

Washington Seasonal Produce

Eat locally and seasonally year-round by finding the fruits and vegetables that you can eat fresh, grown right here in Washington State.

Vegetables (A-Z)

Artichokes	August - November
Arugula	May - December
Asparagus	August - November
Basil	June - November
Beets	June - January
Broccoli	June - September
Brussels Sprouts	September - January
Cabbage	June - February
Carrots	June - January
Cauliflower	July - September
Celery	August - November
Chard	May - February
Chiles	August - October
Collard Greens	May - February
Corn	August - October
Cucumber	July - October
Eggplant	August - November
Fava Beans	April - June
Fennel	Year-Round

Garlic	August - November
Green Beans	July - September
Green Onions	Spring - Fall
Herbs	Various Year-Round
Jerusalem Artichokes	July - October
Kale	May - February
Kohlrabi	August - October
Leeks	September - March
Lettuce	May - November
Mint	May - December
Morels	May
Mushrooms (wild)	Year-Round
Mushrooms (cultivated)	August - November
Nettles	March - May
New Potatoes	March - May
Onions	June - October
Oregano	May - December
Parsley	May - December
Parsnips	September - February



AT&T



THE WHOLE U
UNIVERSITY OF WASHINGTON

Vegetables (A-Z)

Pea Greens	May
Peas	June - July
Peppers	August - October
Persimmons	Fall
Potatoes	Year-Round
Pumpkins	October - November
Radicchio	May - November
Radishes	June - November
Rhubarb	April - June
Rosemary	May - December
Rutabaga	September - February
Sage	May - December

Shallots	September - December
Shelling Beans	September - October
Snap Peas	June - July
Sorrel	May - November
Spinach	May - December
Squash (summer)	June - October
Squash (winter)	September - February
Stinging Nettles	April - May
Thyme	May - December
Turnips	June - January
Watercress	May - December
Zucchini	June - October

Fruits (A-Z)

Apples	August - November
Apricots	June - July
Blackberries	July - September
Blueberries	June - September
Boysenberries	June - August
Cantaloupes	August - October
Cherries	June - July
Edible flowers	April - September
Figs	July - August
Grapes	August - October
Huckleberries	August - September

Kiwi	September - November
Marionberries	July
Melons	August - October
Nectarines	April - August
Pears	August - November
Plums	August - September
Quince	October
Raspberries	June - August
Strawberries	June - July
Tomatoes	July - October
Watermelon	August - September



AT&T



THE WHOLE U
UNIVERSITY OF WASHINGTON