



# Farm Fresh Food by Season

Bringing good food from farm to you!

**FARM  
to TABLE**

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)

## 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												
	Strawberries												
Other	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												

## 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														

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

\* 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.

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)).

