What's in Season?

A Month-by-Month Farmers' Market Guide for Ohio Produce

May	June	July	August	September	October
FRUITS	FRUITS	FRUITS	FRUITS	FRUITS	<u>FRUITS</u>
Strawberries	Blackberries	Blackberries	Apples	Apples	Apples
	Blueberries	Blueberries	Blackberries	Blackberries	Grapes
VEGETABLES	Gooseberries	Cantaloupe	Blueberries	Blueberries	Watermelon
Asparagus	Raspberries	Currants	Cantaloupe	Cantaloupe	
Cabbage	Strawberries	Gooseberries	Grapes	Peaches	VEGETABLES
Collards		Raspberries	Peaches	Watermelon	Beets
Kale	VEGETABLES				Cabbage
Mustard Greens	Asparagus	VEGETABLES	VEGETABLES	VEGETABLES	Carrots
Radishes	Beans, Snap	Beans, Lima	Beans, Lima	Beans, Lima	Cauliflower
Rhubarb	Beets	Beans, Snap	Beans, Snap	Beans, Snap	Collards
Spinach	Broccoli	Beets	Beets	Beets	Corn
Turnip Greens	Cabbage	Broccoli	Broccoli	Broccoli	Endive
	Collards	Cabbage	Cabbage	Cabbage	Kale
	Endive	Carrots	Carrots	Carrots	Lettuce
	Kale	Collards	Collards	Cauliflower	Leeks
	Lettuce	Corn	Corn	Collards	Mustard Greens
	Mustard Greens	Cucumbers	Cucumbers	Corn	Onions
	Onions, Green	Eggplant	Eggplant	Cucumbers	Onions, Green
	Peas, Green	Endive	Endive	Eggplant	Parsnips
	Radishes	Kale	Kale	Kale	Peppers
	Rhubarb	Lettuce	Lettuce	Lettuce	Potatoes
	Spinach	Leeks	Leeks	Leeks	Pumpkins
	Summer Squash	Mustard Greens	Mustard Greens	Mustard Greens	Radishes
	Turnip Greens	Okra	Okra	Okra	Spinach
		Onions	Onions	Onions	Tomatoes
	HERBS	Onions, Green	Onions, Green	Onions, Green	Turnip Greens
	Cilantro	Peas, Green	Peppers	Parsnips	Turnips
	Dill Seed	Peppers	Potatoes	Peppers	Winter Squash
	Parsley	Potatoes	Radishes	Potatoes	
		Radishes	Spinach	Pumpkins	HERBS
		Spinach	Summer Squash	Radishes	Cilantro
		Summer Squash	Tomatoes	Spinach	Parsley
		Tomatoes	Turnip Greens	Summer Squash	
		Turnip Greens	Winter Squash	Tomatoes	
		UCBBC	UEBBC	Turnip Greens	
		<u>HERBS</u>	<u>HERBS</u>	Turnips Winter Squash	
		Cilantro	Cilantro	Winter Squash	
		Dill	Dill	LEDDC	
			Parsley	<u>HERBS</u> Cilantro	
				Cilantro Dill	
				DIII	



WHAT'S IN SEASON



Spinach

Did you know that spinach...



• reduces inflammation?

- maintains bone health and muscles?
- lowers blood pressure?
- is rich in vitamin A and K, iron, magnesium, and folate?

Did you know that strawberries...

boost the immune system?

- prevents heart disease and lowers cholesterol?
- helps maintain healthy skin?
- is rich in vitamin C and K and potassium and magnesium?



freshlink



Asparagus

Did you know that asparagus...



- increases nutrient absorption?
- is rich in fiber, folate, copper, potassium, and vitamin K, B1, B2, and B3?
- regulates blood sugar levels?
- maintains healthy vision and fights aging?

Did you know that radishes...

- promotes digestion?
- decreases risk of cancer?
- aids in weight management?
- is rich in manganese, folate, potassium, and vitamin C and B6?





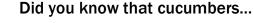


WHAT'S IN SEASON





Cucumbers



- are 95% water and contain important electrolytes, therefore, they can help prevent dehydration on hot summer days?
- promotes bone health?
- help control and prevent diabetes?
- are rich in potassium, magnesium, and vitamin C and K?

Did you know that zucchini...

Zucchini

- improves heart health?
- has anti-inflammatory properties, which helps reduce swelling?
- can promote weight loss because it has a high water content and dietary fiber, which help you feel full?



Onions

Did you know that onions...

- decrease blood pressure and risk for heart attacks?
- lower risk for cancers (colon, prostate, and stomach)?
- may reduce depression and help with mood, sleep and appetite?
- are rich in vitamin C, manganese and fiber?

Did you know that peaches...

- have been shown to defend against obesityrelated diseases?
- can reduce wrinkles and improve overall skin?
- support heart health?
- are rich in magnesium, potassium, zinc, iron, calcium, copper and vitamin C?

Peaches





WHAT'S IN SEASON

AUGUST

Watermelon

Did you know that watermelon...

- cleanses the body of toxins?
- helps in energy production and wound healing?
- is 92% water and contains important electrolytes (sodium and potassium)?
- is rich in vitamin A, B6, and C?

Did you know that peppers...

are good for brain development?

- reduces cholesterol and helps control diabetes?
- promotes the of health of the nervous system?
- are rich in vitamin A, B6, C, and E?

Kale

Did you know that kale...

- is great for detoxifying your body?
- is one of the most nutrient dense foods on the planet?
- can help lower your cholesterol, reducing the risk of heart disease?
- is rich in folate, fiber, potassium, calcium, and vitamin A, C, and K?

Did you know that apples...

- are useful to treat anemia because of their iron content?
- aid in digestion because they are high fiber content?
- clean both your teeth and gums, reducing cavities?
- are rich in riboflavin, potassium, copper, manganese, vitamin B6, C, and K?



Apples





Peppers



