

NORTHEAST IOWA

Food & Fitness INITIATIVE

A Seasonal Guide to Locally-Grown Produce

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Fruit												
Apples	A	A	A								A	A
Blueberries												
Grapes												
Peaches												
Pears												
Raspberries	G									G	G	G
Strawberries	G									G	G	G
Vegetables												
Asparagus												
Beets												
Broccoli												
Brussel sprouts												
Cabbage												
Carrots												
Cauliflower												
Corn												
Cucumbers	G	G								G	G	G
Eggplant												
Garlic	A										A	A
Green Beans												
Greens												
Herbs												
Kohlrabi												
Lettuce Mix	G	G								G	G	G
Lettuce, head												
Melons												
Onions	A	A	A								A	A
Onions, Green												
Parsnips												
Peas												
Peppers												
Potatoes	A	A	A								A	A
Pumpkins												
Radishes												
Rhubarb												
Spinach												
Squash, Summer												
Squash, Winter	A	A	A								A	A
Tomatoes	G	G								G	G	G
Turnips	A	A	A								A	A

= Peak Season
 = Harvest Season
 A = Available G = Greenhouse grown

www.iowafoodandfitness.org

