

PRODUCE	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	STORAGE <sup>1</sup>
Apples										Cold <sup>2</sup>
Asparagus										Cold
Beans, Horticultural										Cold
Beans, Lima										Cold
Beans, Pole										Cold
Beans, Snap										Cold
Beets										Cold
Blackberries										Cold
Blueberries										Cold
Broccoli										Cold
Cabbage										Cold
Cantaloupe										Cold
Carrots										Cold
Cauliflower										Cold
Cherries, Sweet										Cold
Cherries, Sour/Pie										Cold
Cilantro										Cold
Collards										Cold
Concord Grapes										Cold
Cucumbers										Cold
Currants										Cold
Dill, Dry										Cold
Dill, Seed										Cold
Eggplant										Cold
Elderberries										Cold
Endive & Escarole										Cold
Gooseberries										Cold
Grapes, Table										Cold
Kale										Cold
Leeks										Cold
Leafy Lettuce										Cold
Mushrooms, Wild										Cold
Mustard Greens										Cold
Nectarines										Warm
Okra										Cool
Onions, Dry										Cool <sup>3</sup>
Onions, Green										Cold
Parsley, Herbs										Cold
Parsnips										Cold
Paw Paws										Cold
Peaches										Hard-Warm, Ripe-Cold
Pears										Hard-Warm, Ripe-Cold
Peas, Green										Cold
Peppers, Bell										Cool
Peppers, Hot										Cool
Peppers, Sweet/Cubanel										Cool
Potatoes <sup>4</sup>										Cool <sup>3</sup>
Pumpkins										Warm
Radishes										Cold
Raspberries, Black										Cold
Raspberries, Purple										Cold
Raspberries, Summer, Red										Cold
Raspberries, Fall, Ever-Bearing, Red/Yellow										Cold
Rhubarb										Cold
Spinach										Cold
Squash, Summer/Zucchini										Cold
Squash, Winter										Warm
Strawberries										Cold
Strawberries (Everbearing)										Cold
Sweet Corn										Cold
Swiss Chard										Cold
Tomatoes										Mature Green-Warm, Ripe-Cool
Turnip Greens										Cold
Turnips, Fall										Cold
Watermelon										Cool
<b>GREENHOUSE/HYDROPONIC</b>										
Cucumbers, Long, Seedless										Cool
Herbs										Cool
Lettuce										Cool
Mushrooms										Cool
Peppers										Cool
Tomatoes										Mature Green-Warm, Ripe-Cool

## Seasonal Fruit and Veg Guide

<https://link.edgepilot.com/s/b0f4a3b8/kqjhHVYnWEiXdYYl0n72nw?u=https://www.seasonalfoodguide.org/ohio/early-july>