

# What's in Season?



	MAY	JUN	JUL	AUG	SEP	OCT	NOV
ASPARAGUS			ASPARAGUS	APPLES		APPLES	
BEANS			APRICOTS	APRICOTS			
BEETS					BEETS	BEETS	
BLACKBERRIES					BLACKBERRIES		
BLUEBERRIES					BLUEBERRIES		
BROCCOLI			BROCCOLI			BRUSSELS SPROUTS	
CABBAGE							CABBAGE
CARROTS							CARROTS
CAULIFLOWER			CAULIFLOWER				
CHERRIES			CHERRIES				
COLLARD GREENS					COLLARD GREENS		
CORN (SWEET)					CORN (SWEET)		
CUCUMBERS				CUCUMBERS			
CURRENTS		CURRENTS					
EGGPLANT					EGGPLANT		
GOOSEBERRIES		GOOSEBERRIES					
GRAPES						GRAPES	
HERBS					HERBS		
KALE			KALE				
KOHLRABI						KOHLRABI	
LEEEKS					LEEEKS		
LETTUCE						LETTUCE	
MUSTARD GREENS		MUSTARD GREENS					
MELONS						MELONS	
NECTARINES					NECTARINES		
OKRA					OKRA		
ONIONS					ONIONS		
PARSNIPS						PARSNIPS	
PEACHES			PEACHES				
PEARS					PEARS		
PEAS					PEAS		
PEPPERS					PEPPERS		
PERSIMMONS						PERSIMMONS	
POTATOES					POTATOES		
PUMPKINS						PUMPKINS	
RADISHES						RADISHES	
RASPBERRIES						RASPBERRIES	
RHUBARB			RHUBARB				
RUTABAGA					RUTABAGA		
SQUASH (WINTER)						SQUASH (WINTER)	
STRAWBERRIES	STRAWBERRIES						
SWEETPOTATOES					SWEETPOTATOES		
SWISS CHARD						SWISS CHARD	
TOMATOES					TOMATOES		
TURNIP GREENS						TURNIP GREENS	
TURNIPS						TURNIPS	
ZUCCHINI (SUMMER SQUASH)					ZUCCHINI (SUMMER SQUASH)		

Fresh meat, dairy, eggs, honey, baked goods and more are available all year long.

Crops grown in hoop houses and greenhouses will extend the harvest ranges shown.

Find **Local Foods** at [www.Chooselowa.com](http://www.Chooselowa.com)

Choose Iowa is a stateside program administered by the Iowa Department of Land Stewardship.