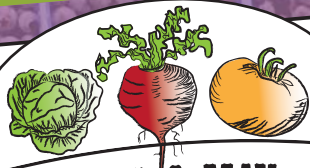


Seasonal Harvest Chart

Vegetables & Fruits in Western New York



APRIL & MAY

- Asparagus
- Beet Greens
- Kale
- Lettuce
- Parsnips
- Radishes
- Rhubarb
- Scallions
- Spinach
- Turnip Greens



JUNE & JULY

- | | | |
|-----------------|----------------|----------------|
| Apples | Cauliflower | Raspberries |
| Asparagus | Cherries | Rhubarb |
| Beans, Snap | Collard Greens | Scallions |
| Beet Greens | Herbs | Spinach |
| Beets | Kale | Squash, Summer |
| Blackberries | Lettuce | Zucchini |
| Blueberries | Onions | Strawberries |
| Broccoli | Peas | Swiss Chard |
| Brussel Sprouts | Peppers | Tomatoes |
| Cabbage | Potatoes | Turnip Greens |
| Carrots | Radishes | |



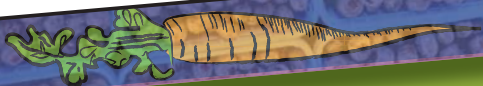
AUGUST & SEPTEMBER

- | | | |
|-----------------|-----------|----------------|
| Apples | Corn | Radishes |
| Beans, Snap | Cucumbers | Raspberries |
| Beet Greens | Eggplant | Scallions |
| Beets | Grapes | Spinach |
| Blackberries | Herbs | Squash, Summer |
| Blueberries | Kale | Zucchini |
| Broccoli | Leeks | Squash, Winter |
| Brussel Sprouts | Lettuce | Swiss Chard |
| Cabbage | Onions | Tomatoes |
| Carrots | Peas | Turnip Greens |
| Cauliflower | Peppers | Turnips |
| Collard Greens | Potatoes | |
| | Pumpkins | |



OCTOBER & NOVEMBER

- | | | |
|-----------------|----------|----------------|
| Apples | Corn | Potatoes |
| Beans, Snap | Eggplant | Pumpkins |
| Beets | Grapes | Spinach |
| Broccoli | Herbs | Squash, Summer |
| Brussel Sprouts | Kale | Zucchini |
| Cabbage | Leeks | Squash, Winter |
| Carrots | Lettuce | Swiss Chard |
| Cauliflower | Onions | Tomatoes |
| Collard Greens | Parsnips | Turnips |
| | Peas | |
| | Peppers | |



Please direct inquiries to Klamendola@southernierwest.org at Southern Tier West Regional Planning & Development Board