

# Seasonal Eating Guide



This seasonal eating guide provides general availability of many fruits and vegetables that can be found in North Dakota.

Buying local, in-season produce has many benefits, including:

- More of the food dollar for our family farmers
- New community events and relationships with our farmers
- Opportunities to try a variety of vegetables

This is brought to you by the North Dakota Department of Agriculture in partnership with North Dakota State University Extension Service. The information should be used as a general guideline; actual availability varies year to year.

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## FRUIT

APPLES					AUG.	SEPT.	OCT.	NOV.
CHERRIES				JULY	AUG.			
CHOCHECHERRIES					AUG.	SEPT.		
CURRANTS			JUNE	JULY				
GRAPES			JUNE	JULY				
JUNEBERRIES				JULY	AUG.			
PLUMS					AUG.	SEPT.		
RASPBERRIES				JULY	AUG.	SEPT.		
RHUBARB	MAY	JUNE	JULY					
STRAWBERRIES		JUNE	JULY					

## MISCELLANEOUS

BEDDING PLANTS	APRIL	MAY	JUNE	JULY	AUG.			
EGGS	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.
FRESH FLOWERS		MAY	JUNE	JULY	AUG.	SEPT.	OCT.	
HONEY	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.

# VEGETABLES

ASPARAGUS		MAY	JUNE						
BEANS				JULY	AUG.	SEPT.			
BEETS			JUNE	JULY	AUG.	SEPT.			
BROCCOLI			JUNE	JULY	AUG.	SEPT.	OCT.		
BRUSSELS SPROUTS						SEPT.	OCT.		
CABBAGE				JULY	AUG.	SEPT.	OCT.	NOV.	
CARROTS				JULY	AUG.	SEPT.	OCT.	NOV.	
CAULIFLOWER					AUG.	SEPT.	OCT.		
CELERY						SEPT.			
CORN				JULY	AUG.	SEPT.			
CUCUMBERS				JULY	AUG.	SEPT.			
EGGPLANT					AUG.	SEPT.			
ENDIVE			JUNE	JULY	AUG.	SEPT.			
GREEN ONION			JUNE	JULY	AUG.				
HERBS	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.		
KALE			JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	
KOHLRABI			JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	
LETTUCE	APRIL	MAY	JUNE	JULY	AUG.	SEPT.			
MUSKMELON					AUG.	SEPT.			
MUSTARD			JUNE	JULY	AUG.	SEPT.	OCT.		
OKRA					AUG.	SEPT.			
ONIONS					AUG.	SEPT.	OCT.	NOV.	
PARSLEY			JUNE	JULY	AUG.	SEPT.	OCT.		
PARSNIPS						SEPT.	OCT.		
PEAS		MAY	JUNE	JULY					
PEPPERS				JULY	AUG.	SEPT.			
POTATOES					AUG.	SEPT.	OCT.	NOV.	
PUMPKINS						SEPT.	OCT.	NOV.	
RADISHES		MAY	JUNE						
SPINACH		MAY	JUNE	JULY	AUG.	SEPT.	OCT.		
SUMMER SQUASH				JULY	AUG.	SEPT.			
SWEET POTATOES						SEPT.			
SWISS CHARD		MAY	JUNE	JULY	AUG.	SEPT.			
TOMATOES					AUG.	SEPT.			
TURNIPS					AUG.	SEPT.	OCT.		
WINTER SQUASH						SEPT.	OCT.	NOV.	
WATERMELONS					AUG.	SEPT.			
ZUCCHINI				JULY	AUG.	SEPT.			