

## Cool Foods Guide ZONE 12

<b>Vegetables</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
artichokes			x	
arugula	x	x	x	x
asparagus		x		
beets	x	x	x	x
broccoli		x	x	x
brussel sprouts	x			x
burdock	x	x		x
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
cucumber			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	
hot peppers			x	x
kale	x	x	x	x
kohlrabi	x	x	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
peas		x	x	x
potatoes	x	x	x	x
radishes	x	x	x	x
rutabagas		x	x	x
salad greens	x	x	x	x
salad mix	x	x	x	x
shallots		x	x	x
spinach	x	x		x
sunchokes				x

sweet corn			x	x
sweet peppers			x	x
sweet potatoes				x
swiss chard		x	x	x
tomatillos			x	x
tomatoes		x	x	x
turnips	x	x	x	x

<b>Gourds</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
gourds				x
luffa				x
pumpkins				x
summer squash		x	x	x
winter squash				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		
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	x
avocados				
bananas				
blackberries			x	
blueberries			x	

boysenberries		x	
cantaloupes		x	x
cherimoyas			
cherries		x	
cranberries		x	x
currants		x	x
dates			
figs		x	
grapefruit			
grapes			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	x	x

<b>Flowers</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
dried flowers				x
edible flowers		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
medicinal herbs		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				
pecans				
pistachios				
sesame seeds				
sunflower seeds	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.agmkt.state.ny.us/HarvestCalendar.html>

<http://www.mass.gov/agr/massgrown/buyguide.pdf>

<http://www.ct.gov/doag/lib/doag/images/season.jpg>

[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.agmkt.state.ny.us/HarvestCalendar.html>

<http://www.mass.gov/agr/massgrown/buyguide.pdf>

<http://www.ct.gov/doag/lib/doag/images/season.jpg>

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

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