The intention of this calendar is to provide a general average of when locally grown food may be available in the greater Adirondack region. Learn more at AdirondackHarvest.com

HOW TO READ THIS GUIDE:

Might be available, or available in storage

In season

111 3643011	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb
Apple												
Arugula												
Asparagus												
Basil												
Beets												
Blackberry												
Blueberries												
Bok Choy												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celeriac												
Celery												
Cherry												
Chives												
Cilantro												
Collards												
Cranberry												
Cucumbers												
Currant												
Dill												
Eggplant												
Escarole												
Fennel												
Fiddelheads												
Garlic												
Garlic scapes												
Ginger												
Gooseberry												
Grapes												
Green Beans												

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HOW TO READ THIS GUIDE:

Might be available, or available in storage

In season

111 3643011	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb
Green Onions												
Greens Mix												
Groundcherry												
Horseradish												
Kale												
Kohlrabi												
Lavender												
Leeks												
Lemon Balm												
Lettuce, baby greens												
Lettuce, head												
Melon												
Micro-greens												
Mint												
Mushrooms												
Mustard greens												
Nasturtium												
Nettle												
Okra												
Onion												
Oregano												
Parsley												
Parsnips												
Pea Shoots												
Peach												
Pear												
Peas, Snap												
Pepper, hot												
Pepper, sweet												
Plum												
Potatoes												
Pumpkin												
Radicchio												

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HOW TO READ THIS GUIDE:
Might be available, or available in storage
In season

	March	April	Мау	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb
Radish												
Ramps												
Raspberry												
Rhubarb												
Rosemary												
Rutabaga												
Sage												
Salad Mix												
Shallots												
Sorrel												
Spinach												
Squash, Summer												
Squash, Winter												
Strawberry												
Sweet corn												
Sweet Potatoes												
Swiss Chard												
Thyme												
Tomatillo												
Tomato, Cherry												
Tomato, Heirloom and S	Slicer											
Turnip												
Always in Season												
Butter												
Cheese												
Dried beans												
Dried herbs & spices												
Eggs												
Fermented foods												
Frozen veggies & fruits												
Grains, flour, cornmeal												
Honey & bee products	(may have limite	ed availability duri	ng summer month	s)								
Ice cream												

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HOW TO READ THIS GUIDE:
Might be available, or available in storage
In season

	March	April	Мау	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb
Maple products	(may have limite	d availability durir	ng summer month	s)								
Meat: Goat, lamb, beef, pork, turkey, chicken												
Milk												
Sauces and condiments												
Yogurt												

The intention of this guide is to provide a general average of when locally grown food may be available in the greater Adirondack region. Learn more at AdirondackHarvest.com

HOW TO READ THIS GUIDE: Bolded items are in season

Italic items may be available, but may be limited or from storage

Mar		Apr		May		Jun		Jul		Aug		Sept		Oct		Nov		Dec		Jan		Feb	
Microgreens	Apple	Nettle	Apple	Arugala	Apple	Arugala	Apple	Arugala	Apple	Apple	Celery	Apple	Blueberries	Apple	Chives	Apple	Cabbage	Collards	Apple	Micro-greens	Apple	-	Apple
Mushrooms	Beets	Fiddleheads	Beets	Asparagus	Beets	Asparagus	Carrots	Basil	Cabbage	Arugala	Eggplant	Arugala	Carrots	Beets	Cilantro	Beets	Celery	Cranberry	Beets		Beets		Beets
Lettuce, baby greens	Cabbage	Greens Mix	Cabbage	Chives	Carrots	Basil	Nasturtium	Beets	Carrots	Basil	Garlic	Basil	Garlic	Broccoli	Garlic	Bok Choy	Garlic	Spinach	Cabbage		Cabbage		Cabbage
,,	Carrots	Lettuce, baby g	-	Fiddleheads	Green onions	Beets	Squash, summe		Cucumbers	Beets	Garlic scapes	Beets	Garlic scapes	Brussel Sprout		Broccoli	Ginger	Micro-greens	Carrots		Carrots		Carrots
	Chives		Kale	Garlic scapes	Kale	Broccoli	Tomato, cherry	Broccoli	Garlic scapes	Blackberries	Horseradish	Blackberries	Horseradish	Cabbage		Brussel Sprou			Cauliflower		Cauliflower		Cauliflower
	Garlic	Chives	Onion	Greens mix	Micro-greens	Cherry		Cabbage	Melon	Blueberries	Micro-greens	Bok Choy	Microgreens	Carrots	Micro-greens	Carrots	Leeks		Celeriac		Celeriac		Celeriac
	Greens Mix	Mushrooms	Parsnips	Lettuce, head	Onion	Chives		Cherry	Okra	Bok Choy	Onion	Broccoli		Cauliflower	Nasturtium	Cauliflower	Micro-greens		Garlic		Garlic		Garlic
	Horseradish		Potatoes	Lettuce, baby gre	ee Potatoes	Currant		Chives	Onion	Broccoli		Brussel Sprou	s	Celariac	Okra	Celeriac	Potatoes		Ginger		Ginger		Ginger
	Kale		Radish	Mushrooms		Dill		Cilantro	Pepper, hot	Carrots		Cabbage		Celery	Pepper, hot	Collards	Pumpkin		Horseradish		Horseradish		Horseradish
	Nettles		Shallots	Nettle		Fennel		Collards	Pepper, sweet	Chives		Cauliflower		Collards	Pepper, sweet	Cranberry	Radish		Leeks		Leeks		Leeks
	Onion		Spinach	Parsnips		Garlic		Currant		Cilantro		Celeriac		Cranberry	Shallots	Fennel	Rutabaga		Rutabaga		Rutabaga		Shallots
	Parsley		Sweet poatoes	Peashoots		Garlic scapes		Dill		Collards		Cherry		Eggplant	Squash, summe	Horseradish	Shallots		Shallots		Shallots		Spinach
	Parsnips			Radish		Gooseberry		Eggplant		Cucumbers		Chives		Escarole	Sweet potatoes	Mushrooms	Spinach		Squash, winter		Spinach		Squash, winter
	Shallots			Ramps		Greens Mix		Fennel		Currant		Cilantro		Fennel	Tomato, cherry	Mustard green	s Sweet potatoes	:	Sweet potatoes		Squash, winter		Sweet potatoes
	Spinach			Rhubarb		Green Onion		Garlic		Green beans		Cranberry		Grapes	Tomato, heirloo	Onion	Squash, winter		Turnip		Sweet potatoes		Turnip
	Squash, Winter			Salad Mix		Ground Cherry	,	Green beans		Green onions		Currant		Horseradish		Parsnips	Tomato, cherry				Tumip		
	Sweet potatoes			Sorrel		Kale		Green onions		Greens mix		Eggplant		Kale		Swiss Chard	Tomato, Heirloo	m and slicer					
	Turnip			Spinach		Kholrabi		Greens mix		Ground cherry		Escarole		Kohlrabi		Thyme							
				Swiss chard		Lemon Balm		Groundcherry		Kale		Ginger		Lavendar		Turnip							
				Turnip		Lettuce, baby g	greens	Kale		Kholrabi		Grapes		Leeks									
						Lettuce, head		Kholrabi		Lavendar		Green beans		Melon									
						Mint		Lavendar		Leeks		Green onions		Mint									
						Mushrooms		Lemon balm		Lemon Balm		Ground cherry		Mushrooms									
						Peas, snap		Mint		Melon		Kale		Mustard greens	5								
						Radish		Mushrooms		Mint		Kohlrabi		Onion									
						Rhubarb		Mustard greens	3	Mushrooms		Lavendar		Oregano									
						Salad Mix Shallots		Nasturtium		Mustard greens	s	Leeks Melon		Parsley									
								Nettle Oregano		Nasturtium Nettle		Mushrooms		Parsnips Pear									
						Sorrel Spinach		Parsley		Okra		Mustard green		Potatoes									
						Strawberry		Parsnips		Oregano		Nastirtium	•	Pumpkin									
						Swiss Chard		Pear		Parsley		Okra		Radicchio									
						Turnip		Peas,snap		Peach		Onion		Radish									
								Plum		Pear		Oregano		Rasperry									
								Potatoes		Pepper, hot		Parsley		Rosemary									
								Radish		Pepper, sweet		Peach		Rutabaga									
								Raspberr		Plum		Pear		Sage									
								Rhubarb		Radish		Pepper, hot		Sorrel									
								Rosemary		Rosemary		Pepper, sweet		Spinach				1					
								Sage		Sage		Plum		Squash, winter				1					
								Salad Mix		Salad Mix		Poratoes		Sweet corn				1					
								Shallots		Sorrel		Pumpkin		Swiss chard									
								Sorrel		Spinach		Radicchio		Thyme									
								Spinach		Squash, winter		Radish		Turnip				1					
								Squash, summe	er	Squash, summ	er	Raspberry						1					
								Strawberry		Sweet corn		Rosemary											
								Swiss Chard		Sweet potatoes	3	Rutabaga						1					
								Thyme		Swiss chard		Sage											
								Tomatillo		Thyme		Salad Mix											
								Tomato, cherry		Tomatillo		Sorrel						1					
								Tomato, heirloc	om and slicer	Tomato, cherry		Spinach											
								Turnip		Tomato, heirloc	om and slicer	Squash, summ						1					
										Turnip		Squash, winter											
												Sweet corn						1					
		1		1		1		1		1		Sweet potatoes	•	1				1		l		1	