

Cool Foods Guide ZONE 2

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

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

Gourds/Squash	Winter	Spring	Summer	Fall
gourds			x	x
luffa				
pumpkins			x	x
summer squash		x	x	x
winter squash	x		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			x	x
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	x	x
apricots	x	x	x	x
asian pears	x	x	x	x
avocados	x	x	x	x
bananas				
blackberries		x		

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

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

Nuts/ Seeds	Winter	Spring	Summer	Fall
almonds	x	x	x	x
chestnuts	x	x	x	x
flax				
hazelnuts				
macadamias				
peanuts	x	x	x	x
pecans	x	x	x	x
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 or not available in this region

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

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

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

<http://www.farmersmarketnm.org/harvest.htm>

<http://www.cuesa.org/seasonality/charts/fruit.php>

<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>

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

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

<http://www.farmersmarketsnm.org/harvest.htm>

<http://www.vtc.net/%7Eeaseariz/harvestcalendar.html>