

WASHINGTON SEASONAL FOODS

Winter (December-March)	Spring (April-June)	Summer (June-August)	Fall (Sept-November)	Year-Round
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	MISCELLANEOUS
Bok Choy	Asparagus	Beans, Wax & Shell	Beans, shell	Mushrooms
Chard	Asian Veggies	Beets	Beets	Pickles & Sauerkraut
Collard Greens	Asparagus	Broccoli	Bok Choy	Sprouts
Carrots	Bamboo Shoots	Cabbage	Brussels Sprouts	Apples
Garlic	Beets	Carrots	Cabbage	Frozen Fruits
Kale	Baby Lettuce	Cauliflower	Carrots	Jams
Mustard Greens	Broccoli	Celery	Celery	Beef
Mushrooms	Carrots	Chard	Chard	Chicken
Onions	Cabbage	Bok Choy	Collard Greens	Eggs
Potatoes ¹	Cauliflower	Chard	Corn, Sweet ²	Milk & Dairy Products
Winter Squash ¹	Fresh Herbs	Collard Greens	Garlic ¹	Seafood
	Garlic	Cucumbers	Jerusalem Artichokes	Lamb
FRUITS	Green Onions	Corn, Sweet	Turnips	Pork
Apples ¹	Leaf Lettuce	Eggplant	Kale	Honey
Pears	Mustard Greens	Garlic	Kohlrabi	Nuts
Hothouse Rhubarb	Peas (June)	Green Beans	Leeks	
Frozen Berries	Radishes	Kale	Lettuce	
Frozen or Dried Fruits	Summer Squash	Kohlrabi	Mixed Baby Lettuces	
	Leeks	Jerusalem Artichokes	Mushrooms	
	Mushrooms	Leaf Lettuce	Mustard Greens	
	Spinach	Mixed Baby Lettuces	Onions	
	Turnips	Mustard Greens	Parsnips	
	FRUITS	Onions, Sweet	Peppers: Sweet/hot	
	Apples	Romaine Lettuce	Potatoes ¹	
	Apricots	Peas, shell	Pumpkins	
	Winter Pears	Peppers: sweet/hot	Radishes	
	Rhubarb	Potatoes	Rutabaga	
	Cherries, sweet	Spinach	Shallots ¹	
	Raspberries	Squash, Summer	Spinach	
	Currants	Tomatoes	Squash, ² Summer	
	Strawberries	Turnips	Tomatoes ²	
		Radishes	Turnips	
		Rutabaga	Winter Squash ¹	
		Shallots		
		Leeks	FRUITS	
		FRUITS	Apples ¹	
		Apples	Asian Pears	
		Apricots	Blackberries	
		Blackberries	Blueberries	
		Blueberries	Cranberries	
		Cherries	Grapes	
		Currants	Pears ¹	
		Gooseberries	Raspberries	
		Melon	Nuts	
		Nectarines	Hazelnuts	
		Peaches	Walnuts	
		Plums		
		Raspberries		

* Available in temperate regions only in the beginning of the season

¹ Peak harvest for this product. This product is also stored and available in other seasons from local sources.

² Until first local frost.