## Seasonal Shopping at Your Local Farmers Market

**SUMMER**
- Apples
- Berries
- Beets
- Corn
- Cucumbers
- Garlic
- Grapes
- Green beans
- Green onions
- Herbs
- Kale
- Leeks
- Mushrooms
- Okra
- Onions
- Peaches
- Pears
- Peppers
- Plums
- Snap peas
- Sprouts
- Summer squash
- Tomatillos
- Tomatoes
- Watermelon
- Zucchini

**FALL**
- Apples
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Fennel
- Lima Beans
- Mustard Greens
- Quince
- Parsnips
- Pecans
- Potatoes
- Pumpkin
- Radicchio
- Radishes
- Spinach
- Sweet potatoes
- Turnips
- Winter Squash

**WINTER**
- Horseradish
- Mushrooms
- Parsnips
- Rapini
- Rutabaga
- Salsify
- Sprouts
- Sunchokes
- Turnips

**SPRING**
- Chives
- Fiddleheads
- Herbs such as basil, cilantro, mint, oregano, parsley, rosemary, sage, tarragon and thyme
- Morels
- Mushrooms
- Pea Shoots
- Sprouts
- Watercress

[www.seasonalfoodguide.org](http://www.seasonalfoodguide.org)