



Seasonal Availability of Maine Fresh Fruits & Vegetables

FRUIT

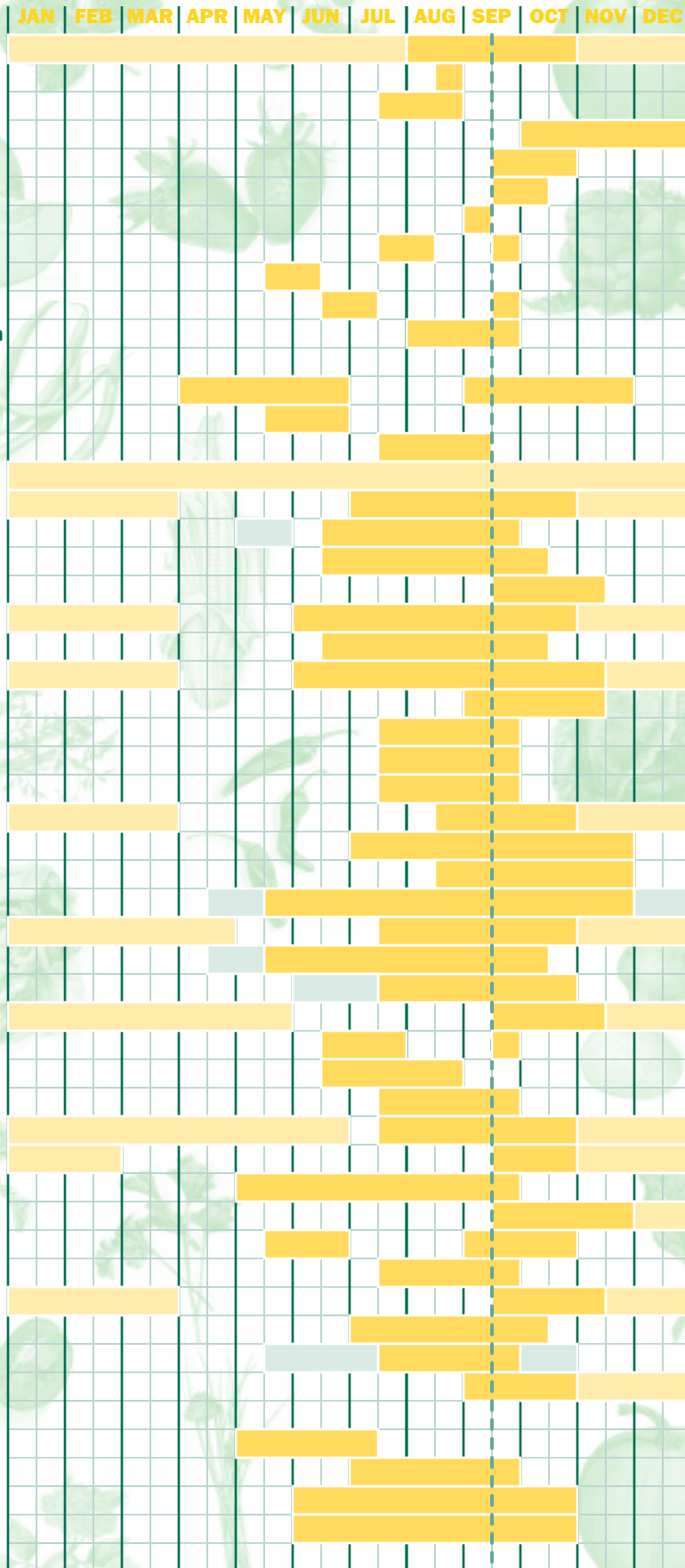
- Apples
- Blackberries
- Blueberries
- Cranberries
- Grapes
- Pears
- Plums
- Raspberries
- Rhubarb
- Strawberries
- Canteloupe/Watermelon

VEGETABLES

- Arugula
- Asparagus
- Beans (snap, wax)
- Dry beans
- Beets
- Beet Greens
- Broccoli
- Brussel Sprouts
- Cabbage
- Chinese Cabbage
- Carrots
- Cauliflower
- Sweet Corn
- Cucumbers
- Eggplant
- Garlic
- Kale/Collards
- Leeks
- Lettuce/Mixed Greens
- Onions, bulb
- Onions, scallions
- Parsley
- Parsnip
- Peas
- Peas (edible pod)
- Peppers
- Potatoes
- Pumpkins
- Radishes
- Rutabaga
- Spinach
- Summer Squash
- Winter Squash
- Swiss Chard
- Tomatoes
- Turnips

OTHER

- Plants (annual bedding)
- Cut flowers
- Herbs
- Herb plants



extended season or from greenhouse
 available from storage or, overwintered
 harvest season

approximate frost date for most of the state of Maine

PLEASE NOTE: This chart is meant to serve as a guide for shopping for *real fresh* produce so you will know when to expect to get *real maine* on your grocer's shelves, direct from a farm stand or pick-your-own farm, or at a farmers' market. The bars represent average dates of harvest and availability which can vary with locality, weather and variety grown.