



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 |

Please contact CUESA (Center for Urban Education about Sustainable Agriculture) at info@cuesa.org before reproducing or distributing this chart.

| | 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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