

Fruits and Vegetables Harvest Calendar

Fruits and vegetables that are in season taste great, are better quality and offer better value. Seek out seasonal produce from nearby farms or farmer's markets. Add them to salad bars, meals and snacks. Store broccoli and spinach in the other vegetables will stay fresh see the stay fresh st DEC JANATIO NOV Months SEPT APA ATAL JUNE





For a complete list of fruit and vegetables: http://agebb.missouri.edu/fmktdir/harvest.htm