



CUESA



CULTIVATING A HEALTHY
FOOD SYSTEM

Vegetable Seasonality Chart

The following chart represents general produce availability at the Ferry Plaza Farmers Market in San Francisco. Keep in mind that every year is different, and individual varieties have different harvest times. If you are outside of Northern California, this chart might not apply to your growing region. Learn more at www.cuesa.org.

 **Dark:** In season  **Light:** In the market but not within its natural harvest season (i.e., cold storage or hot house production)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichokes			Dark	Dark	Dark	Dark			Dark	Dark	Dark	Dark
Arugula	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Asian greens	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Asparagus						Dark						
Avocados		Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	
Beans, green						Dark	Dark	Dark	Dark			
Beans, shelling								Dark	Dark	Dark		
Beets	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Bok choy	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Broccoli	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Broccoli rabe (rapini)						Dark			Dark	Dark	Dark	Dark
Brussels sprouts	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Burdock							Dark	Dark	Dark	Dark	Dark	Dark
Cabbage	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Cactus pads						Dark	Dark	Dark	Dark	Dark		
Cardoons	Dark	Dark	Dark	Dark	Dark	Dark					Dark	Dark
Carrots	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Cauliflower	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Celeriac												
Celery	Light	Light	Light	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Chard	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Collard greens	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Corn						Dark	Dark	Dark	Dark	Dark		
Cress	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Cucumbers				Light	Light	Dark	Dark	Dark	Dark	Dark	Dark	
Dandelion greens	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Eggplant						Dark	Dark	Dark	Dark	Dark		
Endive	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Fava beans			Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Fava greens	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Fennel	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Garlic	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark

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	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Garlic, green												
Ginger root												
Horseradish												
Kale												
Kohlrabi												
Lambsquarters												
Leeks												
Lettuces												
Mushrooms												
Mustard greens												
Nettles												
Okra												
Olives												
Onions												
Orach												
Parsnips												
Peas												
Peppers, bell												
Peppers, chile												
Potatoes												
Purslane												
Radicchio (chicories)												
Radishes												
Rhubarb												
Rutabagas												
Salsify												
Scallions												
Shallots												
Spinach												
Sprouts												
Squash, summer												
Squash, winter												
Sunchokes												
Sweet potatoes												
Tomatillos												
Tomatoes												
Turnips												
Yacon												

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