



School Year Availability of Maine Fruits and Vegetables



August:

Fruit – early apple varieties, blueberries, early blackberries, late raspberries, watermelon/cantaloupe

Vegetables – beans (snap, wax), beets, beet greens, broccoli, cabbage, Chinese cabbage, carrots, corn, cucumbers, eggplant, kale/collards, leeks, lettuce/mixed greens, onions (bulb), onions (scallions), parsley, peas (edible pod), peppers, potatoes, radishes, summer squash, Swiss chard, tomatoes

FALL

September:



Fruit – apples, early grapes, pears, plums, watermelon/cantaloupe

Vegetables – arugula, late beans (snap, wax), beets, broccoli, cabbage, Chinese cabbage, carrots, early cauliflower, late corn, late cucumbers, eggplant, early garlic, kale/collards, leeks, lettuce/mixed greens, onions (bulb), late onions (scallions), parsley, early parsnip, late peppers, potatoes, early pumpkins, late radishes, early rutabagas, spinach, late summer squash, early winter squash, Swiss chard, late tomatoes, early turnips

October:

Fruit – late apples, early cranberries, grapes, pears

Vegetables – arugula, beets, late broccoli, Brussels Sprouts, cabbage, Chinese cabbage, carrots, cauliflower, garlic, kale/collards, leeks, late onions (bulb), parsley, potatoes, pumpkins, rutabagas, winter squash, late turnips

November:



Fruit – cranberries

Vegetables – arugula, late Brussels Sprouts, late Chinese cabbage, late carrots, late cauliflower, kale/collards, leeks, parsley, late parsnips, rutabagas, late winter squash

(School Year Availability of Maine Fruits and Vegetables adapted from Get Real Get Maine Seasonal Availability Chart at www.getrealmaine.com/learn/Availability.pdf)