

# Washington Grown Vegetable Seasonality Chart

## by Healthier US School Challenge Vegetable Group



categories	produce	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Green	Arugula												
	Beet green												
	Bok Choy, baby												
	Broccoli												
	Braising Mix												
	Chards												
	Collard greens												
	Dandelion greens												
	Endive, Curly (Fresee)												
	Escarole												
	Kales										**	**	**
	Kohlrabi greens												
	Lettuces, leaf												
	Lettuces, butter												
	Lettuces, Romaine												
	Mustard greens												
	Mizuna												
	Rapini (Broccoli Rabe/Chinese broccoli)												
	Salad mix (Mesclun*)												
	Spinach												
Turnip greens													
Watercress													
Orange	Carrots						**	**	**	**	**		
	Pumpkins												
	Sweet potatoes (yams)										**	**	**
	Winter squash, Acorn										**	**	**
	Winter squash, Butternut										**	**	**
	Winter squash, Hubbard										**	**	**
		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Starchy	Corn/Sweet Corn												
	Green peas/shell peas												
	Green peas, snap/snow												
	Potatoes												
	Sunchokes (Jerusalem artichoke)												
Other	Asparagus												
	Artichokes												
	Beets					‡	‡	‡	‡	‡			
	Brussels sprouts												
	Cabbages, green												
	Cabbages, red												
	Cabbages, savoy												
	Cabbages, napa												
	Cauliflower & Romanesco												
	Celery												
	Celery root (Celeriac)												
	Cucumbers												
	Fennel												
	Green beans												
	Kohlrabi, root												
	Leeks												
	Lettuce, Iceberg												
	Onions, yellow/storage												
	Onions, sweet												
	Parsnips												
	Pea vines												
	Peppers												
	Radicchio (Chicory, red-leaved)												
	Radishes												
	Rhubarb												
Summer squash, white scallop													
Summer squash, yellow													
Summer squash, zucchini													
Tomatillos													
Tomatoes													
Turnips, root													

\* Mesclun often includes arugula, chervil, leafy lettuces, endives and other greens such as mizuna, radicchio or sorrel.

\*\* Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.

‡ Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.

Sources include: Washington Agricultural Commodity Commissions; WSDA From the Heart of Washington, Puget Sound Fresh, WSDA Farm-to-School survey responses; Full Circle Farm; Tonnemaker Family Orchard

