

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. | | | |