New England Seasonal Guide To Produce

Adapted from: http://chge.med.harvard.edu/programs/food/food_ma.html

Red indicates what is harvested that month; green indicates foods available from storage

January

Apples | Beets | Brussels Sprouts | Cabbage | Carrots | Celery | Garlic | Leeks | Mushrooms | Onions | Parsnips | Pears | Potatoes | Pumpkins | Radishes | Sprouts | Squash (Winter) | Sweet Potatoes | Turnips |

February

Apples | Beets | Cabbage | Carrots | Leeks | Garlic | Mushrooms | Onions | Parsnips | Potatoes | Radishes | Sprouts | Squash (Winter) | Sweet Potatoes | Turnips |

March

Apples | Cabbage | Carrots | Mushrooms | Onions | Parsnips | Potatoes | Radishes | Sprouts | Squash (Winter) | Sweet Potatoes | Turnips |

April

Apples | Carrots | Mushrooms | Onions | Parsnips | Potatoes | Sprouts | Squash (Winter) | Sweet Potatoes |

May

Apples | Asparagus | Carrots | Chard | Green Garlic | Mushrooms | Onions | Parsnips | Potatoes | Radishes | Rhubarb | Salad Greens | Spinach | Sprouts |
June
Asparagus | Beets | Broccoli | Broccoli Rabe | Cabbage | Cauliflower | Chard | Cherries (Sweet) | Collards | Green Garlic, Garlic Scapes, Garlic | Herbs (Basil, Cilantro, Dill, Parsley) | Kale | Mushrooms | Onions | Peas (sugar and snap) | Potatoes | Radishes | Rhubarb | Salad Greens | Spinach | Sprouts | Strawberries

July
Beans (Green) | Beets | Blueberries | Broccoli | Broccoli Rabe | Cabbage | Carrots | Cauliflower | Celery | Chard | Collards | Corn | Cucumbers | Eggplants | Fennel | Garlic | Grapes | Herbs (Basil, Cilantro, Dill, Parsley) | Kale | Kohlrabi | Leeks | Mushrooms | Nectarines | Onions | Peaches | Peppers | Plums | Potatoes | Radishes | Raspberries | Salad Greens | Sprouts | Strawberries | Squash (Summer) | Tomatoes

August

September

October
November

Apples | Beets | Broccoli | Broccoli Rabe | Brussels Sprouts | Cabbage | Carrots
| Cauliflower | Celery | Chard | Collards | Cranberries | Garlic | Kale | Kohlrabi |
| Leeks | Mushrooms | Onions | Parsnips | Pears | Potatoes | Pumpkins |
| Radishes | Salad Greens | Spinach | Sprouts | Squash (Winter) | Sweet |
Potatoes | Turnips |

December

Apples | Beets | Brussels Sprouts | Cabbage | Carrots | Cauliflower | Celery |
| Garlic | Kohlrabi | Leeks | Mushrooms | Onions | Parsnips | Pears | Potatoes |
Pumpkins | Radishes | Sprouts | Squash (Winter) | Sweet |
Potatoes | Turnips |