



What's in Season?

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

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

WHAT'S IN SEASON

MAY



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?

Strawberries



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?

Radishes



WHAT'S IN SEASON

JULY



Cucumbers



Did you know that 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...

- 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?

Zucchini



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 obesity-related 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?

Peppers



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

