

LOCAL FOODS BY SEASONS AVAILABLE AT CFM



				Early	Late	
		Winter	Spring	Summer	Summer	Fall
		(Dec. to Feb.)	(Mar. to April)	(May to July)	(Aug. to Sept.)	(Oct. to Nov.)
FRUIT & NUTS	Blackberries					
	Figs					
	Melons					
	Peaches					
	Pears					
	Pecans					
	Strawberries					
HERBS	Basil					
	Cilantro					
	Dill					
	Mint					
	Parsley					
VEGETABLES	Arugula					
	Asparagus					
	Beets					
	Broccoli					
	Brussels Sprouts					
	Cabbage					
	Carrots					
	Cauliflower					
	Corn					
	Cucumbers					
	Eggplant					
	Garlic, Green					
	Garlic, Mature					
	Green Beans					
	Greens, Chard					
	Greens, Collards & Kale					
	Greens, Mustard					
	Leeks					
	Lettuce, head and leaf					
	Potatoes*					
	Onions, Spring					
	Onions, Yellow/White/Red					
	Okra					
	Peppers, Sweet and hot					
	Pumpkin					
	Radishes					
	Spinach					
Squash, Summer						
Squash, Winter *						
Sweet Potatoes *						
Tomatoes						
Turnips						

* Although potatoes, winter squash, and sweet potatoes grow in warmer months, they store well and can be eaten throughout the winter.