



MAY JUN JUL AUG SEP OCT NOV

	MAY	JUN	JUL	AUG	SEP	OCT	NOV
ASPARAGUS				APPLES			
		APRICOTS					
	BEANS						
		BEETS					
			BLACKBERRIES				
	BLUEBERRIES						
	BROCCOLI				BRUSSELS SPROUTS		
	CABBAGE						
	CARROTS						
	CAULIFLOWER						
	CHERRIES						
	COLLARD GREENS						
		CORN (SWEET)					
		CUCUMBERS					
		CURRENTS					
			EGGPLANT				
		GOOSEBERRIES					
HERBS							
		KALE					
			KOHLRABI				
	LEEKES						
LETTUCE							
MUSTARD GREENS							
			MELONS				
		NECTARINES					
		OKRA					
	ONIONS						
			PARSNIPS				
		PEACHES					
		PEARS					
PEAS							
		PEPPERS					
			PERSIMMONS				
			PLUMS				
POTATOES							
			PUMPKINS				
RADISHES							
		RASPBERRIES					
RHUBARB							
		RUTABAGA					
		SQUASH (WINTER)					
	STRAWBERRIES						
	SWISS CHARD						
		TOMATOES					
			TURNIP GREENS				
			TURNIPS				
		ZUCCHINI (SUMMER SQUASH)					

What's in Season?

Fresh meat, dairy, eggs, honey, baked goods and more are available all year long.

Greenhouses and hoop houses extend growing seasons for several kinds of produce.

Find **Local Foods** at www.Chooselowa.com.

