Seasonal Harvesting Guide

		Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb
V	Artichokes	✓	√	1	1	1	✓	✓	1				
E	Asparagus	✓	✓	1	✓								
G	Basil				1	✓	1	✓	1				
	Beets			1	✓	1	✓	✓	✓	1	1		
E	Broccoli	✓	✓	1	1	✓	✓	✓	1	1	✓	1	1
T	Cabbage, Cauliflower			1	1	✓	1	✓	1				
A	Carrots			1	✓	✓	1	1	1	1			
В	Celeriac, Ruta-baga, Parsnip								1	1			
L	Chard, Kale, Collards	✓	1	1	✓	✓	1	✓	1	1	✓	1	1
E	Corn					✓	1	✓	1				
S	Cucumbers					1	1	✓	1	1			
3	Eggplant						✓	1	1	1			
	Fava Beans		1	✓	1								
	Green Beans					✓	1	✓	1	1			
	Herbs	1	1	1	1	1	1	1	1	1	√	✓	1
	Jerusalem Artichokes								✓	1			
	Leeks	√	1	1	1	1	1	✓	1	1	1	✓	1
	Melons						1	✓	✓				
	Onions, Garlic				1	1	1	1	1	1	1	1	1
	Peas	√	√	√	1				1	1	1		
	Peppers					1	1	1	1	1			
	Potatoes				1	1	1	1	1				
	Salad Greens	√	1	√	1	1	1	1	1	1	√	1	1
	Summer Squash		-	-		1	1	1	√ ·	1	-	,	
	Tomatoes					1	1	1	1				
	Turnips, Radishes	1	√	√	1	1	√	√	1	1	1	1	1
	Winter Squash	•	-		_			1	1	1	•	· ·	,
	winter Squasii							•	·	•			
FRUITS	Almonds						√	✓	√				
&	Apples						1	1	1	1			
NUTS	Blueberries				1	1	1	•	•	•			
	Chestnuts				_	_			√	1			
	Cherries				1	1							
	Olives				_	,				1	1	1	
	Peaches					1	1			•	•		
	Pears						√	1	√				
	Persimmons							_	•	1	√		
	Pineapple Guavas									✓	√		
	Plums				1	1	1			_			
	Raspberries				1	√	√	1	1				
				√	1	1	*	V	1				
	Strawberries			· ·	· ·	_ v	· ·	_ v	∨	1			
	Walnuts									•			
	A												
WILD	Acorns Blackberries				1	1	1	1	✓	✓			
&					V	V	∀	∨					
FORAGED	Huckleberries	1	1				V	•		1	√	1	1
1 Old IGED	Mushrooms	∀	∀							V	V	~	¥
	Nettles	V	V			-		/					
	Seaweed	,	,	√	✓	✓	✓	✓				,	1
	Wild greens	✓	✓	√								✓	✓
	B 6 1												
SEAFOOD	Dungeness Crab	√								√	✓	✓	1
MEAT	Salmon				1	1	√						
EGGS	Sole	√	✓	1	1	✓	✓	✓	✓	1	✓	✓	1
2005	Poultry & Meats	√	1	√	1	1	V	✓	1	1	√	1	√
	Eggs	✓	√	✓	✓	✓	✓	√	✓	 	✓	✓	✓

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