






























































































































































Use this quick reference guide to know what fruits and vegetables are in season (and at their most delicious and nutritious) in Pennsylvania!

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
 Fresh Picked												
 Cold Storage												
Apples												
Asparagus												
Beans (Snap)												
Beets												
Blackberries												
Blueberries												
Broccoli												
Cabbage												
Cantaloupe												
Carrots												
Cauliflower												
Cherries (Tart)												
Cherries (Sweet)												
Corn (Sweet)												
Cucumbers												
Eggplant												
Grapes												
Kale												
Mixed Greens												
Mushrooms												
Nectarines												
Onions												
Pawpaw												
Peaches												
Pears												
Peas												
Peppers												
Plums & Pluots												
Potatoes												
Pumpkins												
Radishes												
Raspberries												
Spinach												
Squash (Summer)												
Squash (Winter)												
Strawberries												
Sweet Potatoes												
Tomatoes												
Turnips												
Watermelon												
 Fresh Picked												
 Cold Storage												