

Cool Foods ZONE 5

Vegetables	Winter	Spring	Summer	Fall
artichoke				
arugula	x	x	x	x
asparagus		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	x
celery			x	x
chinese greens	x	x	x	x
collards		x	x	x
cucumbers			x	x
daikon	x	x	x	x
dry beans	x			
edamame soybeans			x	x
eggplant			x	x
garlic	x		x	x
green beans		x	x	x
green onions		x	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
okra			x	x
onions	x		x	x
parsnips	x			x
peas		x	x	
potatoes	x	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		x	x
spinach	x	x	x	x

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

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

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

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

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

Nuts/ Seeds	Winter	Spring	Summer	Fall
almonds				
chestnuts	x	x	x	x
flax	x	x	x	x
hazelnuts				
macadamias				
peanuts				
pecans				
pistachios				
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.prideoftheprairie.org/seasonalfoodguide.htm>

http://www.wisconsinterritories.com/Whats_In_season.thm

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

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

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

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

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

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

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

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