

Seasonal Produce in the Pacific NW

Seasonal produce is fruits and vegetables that we buy and eat soon after they are harvested. Produce picked at the peak of ripeness is often better tasting and can contain more nutrients than food picked before it's ripe or shipped long distances. Buying locally grown food supports local farmers, strengthens our communities, and has a less harmful impact on our environment.

	JAN	FEB	MARCH	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
ASPARAGUS												
BEETS												
BROCCOLI												
CABBAGE												
CARROTS												
CHARD												
CORN												
GREEN BEANS												
KALE												
POTATO												
SHELL PEAS												
SPINACH												
SUMMER SQUASH												
SWEET POTATO												
WINTER SQUASH												