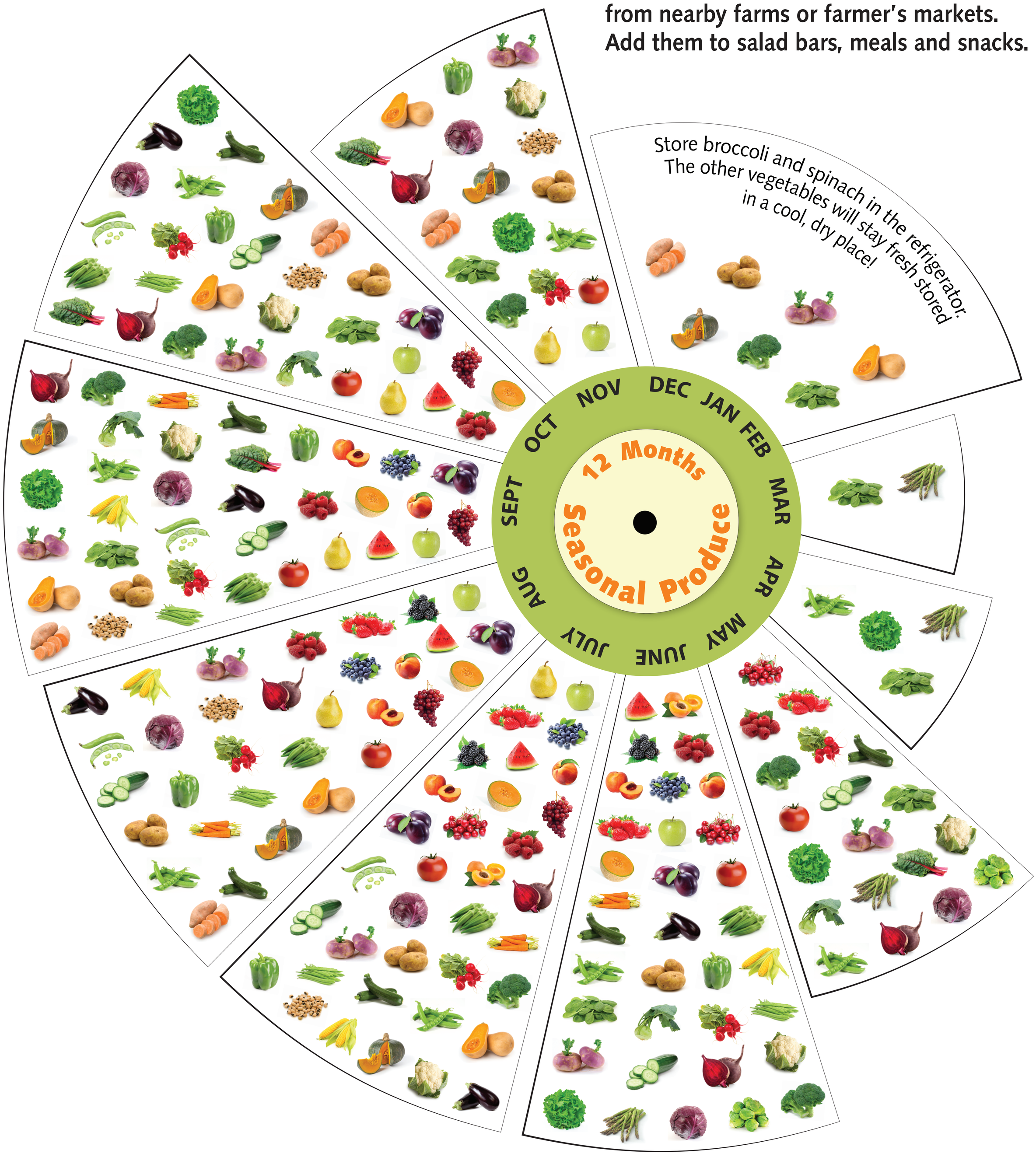
Missouri
Fruits and Vegetables Harvest Calendar

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.



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Adapted with permission from the DC Farm2School Network.

AN EQUAL OPPORTUNITY/AFFIRMJATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis.

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