

## Cool Foods Guide ZONE 4

<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	x
broccoli		x	x	x
brussels sprouts				x
burdock				
cabbage	x	x	x	x
carrots	x	x	x	x
cauliflower		x	x	
celery			x	x
chinese greens	x	x	x	x
collards		x	x	x
cucumbers			x	x
daikon				x
dry beans				x
edamame soybeans			x	x
eggplant			x	x
garlic	x	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				
onions	x		x	x
parsnips	x			x
peas		x	x	x
potatoes	x		x	x
radish	x	x	x	x
rutabagas			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
swiss chard	x	x	x	x
tomatillos			x	x
tomatoes			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				
pumpkins				x
summer squash			x	x
winter squash				x
zucchini			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				x
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	x
avocados				
bananas				
blackberries			x	x

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

<b>Flowers</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
dried flowers	x			x
edible flowers			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	x	x	x	x
hazelnuts	x	x	x	x
macadamias				
peanuts				
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.pickyourown.org/ORHarvestCalendar.htm>

<http://www.heartofwashington.com/consumer/getitfresh.htm>

<http://pickyourown.org/MT.htm>

[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.pickyourown.org/ORHarvestCalendar.htm>

<http://www.pickyourown.org/MT.htm>

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