

WHAT'S IN SEASON IN THE ADIRONDACK REGION

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

	March	April	May	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 Slicer												
Turnip												
Always in Season												
Butter												
Cheese												
Dried beans												
Dried herbs & spices												
Eggs												
Fermented foods												
Frozen veggies & fruits												
Grains, flour, cornmeal												
Honey & bee products												
Ice cream												

(may have limited availability during summer months)

