

# What's In Season?

## LOUISIANA-GROWN PRODUCE SEASONALITY CHART



Vegetables & Herbs*	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
<b>DARK GREEN</b>												
Basil												
Beet Greens												
Broccoli												
Cilantro												
Endive, Escarole												
Greens (Collard, Mustard, Turnip)												
Kale												
Lettuce (Butterhead, Red Leaf, Romaine)												
Parsley												
Pea Greens/Shoots												
Spinach												
Swiss Chard												
<b>RED/ORANGE</b>												
Carrots												
Peppers (Red or Orange)												
Pumpkins (Orange Meat)												
Sweet Potatoes												
Tomatoes (Field)												
Tomatoes (Greenhouse)												
Winter Squash (Acorn, Butternut, Hubbard)												
<b>STARCHY</b> (Fresh, frozen or canned; not dry. Fresh legumes contain more starch than dry legumes.)												
Beans (Butter, Lima)												
Beans (Green, Snap, String)												
Corn (Sweet)												
Peas (Green)												
Peas (Summer or Black-eyed; Fresh, Not Dry)												
Potatoes (Irish)												

\*Availability may vary due to location and weather conditions. Some products may be available year-round due to greenhouse production or storage.

**SOLID**  = Peak Availability    **SHADED**  = Less Availability

Vegetables & Herbs* (cont.)	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
<b>BEANS AND PEAS (LEGUMES)</b>												
(Canned, frozen or cooked from dry. Does not include green peas, green lima beans and green string beans.)												
Beans (Butter, Lima)												
Beans (Fava)												
Beans (Shelled Green, Snap)												
Beans (Yardlong)												
Peas (Summer or Black-eyed; Mature, Dry)												
<b>OTHER VEGETABLES AND HERBS</b>												
Artichokes												
Asparagus												
Beets												
Brussels Sprouts												
Cabbage												
Cauliflower												
Cucumbers												
Eggplant												
Fennel												
Garlic												
Kohlrabi												
Lettuce (Iceberg)												
Mirliton												
Okra												
Onions (Bulb)												
Onions (Green)												
Peppers (Green, Sweet Bell, Green Chilies, Purple, Yellow)												
Radish												
Squash (Cucuzza)												
Squash (Summer, Yellow)												
Squash (Zucchini)												
Turnips												

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Fruits & Nuts*	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Apples												
Asian Pears												
Blackberries												
Blueberries												
Cantaloupe (Melon)												
Crab Apple												
Figs												
Grapefruit												
Grapes (Bunch, Table)												
Grapes (Muscadine)												
Kumquat												
Lemons (Meyer)												
Loquat												
Mayhaw												
Nectarines												
Orange (Blood)												
Orange (Louisiana Sweet)												
Orange (Navel)												
Peaches												
Pecans												
Persimmons												
Plum (Japanese)												
Pomegranate												
Quince												
Satsuma												
Strawberries												
Tangerines												
Watermelon												

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The U.S. Department of Agriculture (USDA) meal patterns for the National School Lunch Program and School Breakfast Program include five subgroups of vegetables that count toward daily and weekly vegetable requirements. These subgroups are based on the recommendations of the 2010 Dietary Guidelines for Americans. The subgroups are dark green, red/orange, beans and peas (legumes), starchy and other.

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