

farmtoinstitution  
**Local food**  
**Local flavor**  
 GOODNESS WITHIN REACH

DELAWARE VALLEY REGION SEASONALITY CHART

	April	May	June	July	August	September	October	November	December-March
<b>Fruits &amp; Berries</b>									
Apples									
Blackberries									
Blueberries									
Cantaloupe									
Cherries									
Garlic									
Grapes									
Honeydew Melon									
Nectarines									
Peaches									
Pears									
Pears, Asian									
Plums									
Raspberry, black									
Raspberry, red									
Strawberries									
Watermelon									
<b>Vegetables</b>									
Asparagus									
Beans, Green									
Beans, Lima									
Beets									
Bok Choy									
Bok Choy, baby									
Broccoli									
Brussels Sprouts									
Cabbage									
Carrots									
Cauliflower									
Chestnuts									
Collards									
Corn									
Cucumbers									
Eggplant									
Kale									
Lettuce, Leaf									
Lettuce, mesclun									
<b>Mushrooms</b>									
Mushrooms									
Okra									
Onions									
Parsnips									
Peas, shelling									
Peas, snap									
Peas, snow									
Peppers									
Potatoes									
Potatoes, sweet									
Pumpkins									
Radishes									
Rutabagas									
Scallions									
Spinach									
Squash, summer									
Squash, winter									
Swiss Chard									
Tomatoes									
Turnips									

Storage



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