

Spring



Vegetables

Asparagus, Beet Greens, Beets, Bok Choy, Broccoli, Cabbage, Carrots*, Collard Greens, Fiddleheads, Garlic*, Jerusalem Artichoke, Kale, Lettuce, Mesclun, Onions*, Parsnips, Peas (snap, snow), Potatoes*, Radishes, Rhubarb, Scallions, Shallots, Spinach, Sprouts, Turnip Greens, Turnips

Fruits

Apples*
Strawberries

Herbs

Chives, Cilantro, Dill, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Tarragon, Thyme

Summer



Vegetables

Beet Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chard, Collard Greens, Corn, Cucumbers, Eggplant, Fennel, Garlic, Green Beans, Kale, Leeks, Lettuce, Mesclun, Okra, Onions, Parsnips, Peppers (hot, sweet), Potatoes, Radishes, Rhubarb, Scallions, Shallots, Spinach, Sprouts, Squash (Summer), Squash (Winter), Tomatoes, Turnip Greens, Turnips

Fruits

Apples, Apricots, Asian Pears, Blackberries, Blueberries, Cantaloupes, Cherries, Currants, Elderberries, Gooseberries, Grapes, Nectarines, Peaches, Plums, Raspberries, Strawberries, Watermelon

Herbs

Basil, Chives, Cilantro, Dill, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme

Fall



Vegetables

Beet Greens, Beets, Bok Choy, Broccoli, Brussel Sprouts, Burdock (Gobo), Cabbage, Carrots, Cauliflower, Celery, Chard, Collard Greens, Corn, Cucumbers, Eggplant, Fennel, Garlic*, Green Beans, Kale, Leeks, Lettuce, Mesclun, Okra, Onions, Parsnips, Peas (snap, snow), Peppers (hot, sweet), Potatoes, Pumpkins, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squash (Summer), Squash (Winter), Sweet Potatoes, Tomatoes, Turnip Greens, Turnips

Fruits

Apples, Asian Pears, Blueberries, Cranberries, Grapes, Pears, Quince, Raspberries, Watermelon

Herbs

Basil, Chives, Cilantro, Dill, Mint, Oregano, Parsley, Rosemary, Sage, Thyme

Winter



Vegetables

Beets*, Burdock (Gobo)*, Cabbage*, Carrots, Collard Greens, Garlic*, Jerusalem Artichoke, Kale, Leeks*, Mesclun, Onions*, Parsnips*, Potatoes*, Rutabagas*, Sprouts, Squash (Winter)*, Turnips*

Fruits

Apples*, Pears*

*Available from storage this season from local sources

http://cbc.amnh.org

HEALTHY EATING FOR YOU AND THE PLANET: SELECT SEASONALLY

Center for Biodiversity and Conservation
AMERICAN MUSEUM OF NATURAL HISTORY

Resources

Wilkins, J. L. and Boaker-Smith, J. 1996. Northeast Regional Food Guide. Available from: <http://www.nutrition.cornell.edu/foodguide/> (accessed on September 21, 2004).

CENYC. Greenmarket Farmers Market. New York Harvest Calendar. Available from: <http://www.cenyc.org/HTMLGM/harvestcalendar.html> (accessed September 21, 2004).

Comments from local farmers, gardeners, and other experts.

Find your local farmers' market!

Farmers' markets listed by state. USDA.

<http://www.ams.usda.gov/farmersmarkets/map.htm>

Greenmarket Farmers Market. CENYC.

<http://www.cenyc.org/HTMLGM/maingm.htm>



December 2004

Printed on 100% post-consumer content recycled paper.

The fertile agricultural lands of New York and surrounding states produce an incredible bounty of fruits, vegetables, and herbs. A great way to explore this diverse selection of produce is to visit a farmers' market, where you can find interesting regional varieties of your favorite foods, expand your culinary horizons with less familiar foods, and talk to the people who grow your food to learn about how it was grown and how to prepare it. Wherever you buy groceries, seek out locally grown produce. This helps to support your community's farmers, preserve agricultural varieties native to your region, and reduce the environmental costs of long-distance transportation of foods. Here we list the produce harvested and locally available in the New York area by season. Consider it a general guide, as the exact dates for harvest change from year to year, as well as from region to region.