

Washington Grown Vegetable Seasonality Chart

by Healthier US School Challenge Vegetable Group



| categories | produce | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-------------------------|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Green | Arugula | | | | | | | | | | | | |
| | Beet green | | | | | | | | | | | | |
| | Bok Choy, baby | | | | | | | | | | | | |
| | Broccoli | | | | | | | | | | | | |
| | Braising Mix | | | | | | | | | | | | |
| | Chards | | | | | | | | | | | | |
| | Collard greens | | | | | | | | | | | | |
| | Dandelion greens | | | | | | | | | | | | |
| | Endive, Curly (Fresee) | | | | | | | | | | | | |
| | Escarole | | | | | | | | | | | | |
| | Kales | | | | | | | | | ** | ** | ** | |
| | Kohlrabi greens | | | | | | | | | | | | |
| | Lettuces, leaf | | | | | | | | | | | | |
| | Lettuces, butter | | | | | | | | | | | | |
| | Lettuces, Romaine | | | | | | | | | | | | |
| | Mustard greens | | | | | | | | | | | | |
| | Mizuna | | | | | | | | | | | | |
| | Rapini (Broccoli Rabe/Chinese broccoli) | | | | | | | | | | | | |
| | Salad mix (Mesclun*) | | | | | | | | | | | | |
| | Spinach | | | | | | | | | | | | |
| Turnip greens | | | | | | | | | | | | | |
| Watercress | | | | | | | | | | | | | |
| Orange | Carrots | | | | | | ** | ** | ** | ** | ** | ** | ** |
| | Pumpkins | | | | | | | | | | | | |
| | Sweet potatoes (yams) | | | | | | | | | ** | ** | ** | ** |
| | Winter squash, Acorn | | | | | | | | | | ** | ** | ** |
| | Winter squash, Butternut | | | | | | | | | | ** | ** | ** |
| | Winter squash, Hubbard | | | | | | | | | | ** | ** | ** |
| Starchy | Corn/Sweet Corn | | | | | | | | | | | | |
| | Green peas/shell peas | | | | | | | | | | | | |
| | Green peas, snap/snow | | | | | | | | | | | | |
| | Potatoes | | | | | | | | | | | | |
| | Sunchokes (Jerusalem artichoke) | | | | | | | | | | | | |
| Other | Asparagus | | | | | | | | | | | | |
| | Artichokes | | | | | | | | | | | | |
| | Beets | | | | | ‡ | ‡ | ‡ | ‡ | ‡ | | | |
| | Brussels sprouts | | | | | | | | | | | | |
| | Cabbages, green | | | | | | | | | | | | |
| | Cabbages, red | | | | | | | | | | | | |
| | Cabbages, savoy | | | | | | | | | | | | |
| | Cabbages, napa | | | | | | | | | | | | |
| | Cauliflower & Romanesco | | | | | | | | | | | | |
| | Celery | | | | | | | | | | | | |
| | Celery root (Celeriac) | | | | | | | | | | | | |
| | Cucumbers | | | | | | | | | | | | |
| | Fennel | | | | | | | | | | | | |
| | Green beans | | | | | | | | | | | | |
| | Kohlrabi, root | | | | | | | | | | | | |
| | Leeks | | | | | | | | | | | | |
| | Lettuce, Iceberg | | | | | | | | | | | | |
| | Onions, yellow/storage | | | | | | | | | | | | |
| | Onions, sweet | | | | | | | | | | | | |
| | Parsnips | | | | | | | | | | | | |
| | Pea vines | | | | | | | | | | | | |
| | Peppers | | | | | | | | | | | | |
| | Radicchio (Chicory, red-leaved) | | | | | | | | | | | | |
| | Radishes | | | | | | | | | | | | |
| | Rhubarb | | | | | | | | | | | | |
| | Summer squash, white scallop | | | | | | | | | | | | |
| | Summer squash, yellow | | | | | | | | | | | | |
| Summer squash, zucchini | | | | | | | | | | | | | |
| Tomatillos | | | | | | | | | | | | | |
| Tomatoes | | | | | | | | | | | | | |
| 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.
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Sources include: Washington Agricultural Commodity Commissions; WSDA From the Heart of Washington, Puget Sound Fresh, WSDA Farm-to-School survey responses; Full Circle Farm; Tonnemaker Family Orchard

