



# Seasonal Availability of Produce and Other Foods Produced in Minnesota and Wisconsin

Vegetable	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples												
Apple Cider												
Artichokes, Jerusalem												
Arugula												
Asparagus												
Barley												
Beef												
Beets												
Beet Greens												
Blackberries												
Bok Choy												
Broccoli												
Brussel Sprouts												
Buckwheat												
Butter												
Cabbage												
Carrots												
Cauliflower												
Celeriac												
Celery												
Chard												
Cheese												
Chicken												

Vegetable	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Chokecherries												
Collards												
Corn Meal												
Cress (Greens)												
Cucumbers												
Currants												
Daikon												
Dandelion (Greens)												
Dried Herbs												
Duck												
Eggplant												
Eggs												
Endives												
Fennel												
Flax												
Garlic												
Garlic Greens												
Goat												
Gooseberries												
Green Beans												
Honey												
Horseradish												
Jams												
Jellies												
Kale												
Kohlrabi												
Lamb												
Leeks												
Lettuces												
Melons												
Mushrooms												
Mustard												
Oats												
Okra												
Onions												
Parsnips												
Peas												
Peppers												
Plums												
Popcorn												
Pork												
Potatoes												

Vegetable	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Pumpkins												
Purslane												
Radicchio												
Radishes												
Raspberries												
Rhubarb												
Rutabaga												
Rye												
Scallions												
Shallots												
Soybeans												
Spelt												
Spinach												
Sprouts												
Strawberries												
Squash, summer												
Squash, winter												
Sweet Corn												
Sweet Potatoes												
Tomatoes												
Turkey												
Turnips												
Wheat												
Zucchini												

This publication is part of the IATP Sustainable Farm to Hospital Toolkit—a product of the North Central Region Sustainable Agriculture Research and Education-funded project *Connecting Sustainable Farmers to Emerging Health Care Markets*.