

## Cool Foods Guide ZONE 11

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

|               |   |   |   |   |
|---------------|---|---|---|---|
| sweet corn    |   |   | x | x |
| sweet peppers |   |   | x | x |
| sweet potato  | x |   | x | x |
| swiss chard   | x | x | x | x |
| tomatillos    |   |   | x | x |
| tomatoes      |   | x | x | x |
| turnips       | x | x | x | x |

| <b>Gourds/Squash</b> | <b>Winter</b> | <b>Spring</b> | <b>Summer</b> | <b>Fall</b> |
|----------------------|---------------|---------------|---------------|-------------|
| gourds               |               |               |               |             |
| luffa                |               |               | x             |             |
| pumpkins             |               |               |               | x           |
| summer squash        |               | x             | x             | x           |
| winter squash        | x             |               |               | x           |
| zucchini             |               | x             | x             | x           |

| <b>Mushrooms</b>     | <b>Winter</b> | <b>Spring</b> | <b>Summer</b> | <b>Fall</b> |
|----------------------|---------------|---------------|---------------|-------------|
| 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           |

| <b>Fruits</b> | <b>Winter</b> | <b>Spring</b> | <b>Summer</b> | <b>Fall</b> |
|---------------|---------------|---------------|---------------|-------------|
| apples        |               |               | x             | x           |
| apricots      |               |               | x             |             |
| asian pears   |               |               |               | x           |
| avocados      |               |               |               |             |
| bananas       |               |               |               |             |
| blackberries  |               |               | x             |             |
| blueberries   |               |               | x             | x           |

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

| <b>Flowers</b> | <b>Winter</b> | <b>Spring</b> | <b>Summer</b> | <b>Fall</b> |
|----------------|---------------|---------------|---------------|-------------|
| dried flowers  | x             | x             | x             | x           |
| edible flowers | x             | x             | x             | x           |
| fresh flowers  |               | x             | x             | x           |

| <b>Herbs</b>    | <b>Winter</b> | <b>Spring</b> | <b>Summer</b> | <b>Fall</b> |
|-----------------|---------------|---------------|---------------|-------------|
| dried herbs     | x             | x             | x             | x           |
| fresh herbs     | x             | x             | x             | x           |
| medicinal herbs | x             | x             | x             | x           |

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

 no information available or not available in this region

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

<http://www.vdacs.virginia.gov/vagrown-july/chart.shtml>

<http://www.msa.md.gov/msa/mdmanual/01glance/html/agripro.htm>

[http://www.fieldtoplate.com/downloads/pa\\_veggies.pdf](http://www.fieldtoplate.com/downloads/pa_veggies.pdf)

[www.cnn.com/FOOD/resources/food.for.thought/veggies/mushrooms](http://www.cnn.com/FOOD/resources/food.for.thought/veggies/mushrooms)

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

<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.vdacs.virginia.gov/vagrown-july/chart.shtml>

<http://www.msa.md.gov/msa/mdmanual/01glance/html/agripro.htm>

[http://www.fieldtoplate.com/downloads/pa\\_veggies.pdf](http://www.fieldtoplate.com/downloads/pa_veggies.pdf)

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

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