

# WHAT'S IN Season?

A quick reference guide to which fruits and vegetables are in season in Maryland.

## fruits

|              | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Apples       | ●   | ●   | ●   |     |     |     |     | ●   | ●   | ●   | ●   | ●   |
| Apricots     |     |     |     |     |     | ●   | ●   |     |     |     |     |     |
| Asian Pears  |     |     |     |     |     |     |     | ●   | ●   | ●   |     |     |
| Blackberries |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Blueberries  |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Cantaloupes  |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Cherries     |     |     |     |     |     | ●   | ●   |     |     |     |     |     |
| Grapes       |     |     |     |     |     |     |     | ●   | ●   |     |     |     |
| Honeydew     |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Nectarines   |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Peaches      |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Pears        |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Plums        |     |     |     |     |     |     |     | ●   | ●   | ●   |     |     |
| Raspberries  |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Strawberries |     |     |     |     | ●   | ●   |     |     |     |     |     |     |
| Watermelon   |     |     |     |     |     | ●   | ●   | ●   |     |     |     |     |

## ethnic vegetables

|   | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Avuvo                                       |     |     |     |     |     | ●   | ●   | ●   |     |     |     |     |
| Bitter Melon                                |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Bok Choy                                    |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Cabbage, Chinese                            |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Callaloo                                    |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Eggplant, African                           |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Fenugreek                                   |     |     |     |     |     | ●   | ●   | ●   | ●   |     | ●   |     |
| Garden Eggs                                 |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Gboma                                       |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Hot Peppers, Scotch Bonnet, West Indian Red |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Jamma Jamma (huckleberry)                   |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Kitely (Ugandan pea)                        |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Jute Leaves                                 |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Leeks                                       |     |     |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   |
| Sawa Sawa                                   |     |     |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   |
| Sorrel                                      |     |     |     |     |     |     |     |     |     | ●   |     |     |
| Water Leaf                                  |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |

Consider buying locally-grown food from grocery stores, wholesale markets, restaurants, farmers markets, roadside stands or pick-your-own.

To find locally-grown food near you visit [www.marylandsbest.net](http://www.marylandsbest.net)

## vegetables

|                   | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Asparagus         |     |     |     | ●   | ●   | ●   |     |     |     |     |     |     |
| Beans, Green/Snap |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Beans, Lima       |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |
| Beets             |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |
| Broccoli          |     |     |     |     |     | ●   | ●   |     |     | ●   | ●   |     |
| Brussel Sprouts   |     |     |     |     |     |     |     |     | ●   | ●   | ●   | ●   |
| Cabbage           |     |     |     |     |     |     |     |     | ●   | ●   | ●   |     |
| Carrots           |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Cauliflower       |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Chard             |     |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |
| Collards          |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Corn              |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Cucumbers         | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Eggplant          |     |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |
| Herbs             | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Garlic            | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Kale              |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Lettuces          | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Mushrooms         | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Okra              |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |
| Onions            |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Peas              |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |
| Peas, Black-eye   |     |     |     |     |     |     | ●   | ●   |     |     |     |     |
| Peppers           |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |
| Radishes          |     |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |
| Potatoes          | ●   |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |
| Pumpkins          |     |     |     |     |     |     |     |     | ●   | ●   | ●   |     |
| Soybeans, Edaname |     |     |     |     |     |     |     |     | ●   | ●   |     |     |
| Spinach           |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Squash, Summer    |     |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |
| Squash, Winter    | ●   | ●   |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   |
| Sweet Potatoes    | ●   | ●   |     |     |     |     |     |     | ●   | ●   | ●   | ●   |
| Turnips           |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Tomatoes          | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |

● Product is harvest

● Product is available either through storage or green house production

Only Maryland farmers can use the Maryland's Best logo. When you see the Maryland's Best logo, you're contributing to the economic growth of Maryland and our farmers.



**FRESH LOCAL**

**MARYLAND Farm to School**

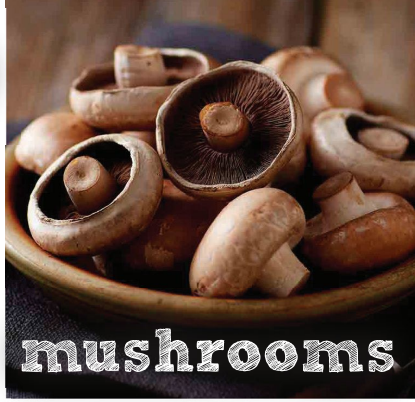


50 YEARS





**cantaloupe**



**mushrooms**



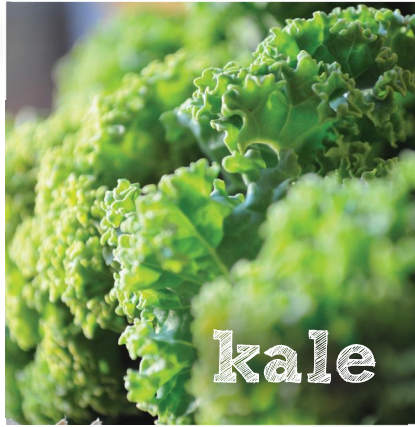
**green  
beans**



**onions**



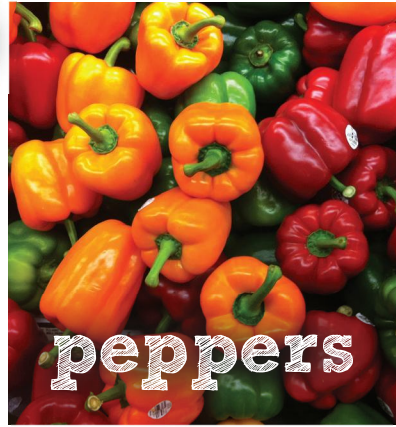
**nectarines**



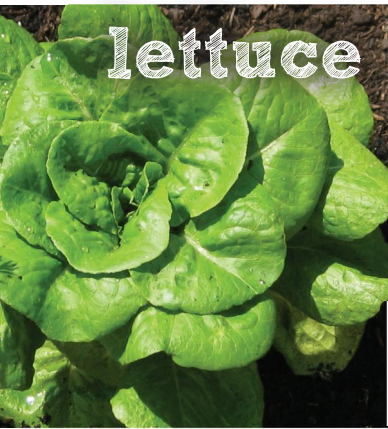
**kale**



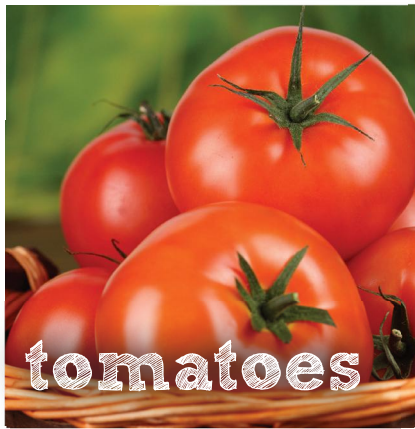
**strawberries**



**peppers**



**lettuce**



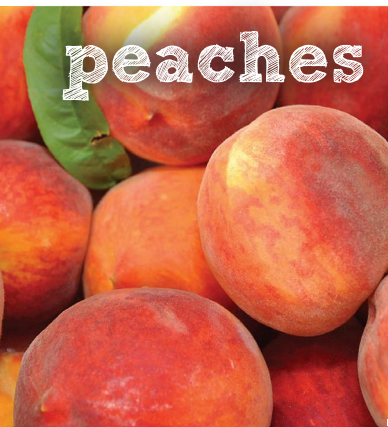
**tomatoes**



**sweet  
potato**



**corn**



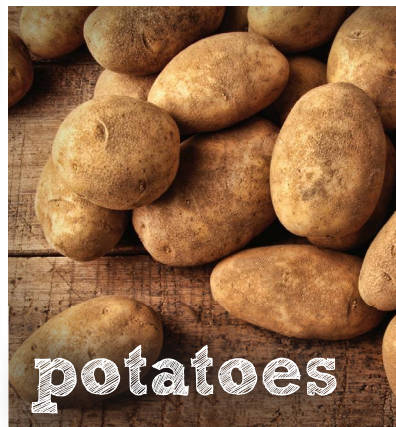
**peaches**



**spinach**



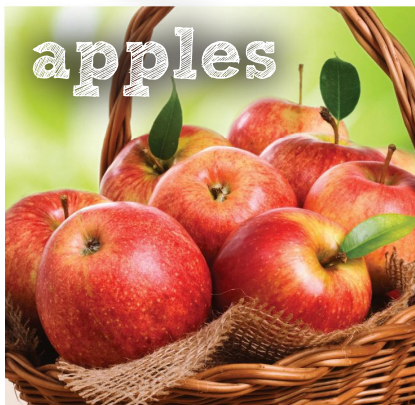
**watermelon**



**potatoes**



**cucumbers**



**apples**



**blueberries**



**carrots**