

WHAT'S IN Season?

Use this quick reference guide to know what fruits and vegetables are in season in Maryland. Consider buying locally-grown food from grocery stores, wholesale markets, restaurants, farmers markets, roadside stands or pick-your-own.

To find locally-grown food near you visit www.marylandsbest.net

fruits

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	●	●	●					●	●	●	●	●
Apricots						●	●					
Asian Pears								●	●	●		
Blackberries						●	●	●	●			
Blueberries						●	●	●	●			
Cantaloupes						●	●	●	●			
Cherries						●	●					
Grapes							●	●				
Honeydew						●	●	●	●			
Nectarines						●	●	●	●			
Peaches						●	●	●	●			
Pears						●	●	●	●	●		
Plums						●	●	●	●			
Raspberries						●	●	●	●			
Strawberries					●	●						
Watermelon						●	●	●				

vegetables

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Asparagus				●	●	●						
Beans, Green/ Snap						●	●	●	●			
Beans, Lima						●	●	●	●			
Beets						●	●	●	●			
Broccoli					●	●				●	●	
Brussel Sprouts									●	●	●	●
Cabbage						●	●		●	●		
Carrots					●	●	●	●	●	●	●	●
Cauliflower					●	●			●	●	●	
Chard						●			●	●	●	
Collards					●	●	●	●	●	●	●	●
Corn						●	●	●	●			
Cucumbers	●	●	●	●	●	●	●	●	●	●	●	●
Eggplant							●	●	●	●		
Herbs	●	●	●	●	●	●	●	●	●	●	●	●
Garlic	●	●	●	●	●	●	●	●	●	●	●	●
Kale					●	●	●	●	●	●	●	●
Lettuces	●	●	●	●	●	●	●	●	●	●	●	●
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Okra							●	●	●	●		
Onions				●	●	●	●	●	●	●	●	●
Peas					●	●	●		●	●		
Peas, Black-eye							●	●				
Peppers							●	●	●	●	●	●
Radishes				●	●	●			●	●	●	●
Potatoes	●					●	●	●	●	●	●	●
Pumpkins									●	●	●	
Soybeans, Edamame									●	●		
Spinach					●	●	●		●	●	●	●
Squash, Summer						●	●	●	●	●		
Squash, Winter	●	●						●	●	●	●	●
Sweet Potatoes	●	●							●	●	●	●
Turnips					●	●			●	●	●	●
Tomatoes	●	●	●	●	●	●	●	●	●	●	●	●

● Product is harvest

● Product is available either through storage or green house production

Only Maryland farmers can use the Maryland's Best logo. When you see the Maryland's Best logo, you're contributing to the economic growth of Maryland and our farmers.



**FRESH
LOCAL**





cantaloupe



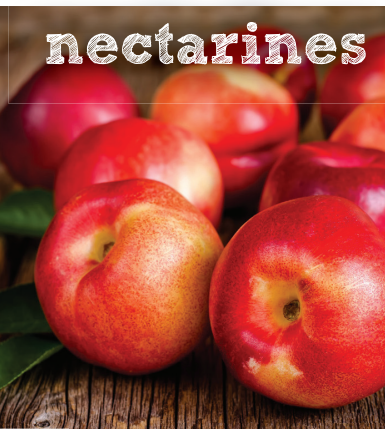
mushrooms



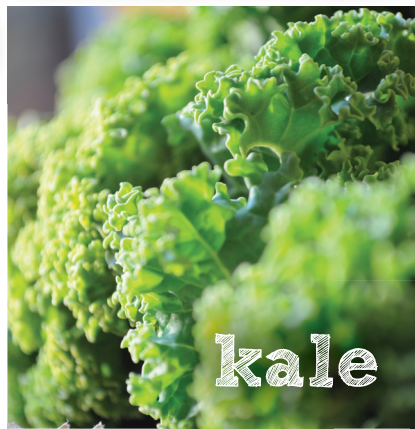
**green
beans**



onions



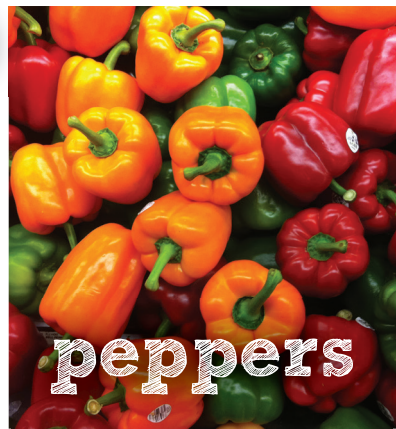
nectarines



kale



strawberries



peppers



lettuce



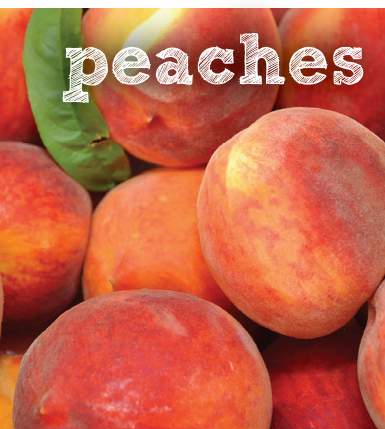
tomatoes



**sweet
potato**



corn



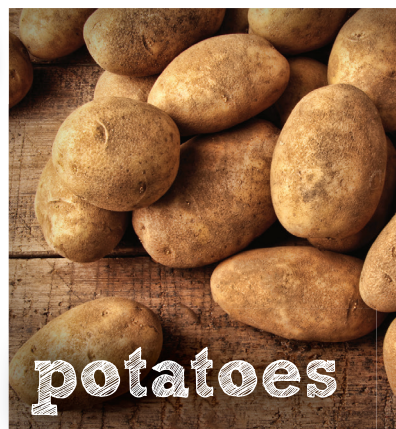
peaches



spinach



watermelon



potatoes



cucumbers



apples



blueberries



carrots