

Cool Foods Guide ZONE 1

Vegetables	Winter	Spring	Summer	Fall
artichoke		x	x	x
arugula	x	x	x	x
asparagus		x	x	
beets		x	x	x
broccoli	x	x	x	x
brussels sprouts	x			x
burdock				
cabbage	x	x	x	x
carrots		x	x	x
cauliflower	x	x		x
celery			x	x
chinese greens	x	x		x
collards	x	x	x	x
cucumbers			x	x
daikon		x		x
dry beans				x
edamame soybeans		x	x	
eggplant			x	x
garlic		x	x	x
green beans			x	x
green onions		x	x	x
hot peppers			x	x
kale	x	x	x	x
kohlrabi		x	x	x
leeks	x	x	x	x
lettuce	x	x	x	x
mushrooms		x		x
mustard greens	x	x		x
okra			x	
onions			x	x
parsnips	x			x
peas		x	x	x
potatoes	x		x	x
radish		x	x	x
rutabagas	x			x
salad greens	x	x	x	x
salad mix	x	x	x	x
shallots			x	x

spinach		x	x	x
sunchokes				x
sweet corn			x	x
sweet peppers			x	x
sweet potato			x	
swiss chard	x	x	x	x
tomatillos			x	x
tomatoes			x	x
turnips	x			x

Gourds/Squash	Winter	Spring	Summer	Fall
gourds			x	x
luffa				
pumpkins			x	x
summer squash		x	x	x
winter squash			x	x
zucchini		x	x	x

Mushrooms	Winter	Spring	Summer	Fall
Beefsteak			x	x
Black Trumpet			x	x
Chanterelle			x	x
Chicken of the Woods			x	x
Coral	x		x	x
Crimini (Meadow)	x	x	x	x
Hedgehog				
Lion's Mane			x	x
Lobster			x	x
Maitake			x	x
Matsutake				
Morels		x	x	
Oyster	x	x	x	x
Porcini		x	x	
Porta Bella	x	x	x	x
Shiitake	x	x	x	x

Fruits	Winter	Spring	Summer	Fall
apples			x	x
apricots		x	x	
asian pears			x	x
avocados	x	x	x	x
bananas				

blackberries		x	x	
blueberries		x	x	
boysenberries			x	x
cantaloupes				x
cherimoyas	x	x	x	
cherries			x	x
cranberries				
currants		x	x	
dates				x
figs			x	x
grapefruit	x	x		x
grapes			x	x
guavas	x			x
kiwis	x			x
kumquats	x			x
lemons	x	x	x	x
limes	x	x	x	x
longan				
lychee				
mandarins	x	x		x
mangos				
marionberries			x	
melons			x	x
nectarines			x	
olives				
ollalieberries				
oranges	x	x	x	x
papayas				
passionfruit				
peaches			x	
pears	x	x	x	x
persimmons	x			x
plums		x	x	x
pomelos	x	x		
raspberries		x	x	x
rhubarb		x	x	x
strawberries		x	x	x
tangerines	x	x		x
tropicals				
watermelons			x	x

Flowers	Winter	Spring	Summer	Fall
dried flowers			x	x
edible flowers		x	x	x
fresh flowers		x	x	x

Herbs	Winter	Spring	Summer	Fall
dried herbs	x	x	x	x
fresh herbs	x	x	x	x
medicinal herbs	x	x	x	x

Nuts/ Seeds	Winter	Spring	Summer	Fall
almonds	x	x	x	x
chestnuts	x	x	x	x
flax				
hazelnuts	x	x	x	x
macadamias				
peanuts				
pecans				
pistachios	x	x	x	x
sesame seeds	x	x	x	x
sunflower seeds	x	x	x	x
walnuts	x	x	x	x

no information available/not available in this region

<http://www.localharvest.org/products.jsp>

www.cuesa.org/seasonality/charts/fruit.php

www.heartofwashington.com/consumer/getitfresh.htm

www.cnn.com/FOOD/resources/food.for.thought/veggies/mushrooms

<http://www.localharvest.org/products.jsp>

www.pickyourown.org/ORHarvestcalendar.htm

www.cuesa.org/seasonality/charts/fruit.php

www.heartofwashington.com/consumer/getitfresh.htm

<http://www.rma.usda.gov/pilots/feasible/txt/bramble.txt>

<http://www.almanac.com/garden/berries/blueberries.php>

<http://www.rhubarbinfo.com/rhubarb-growing.htm>

<http://www.ers.usda.gov/Briefing/FruitAndTreeNuts/>

<http://www.localharvest.org/products.jsp>