

Northeast Seasonal Fruits and Vegetables

Crops and Harvest Times for Seasonal Produce in the Northeast

http://localfoods.about.com/od/searchbyregion/a/NE_Seasons.htm

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Later harvest, shorter growing season, and longer harvest of cool-weather crops defines Northeast seasonality. Exact crop availability and harvest times vary region-to-region and year-to-year, with Maine in particular having slightly shorter and later seasons than those listed below, but this summary will help you know when to look for what at markets near you. You can also look up produce by general/national seasons ([spring](#), [summer](#), [fall](#), [winter](#)) or [region](#).

[Apples](#), July through October (cold storage until spring)

[Arugula](#), May through September

[Asparagus](#), May and June

[Beets](#), June through December

[Blueberries](#), July and August

[Broccoli](#), June through November

[Broccoli raab](#), August through November

[Brussels sprouts](#), September through November

[Cabbage](#), June through October

[Cantaloupes](#), August and September

[Carrots](#), June through September (local harvest available from storage through March)

[Cauliflower](#), August through November

[Celeriac/celery root](#), September through November

[Celery](#), August through October

[Chard](#), May through November

[Cherries](#), July

[Chicories](#), September and October

[Corn](#), June through August

[Cranberries](#), October through December

[Cucumbers](#), July through October

[Eggplant](#), July through October

[Escarole](#), September and October

[Fava beans](#), May and June

[Fennel](#), October and November

[Fiddleheads](#), April and May

[Garlic](#), July through October (stored year-round)

[Garlic scapes/green garlic](#), May and June

[Grapes](#), September and October

[Green beans](#), July through September

[Green onions/scallions](#), May through September

[Kale](#), June through November

[Kohlrabi](#), June and July, September and October

[Leeks](#), August through December

[Lettuce](#), May through October

[Melons](#), July through October

[Morels](#), spring

[Mushrooms](#) (cultivated), year-round

[Mushrooms](#) (wild), spring through fall

[Nectarines](#), August and September

[Nettles](#), spring

[Onions](#), July through October (stored in winter)

[Parsnips](#), April and May and again October through December

[Peaches](#), July through September

[Pears](#), August through December

[Pea greens](#), April through June

[Peas](#) and pea pods, July through October

[Peppers](#) (sweet), July through October

[Plums & pluots](#), August and September

[Potatoes](#), July through December (available from storage year-round)

[Pumpkins](#), September through November

[Radicchio](#), September and October

[Radishes](#), May through September

[Ramps](#), March through June

[Raspberries](#), July through September

[Rhubarb](#), May through July

[Rutabagas](#), August through November

[Scallions/green onions](#), May through September

[Shelling beans](#), September through November

[Spinach](#), May through September

[Squash](#) (summer), July through September

[Squash](#) (winter), August through December

[Stinging Nettles](#), spring

[Strawberries](#), June

[Tomatoes](#), July through September

[Turnips](#), August through November (local harvest available from storage through the winter)

[Watermelons](#), August through October

[Winter Squash](#), August through December

[Zucchini](#), July through September

[Zucchini Blossoms](#), June and July