



Knowing when produce is in season can help you save money, help you shop at farmers' markets and plan your menus. Remember, weather is key and these times and availability can vary.

May – October, Seasonal Produce Availability/Central Midwest					
May Vegetables				Source	
	Early	Peak	Late	Local Markets	Produce Aisle*
Artichokes			X		X
Arugula			X	X	X
Asparagus		X		X	X
Avocados, Haas			X		X
Beets	X			X	X
Carrots	X			X	X
Chard			X		X
Chives			X	X	X
Corn, Sweet	X				X
Cucumbers	X			X	X
Edible Flowers	X			X	X
Fava Beans		X			X
Fennel			X	X	X
Green Beans	X			X	X
Greens	X			X	X
Kale		X	X	X	X
Kohlrabi	X			X	X
Leeks			X	X	X
Lettuces		X		X	
Morel Mushrooms			X	X	
Onions, green/spring		X		X	
Onions, Vidalia	X				X
Peas, green	X	X		X	X
Peas, shelling		X			X
Peas, snow	X			X	X
Potatoes, new	X			X	
Radishes	X			X	X
Sorrel		X	X	X	
Spinach		X		X	X
Turnips		X		X	X
Zucchini	X				X
May Fruit				Source	
	Early	Peak	Late	Local Markets	Produce Aisle
Blackberries	X				X
Cantaloupe	X				X
Cherries	X				X
Honeydew	X				X
Peaches	X				X
Raspberries	X				X
Rhubarb		X		X	X
Strawberries	X			X	X
Watermelon	X				X
June Vegetables				Source	
	Early	Peak	Late	Local Markets	Produce Aisle
Asparagus		X		X	X
Beets	X	X		X	X
Bok/Pac Choi		X		X	X
Cabbage	X			X	X

Carrots		x		x	x
Cilantro	x			x	x
Corn, Sweet	x				x
Cucumbers	x				x
Cucumbers, pickling	x			x	
Edible Flowers		x		x	x
Eggplant	x			x	x
Eggplant	x				x
Fennel	x			x	
Green Beans	x			x	x
Kale			x	x	x
Kohlrabi		x	x	x	
Lettuces			x	x	x
Lettuces			x	x	
Onions	x			x	x
Onions, green/spring			x	x	
Onions, Vidalia		x		x	x
Oregano	x			x	x
Parsley	x			x	x
Peas, green		x		x	x
Peas, shelling		x	x		x
Peas, snow			x	x	x
Potatoes, new		x		x	
Radishes		x		x	x
Spinach			x	x	x
Squash, summer	x			x	x
Tarragon	x			x	x
Thyme	x			x	x
Tomatoes	x			x	x
Turnips			x	x	x

June Fruit				Source	
	Early	Peak	Late	Local Markets	Produce Aisle
Apricots	x			x	x
Blackberries	x				x
Blueberries	x				x
Cantaloupe	x				x
Cherries	x	x			x
Gooseberries	x			x	x
Grapes	x				x
Honeydew	x				x
Limes		x			x
Melons	x				x
Mission Figs	x				x
Nectarines	x				x
Nectarines	x			x	x
Peaches	x			x	x
Peaches	x			x	x
Pears	x				x
Raspberries	x			x	x
Rhubarb		x	x	x	x
Strawberries		x	x	x	x
Watermelon	x				x

July Vegetables				Source	
	Early	Peak	Late	Local Markets	Produce Aisle
Asparagus			x	x	x

Basil	x			x	x
Beets		x		x	x
Carrots		x		x	x
Cilantro		x		x	x
Corn, sweet		x		x	x
Cucumbers		x		x	x
Edible Flowers		x		x	x
Eggplant		x		x	x
Fennel			x	x	
Green Beans		x		x	x
Lavender	x			x	
Okra	x			x	x
Onions		x		x	x
Onions, Vidalia			x		x
Oregano		x		x	x
Parsley		x		x	x
Peas, green			x	x	x
Peppers, bell	x			x	x
Potatoes		x		x	x
Rosemary	x			x	x
Sage	x			x	x
Squash, summer		x		x	x
Tarragon		x		x	x
Thyme		x		x	x
Tomatillos	x			x	x
Tomatoes	x			x	x

July Fruit				Source	
	Early	Peak	Late	Local Markets	Produce Aisle
Apples	x			x	x
Apricots		x		x	x
Blueberries		x		x	x
Cherries		x		x	x
Currants	x				x
Figs, Calimyrna	x				x
Gooseberries		x	x	x	x
Grapes	x			x	x
Melons		x		x	x
Nectarines		x		x	x
Oranges, Valencia	x				x
Peaches		x		x	x
Pears	x				x
Pears, Asian	x				x
Plums	x			x	x
Raspberries		x		x	x
Watermelon	x	x		x	x

August Vegetables				Source	
	Early	Peak	Late	Local Markets	Produce Aisle
Basil		x		x	x
Beets		x		x	x
Carrots		x		x	x
Cilantro		x		x	x
Corn, sweet		x		x	x
Cucumber		x		x	x
Edible Flowers		x		x	x
Eggplant		x		x	x

Green Beans		x		x	x
Lavender		x			
Lima Beans		x		x	
Okra		x		x	x
Onions		x		x	x
Oregano		x		x	x
Parsley		x		x	x
Peppers, bell		x		x	x
Peppers, hot	x			x	x
Potatoes		x		x	x
Rosemary		x		x	x
Sage		x		x	x
Squash, summer		x		x	x
Tarragon		x		x	x
Thyme		x		x	x
Tomatillos		x		x	x
Tomatoes		x		x	x
August Fruit					
				Source	
	Early	Peak	Late	Local Markets	Produce Aisle
Apples	x			x	x
Apricots			x	x	x
Blackberries			x	x	x
Blueberries		x		x	x
Cherries			x	x	x
Figs		x			x
Grapes	x	x		x	x
Limes			x		x
Melons		x		x	x
Nectarines			x	x	x
Oranges, Valencia		x			x
Peaches			x	x	x
Pears	x			x	x
Pears, Asian		x			x
Plums		x		x	x
Raspberries		x		x	x
Watermelon		x	x	x	x
September Vegetables					
				Source	
	Early	Peak	Late	Local Markets	Produce Aisle
Artichokes	x				x
Basil		x		x	x
Beets		x	x	x	x
Broccoli		x	x	x	
Carrots		x		x	x
Celeriac	x				x
Chard	x			x	x
Chives	x			x	x
Cilantro			x	x	x
Corn, sweet			x	x	x
Cucumber			x	x	x
Edible Flowers			x	x	x
Eggplant		x	x	x	x
Green Beans			x	x	x
Kale	x			x	x
Kohlrabi	x			x	x
Lavender			x	x	

Leeks	x			x	
Lettuces	x			x	
Lima Beans			x	x	
Okra			x	x	x
Onions		x		x	x
Oregano		x		x	x
Parsley		x		x	x
Peppers, bell		x	x	x	x
Peppers, hot		x		x	x
Potatoes			x	x	x
Potatoes, sweet	x			x	x
Rosemary		x		x	x
Sage		x		x	x
Squash, summer			x	x	x
Squash, winter	x			x	x
Tarragon			x	x	x
Thyme		x		x	x
Tomatillos		x	x	x	x
Tomatoes		x	x	x	x
September Fruit			Source		
	Early	Peak	Late	Local Markets	Produce Aisle
Apples		x		x	x
Blubberies			x	x	x
Figs			x		x
Grapes			x	x	x
Melons			x	x	x
Oranges, Valencia		x			x
Pears		x		x	x
Pears, Asian			x		x
Persimmons	x				x
Plums			x		x
Pomegranate	x				x
Quince	x				x
Raspberries			x	x	x
October Vegetables			Source		
	Early	Peak	Late	Local Markets	Produce Aisle
Artichokes		x			x
Avocado, Haas			x		x
Avocados, other	x				x
Basil			x	x	x
Beets		x	x	x	x
Bok/Pac Choi		x		x	x
Broccoli		x	x	x	
Brussel Sprouts	x				x
Cabbages	x				x
Cardoon		x			x
Carrots			x	x	x
Celeriac		x			x
Chard	x				x
Chard		x		x	x
Chives			x	x	x
Edible Flowers			x	x	x
Eggplant			x		x
Fennel	x			x	
Green Beans			x	x	x

Greens, Fall	x			x	x
Kale		x			x
Kohlrabi		x			x
Leeks		x		x	
Lettuces		x		x	
Onions		x	x	x	x
Oregano			x	x	x
Parsley			x	x	x
Parsnip		x			x
Peppers, bell			x	x	x
Peppers, hot			x	x	x
Potatoes			x	x	x
Potatoes, sweet			x	x	x
Pumpkin	x			x	x
Radish	x				x
Rosemary			x	x	x
Rutabaga	x				x
Sage			x	x	x
Spinach	x			x	x
Spinach	x			x	x
Squash, winter		x		x	x
Thyme			x	x	x
Tomatoes			x		x
Turnips	x				x
Turnips	x			x	x

	October Fruit			Source	
	Early	Peak	Late	Local Markets	Produce Aisle
Almonds		x			x
Apples		x	x	x	x
Chestnuts		x			x
Cranberries	x				x
Kumquat	x				x
Lemons	x				x
Oranges, Valencia			x		x
Pears		x	x	x	x
Persimmons		x			x
Pomegranate		x			x
Quince		x			x

**Availability in this column, Produce Aisle, would apply to national locations; new/peak/late may not apply.*