Materials to inspire your USDA Fresh Fruit & Vegetable Program

VERMONT HARVEST CALENDAR

Eat with the seasons! This calendar presents the diverse array of farm products that are available throughout the seasons at local farmers markets, farm stands and retail stores. Eating food when it's in season means flavor and nutritional value are at their peak and cost is often at its lowest. Find out when your favorite fruits and veggies are freshest and which products are in season now.

January

Apples Beets Cabbage Carrots Celeriac Garlic **Parsnips** Potatoes Rutabaga Turnips Winter Squash



Apples **Beets** Cabbage Carrots Onions **Parsnips** Potatoes Rutabaga **Turnips** Winter Squash

March

Apples Beets Carrots Onions **Parsnips** Potatoes Rutabaga **Turnips** Winter Squash



April

Apples

Carrots

Parsnips

May

Asparagus Greens **Parsnips** Radishes Rhubarb Scallions Spinach



June

Asparagus Chard Greens Lettuce Peas Radishes Rhubarb Scallions Spinach Strawberries



July

Beans **Beets** Broccoli Carrots Cauliflower Fennel Greens Kale Lettuce Melons Peas **Potatoes** Radishes Raspberries Scallions Spinach Summer Squash

Tomatoes

Turnips



August **Apples** Beans **Beets** Blackberries Blueberries Broccoli Cabbage Carrots Cauliflower Celerv Chard Corn Cucumbers Eggplant Fennel Garlic Greens Kale Leeks

Lettuce Melons Onions Peas **Peppers** Potatoes Radishes Raspberries Scallions Spinach Summer Squash **Tomatoes** Turnips Watermelon

September Apples Beans Beets Blueberries Broccoli **Brussel Sprouts** Cabbage Carrots Cauliflower Celerv Chard Corn Cucumbers Eggplant Fennel Greens Kale Leeks Lettuce Onions **Parsnips** Peppers Potatoes **Pumpkins** Radishes Raspberries Scallions Spinach Summer Squash **Tomatoes Turnips**

October

Apples Beans Beets Blueberries Broccoli **Brussel Sprouts** Cabbage Carrots Cauliflower Celeriac Celerv Chard Cucumbers Eggplant Greens Kale Leeks Lettuce Onions **Parsnips** Peppers Potatoes **Pumpkins** Radishes Rutabaga Scallions

Spinach

Turnips

Summer Squash

Winter Squash

November

Apples Beets Broccoli **Brussel Sprouts** Cabbage Carrots Cauliflower Celeriac Celerv Chard Kale Leeks Onions **Parsnips** Potatoes **Pumpkins** Radishes Rutabaga **Turnips** Winter Squash

Apples Beets

December

Brussel Sprouts Cabbage Carrots Celeriac Garlic Kale Onions **Parsnips** Potatoes **Pumpkins** Radishes Rutabaga **Turnips** Winter Squash





*Fruit or vegetable comes into season this month.

Brought to you by VT FEED and VT Agency of Education. VT FEED is a partnership of Shelburne Farms and NOFA-VT. Funded by a USDA Specialty Crop Block Grant through VT Agency of Agriculture, Food, & Markets.

Winter Squash

All FFVP materials available at: vtfeed.org/feed-resource-library