

Vegetable Seasonality Chart for Bay Area Farmers Markets

The following chart represents general produce availability at Bay Area farmers markets. Keep in mind that every year is different, and individual varieties have different harvest times. If you are outside of Northern California, this chart might not apply to your growing region. Learn more at foodwise.org.

In season
 In the market but not within its natural harvest season (i.e., cold storage or hot house production)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichokes			In season	In season	In season	In season			In season	In season	In season	In season
Arugula	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Asian greens	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Asparagus		In season	In season	In season	In season	In season						
Avocados		In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	
Beans, green						In season	In season	In season	In season			
Beans, shelling								In season	In season	In season		
Beets	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Bok choy	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Broccoli	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Broccoli rabe (rapini)						In season						
Brussels sprouts	In season	In season	In season	In season	In season				In season	In season	In season	In season
Burdock							In season	In season	In season	In season	In season	In season
Cabbage	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Cactus pads					In season	In season	In season	In season	In season	In season		
Cardoons	In season	In season	In season	In season	In season	In season					In season	In season
Carrots	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Cauliflower	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Celeriac				In season	In season	In season	In season	In season	In season	In season	In season	In season
Celery	In season	In season	In season									
Chard	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Collard greens	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Corn						In season	In season	In season	In season	In season		
Cress	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Cucumbers				In season	In season	In season	In season	In season	In season	In season	In season	
Dandelion greens	In season	In season	In season	In season	In season							
Eggplant						In season	In season	In season	In season	In season		
Endive	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Fava beans			In season	In season	In season	In season	In season					

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fava greens												
Fennel												
Garlic												
Garlic, green												
Ginger root												
Horseradish												
Kale												
Kohlrabi												
Lambsquarters												
Leeks												
Lettuces												
Mushrooms												
Mustard greens												
Nettles												
Okra												
Olives												
Onions												
Orach												
Parsnips												
Peas												
Peppers, bell												
Peppers, chile												
Potatoes												
Purslane												
Radicchio (chicories)												
Radishes												
Rhubarb												
Rutabagas												
Salsify												
Scallions												
Shallots												
Spinach												
Sprouts												
Squash, summer												
Squash, winter												
Sunchokes												
Sweet potatoes												
Tomatillos												
Tomatoes												
Turnips												
Yacon												

Please contact Foodwise at info@foodwise.org before reproducing or distributing this chart.