

# Washington Grown Produce Seasonality Chart

## Vegetables and Legumes

Organized by 2012 USDA Nutrition Standards Vegetable Subgroups



Washington State Department of Agriculture

categories	produce	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Dark-Green	Arugula																	
	Beet green																	
	Bok Choy, baby																	
	Broccoli																	
	Braising Mix																	
	Chards																	
	Collard greens																	
	Dandelion greens																	
	Endive, Curly (Fresee)																	
	Escarole																	
	Kales	‡	‡	‡											‡	‡	‡	
	Kohlrabi greens																	
	Lettuces, butterhead*																	
	Lettuces, loose-leaf*																	
	Lettuces, Romaine*																	
	Mustard greens																	
	Mizuna																	
	Rapini (Broccoli Rabe/Chinese broccoli)																	
Salad mix (Mesclun**)																		
Spinach																		
Turnip greens																		
Watercress																		
Red & Orange	Carrots	‡	‡								‡	‡	‡	‡	‡			
	Peppers, red																	
	Pumpkins		‡	‡											‡	‡		
	Sweet potatoes (yam)	‡	‡	‡											‡	‡	‡	
	Tomatoes																	
	Winter squash, Acorn		‡	‡	‡											‡	‡	‡
	Winter squash, Butternut		‡	‡	‡											‡	‡	‡
Winter squash, Hubbard		‡	‡	‡											‡	‡	‡	
Legumes	Black beans, dry																	
	Cranberry beans, dry																	
	Garbanzo/Chickpea, dry																	
	Great Northern beans, dry																	
	Kidney beans, dry																	
	Lentils, dry																	
	Navy beans, dry																	
	Pink beans, dry																	
Pinto beans, dry																		

\* Iceberg lettuce is listed in Other subgroup on page 2 as it does not meet the criteria for Dark-green.

\*\* Mesclun often includes arugula, chervil, leafy lettuces, endives and other greens such as mizuna, radicchio or sorrel.

‡ Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.

\*\* Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.

Sources include: Washington State Department of Agriculture (WSDA); Washington Agricultural Commodity Commissions; WSDA From the Heart of Washington, Puget Sound Fresh, WSDA Farm-to-School survey responses; Full Circle Farm; Tahoma Farms; and Tannenmaker Family Orchard

Made possible by funding from the Department of Health and Human Services and Public Health - Seattle & King County

# Washington Grown Produce Seasonality Chart

## Vegetables and Legumes

Organized by 2012 USDA Nutrition Standards Vegetable Subgroups



Washington State Department of Agriculture

categories	produce	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Starchy	Corn/Sweet Corn, fresh																
	Corn/Sweet Corn, frozen																
	Green peas/shell peas, fresh																
	Green peas/shell peas, frozen																
	Potatoes, fingerling																
	Potatoes, purple																
	Potatoes, Yukon/Red/Russett etc.																
	Sunchokes (Jerusalem artichoke)																
Other	Asparagus																
	Artichokes																
	Beets, red/golden/Chiodgia etc.	‡									‡	‡	‡	‡	‡		
	Brussels sprouts																
	Cabbages, green																
	Cabbages, red																
	Cabbages, savoy																
	Cabbages, napa																
	Carrots, purple																
	Carrots, white																
	Cauliflower & Romanesco																
	Celery																
	Celery root (Celeriac)																
	Cucumbers																
	Fennel																
	Green beans																
	Green peas, snap/snow																
	Kohlrabi, root																
	Leeks																
	Lettuce, Iceburg																
	Mushrooms, Crimini/Enoki/Oyster/Portabella/Shiitake/White																
	Onions, yellow/storage																
	Onions, sweet/Walla Walla																
	Parsnips																
	Pea vines																
	Peppers, green																
	Peppers, purple/chocolate/white																
	Peppers, yellow/orange																
	Radicchio (Chicory, red-leaved)																
	Radishes																
	Rhubarb																
	Rutabaga		‡	‡												‡	‡
Summer squash, white scallop																	
Summer squash, yellow																	
Summer squash, zucchini																	
Tomatillos																	
Turnips, root		‡	‡	‡	‡	‡	‡	‡	‡	‡	‡	‡	‡	‡	‡	‡	

\* Mesclun often includes arugula, chervil, leafy lettuces, endives and other greens such as mizuna, radicchio or sorrel.

‡ Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.

\*\* Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.

Sources include: Washington State Department of Agriculture (WSDA); Washington Agricultural Commodity Commissions; WSDA From the Heart of Washington, Puget Sound Fresh, WSDA Farm-to-School survey responses; Full Circle Farm; Tahoma Farms; and Tonemaker Family Orchard

Made possible by funding from the Department of Health and Human Services and Public Health - Seattle & King County