

# WHAT'S IN Season?

A quick reference guide to which fruits and vegetables are in season in Maryland.

## fruits

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	●	●	●					●	●	●	●	●
Apricots						●	●					
Asian Pears							●	●	●	●		
Blackberries						●	●	●	●			
Blueberries						●	●	●	●			
Cantaloupes						●	●	●	●			
Cherries						●	●					
Grapes							●	●				
Honeydew						●	●	●				
Nectarines						●	●	●				
Peaches						●	●	●				
Pears						●	●	●		●		
Plums						●	●	●				
Raspberries						●	●	●				
Strawberries					●	●						
Watermelon						●	●	●				

## ethnic vegetables

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Avuvo						●	●	●				
Bitter Melon						●	●	●	●	●		
Bok Choy						●	●	●	●	●		
Cabbage, Chinese						●	●	●	●	●		
Callaloo						●	●	●	●	●		
Eggplant, African						●	●	●	●	●		
Fenugreek							●	●	●	●	●	
Garden Eggs						●	●	●	●	●		
Gboma						●	●	●	●	●		
Hot Peppers, Scotch Bonnet, West Indian Red						●	●	●	●	●		
Jamma Jamma (huckleberry)							●	●	●	●		
Kitely (Ugandan pea)							●	●	●	●		
Jute Leaves						●	●	●	●	●		
Leeks							●	●	●	●	●	●
Sawa Sawa							●	●	●	●		
Sorrel										●		
Water Leaf					●	●	●	●	●	●		

Consider buying locally-grown food from grocery stores, wholesale markets, restaurants, farmers markets, roadside stands or pick-your-own.

To find locally-grown food near you visit [www.marylandsbest.net](http://www.marylandsbest.net)

## vegetables

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Asparagus				●	●	●						
Beans, Green/Snap						●	●	●	●			
Beans, Lima						●	●	●	●			
Beets						●	●	●	●			
Broccoli					●	●				●	●	
Brussel Sprouts									●	●	●	●
Cabbage						●	●		●	●	●	
Carrots					●	●	●	●	●	●	●	●
Cauliflower					●	●	●	●	●	●	●	
Chard						●	●	●	●	●	●	
Collards						●	●	●	●	●	●	●
Corn						●	●	●	●	●	●	
Cucumbers	●	●	●	●	●	●	●	●	●	●	●	●
Eggplant						●	●	●	●	●	●	
Herbs	●	●	●	●	●	●	●	●	●	●	●	●
Garlic	●	●	●	●	●	●	●	●	●	●	●	●
Kale						●	●	●	●	●	●	●
Lettuces	●	●	●	●	●	●	●	●	●	●	●	●
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Okra						●	●	●	●			
Onions						●	●	●	●	●	●	●
Peas						●	●	●	●	●		
Peas, Black-eye						●	●	●	●			
Peppers						●	●	●	●			
Radishes				●	●	●	●	●	●	●	●	●
Potatoes	●					●	●	●	●	●	●	●
Pumpkins									●	●	●	
Soybeans, Edaname									●	●		
Spinach						●	●	●	●	●	●	●
Squash, Summer						●	●	●	●	●		
Squash, Winter	●	●						●	●	●	●	●
Sweet Potatoes	●	●						●	●	●	●	●
Turnips						●	●	●	●	●	●	
Tomatoes	●	●	●	●	●	●	●	●	●	●	●	●

● Product is harvest

● Product is available either through storage or green house production

Only Maryland farmers can use the Maryland's Best logo. When you see the Maryland's Best logo, you're contributing to the economic growth of Maryland and our farmers.



**FRESH LOCAL**







cantaloupe



mushrooms



green  
beans



onions



nectarines



kale



strawberries



peppers



lettuce



tomatoes



sweet  
potato



corn



peaches



spinach



watermelon



potatoes



cucumbers



apples



blueberries



carrots