalem artichoke													
Other	Artichokes													
	Arugula													
	Asparagus													
	Beets, root					**	**	**	**	**				
	Cabbages, napa													
	Celery													
	Celery root (Celeriac)													
	Cucumbers													
	Escarole													
	Fennel													
	Green beans													
	Leek													
	Mizuna													
	Onions, sweet													
	Onions, yellow/storage													
	Parsnips													
	Pea vines													
	Radicchio (Chicory, red-leaved)													
	Radishes													
	Rhubarb													
	Salad mix (Mesclun*)													
Summer squash, white scallop														
Summer squash, yellow														
Summer squash, zucchini														
Tomatillos														
Turnips, root														

\* Mesclun often includes arugula, chervil, leafy lettuces, endives and other greens such as misuna or sorrel.

\*\* Peak harvest season for this produce; however, this product is stored and available in other seasons from local sources.

Produce in vitamin A and C categories meets 1/3 DRI per serving for older adults. For children ages 4–8: 1/4 cup of vitamin C produce meets 1/3 to 1/2 DRI and 1/4 cup of vitamin A produce meets 10% or more DRI.