

Seasonal Harvesting Guide

	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb
VEGETABLES	Artichokes	✓	✓	✓	✓	✓	✓	✓				
	Asparagus	✓	✓	✓	✓							
	Basil				✓	✓	✓	✓				
	Beets			✓	✓	✓	✓	✓	✓	✓		
	Broccoli	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Cabbage, Cauliflower			✓	✓	✓	✓	✓				
	Carrots			✓	✓	✓	✓	✓	✓			
	Celeriac, Ruta-baga, Parsnip								✓	✓		
	Chard, Kale, Collards	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Corn					✓	✓	✓	✓			
	Cucumbers					✓	✓	✓	✓	✓		
	Eggplant						✓	✓	✓	✓		
	Fava Beans		✓	✓	✓							
	Green Beans					✓	✓	✓	✓	✓		
	Herbs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Jerusalem Artichokes								✓	✓		
	Leeks	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Melons						✓	✓	✓			
	Onions, Garlic				✓	✓	✓	✓	✓	✓	✓	✓
	Peas	✓	✓	✓	✓				✓	✓	✓	
Peppers					✓	✓	✓	✓	✓			
Potatoes				✓	✓	✓	✓	✓				
Salad Greens	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Summer Squash					✓	✓	✓	✓	✓			
Tomatoes					✓	✓	✓	✓				
Turnips, Radishes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Winter Squash							✓	✓	✓			
FRUITS & NUTS	Almonds					✓	✓	✓				
	Apples						✓	✓	✓	✓		
	Blueberries				✓	✓	✓					
	Chestnuts							✓	✓			
	Cherries				✓	✓						
	Olives								✓	✓	✓	
	Peaches					✓	✓					
	Pears						✓	✓	✓			
	Persimmons									✓	✓	
	Pineapple Guavas									✓	✓	
	Plums				✓	✓	✓					
	Raspberries				✓	✓	✓	✓	✓			
	Strawberries			✓	✓	✓	✓	✓	✓			
	Walnuts								✓	✓		
WILD & FORAGED	Acorns							✓	✓			
	Blackberries				✓	✓	✓	✓				
	Huckleberries						✓	✓				
	Mushrooms	✓	✓							✓	✓	✓
	Nettles	✓	✓									
	Seaweed			✓	✓	✓	✓	✓				
Wild greens	✓	✓	✓							✓	✓	
SEAFOOD MEAT EGGS	Dungeness Crab	✓								✓	✓	✓
	Salmon				✓	✓	✓					
	Sole	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Poultry & Meats	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Eggs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Many of these foods can be canned, dried, or stored to last longer and provide a year-round supply of local food.