

# Washington Grown Produce Seasonality Chart

## Vegetables and Legumes - Organized by USDA Nutrition Standards Vegetable Subgroups

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; Puget Sound Fresh, WSDA Farm-to-School survey responses; Full Circle Farm; Tonnemaker Family Orchard.

Made possible with funding from Washington Department of Social and Health Services, and Public Health - Seattle & King County.



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/Chioggia 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, Iceberg																
	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			‡	‡	‡	‡	‡								‡	‡	‡

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