

## Cool Foods Guide ZONE 9

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

sunchokes				x
sweet corn			x	x
sweet peppers			x	x
sweet potato	x	x	x	x
swiss chard		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	x	x	x	x
luffa				x
pumpkins				x
summer squash		x	x	x
winter squash	x		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	x
asian pears				x
avocados				
bananas				
blackberries			x	

blueberries		x	
boysenberries		x	
cantaloupes	x	x	x
cherimoyas			
cherries		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		x	x
peaches		x	x
pears		x	x
persimmons			x
plums		x	x
pomelos			
raspberries		x	x
rhubarb	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
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
fresh herbs			x	x
medicinal herbs			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	x
walnuts				

 no information available or not available in this region

- <http://www.localharvest.org/products.jsp>
- <http://www.agr.state.il.us/markets/WhatsInSeason.pdf>
- [www.cvcountryside.org/Website/Local%20FoodWorks/pdfs/Harvest%20Guide.pdf](http://www.cvcountryside.org/Website/Local%20FoodWorks/pdfs/Harvest%20Guide.pdf)
- <http://www.elmwoodstockfarm.com/csa.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.agr.state.il.us/markets/WhatsInSeason.pdf>
- [www.cvcountryside.org/Website/Local%20FoodWorks/pdfs/Harvest%20Guide.pdf](http://www.cvcountryside.org/Website/Local%20FoodWorks/pdfs/Harvest%20Guide.pdf)
- <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.localharvest.org/products.jsp>
- <http://www.ers.usda.gov/Briefing/FruitAndTreeNuts/>