

A Guide to **MAINE** **SEASONAL** **FOOD**

When you buy fruits and vegetables that are in season they are freshest and you save money.

Buying from local farms also means supporting your local farmers and their ability to produce nutritious, fresh food. This page lists what produce is available locally depending on the time of year.

January to April

Apples, Dry Beans, Beets, Cabbage, Carrots, Celeriac, Leeks, Onions, Parsnip, Potatoes, Rutabaga, Sweet Potatoes, Turnip, Winter Squash, Garlic

May to June

Rhubarb, Asparagus, Radishes, Salad Turnips, Scallions, Peas, Fiddleheads, Chives, Parsley, Greens

July to August

Berries (Strawberries, Raspberries, Blueberries, Blackberries), Plums, Peaches, Earliest Apples, Melons, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Fennel, Green Beans, Greens, Leeks, Onions, Scallions, Shallots, Peas, Peppers, Potatoes, Radishes, Salad Turnips, Summer Squash, Zucchini, Tomatoes, Garlic Scapes and Garlic Bulbs

September to October

Apples, Pears, Cranberries, Melons, Raspberries, Broccoli, Broccoli Raab, Brussel Sprouts, Cabbage, Cauliflower, Kohlrabi, Celeriac, Celery, Sweet Corn, Cucumbers, Fennel, Greens, Leeks, Onions, Scallions, Shallots, Beets, Carrots, Parsnips, Potatoes, Rutabaga, Sweet Potato, Turnips, Radishes, Salad Turnips, Green Beans, Shell Beans, Soy Beans (edamame), Summer Squash, Zucchini, Eggplant, Peppers, Tomatillos, Tomatoes, Winter Squash, Pie Pumpkins, Garlic.

November to December

By this time of year, most local produce is coming from cold storage although you may be able to find some fresh greenhouse-grown products at your winter farmer's market. Apples, Pears, Dry Beans, Beets, Brussel Sprouts, Cabbage, Carrots, Celeriac, Late season greens (like kale and spinach), Kohlrabi, Leeks, Onions, Parsnips, Potatoes, Radishes, Rutabaga, Sweet Potatoes, Turnips, Winter Squash, Garlic.



MaineHealth

LET'S GO!

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Maine-produced foods that are in season all year long:

FRUIT: Blueberries and Apples

VEGETABLES: Potatoes, Carrots, Beets and Beet Greens, Garlic, Salad and Braising Greens, Tomatoes, Winter Squash, Cabbage, Onions

DAIRY: Milk and Cheese

PROTEIN: Eggs, Ground Meat, Seafood, Dry Beans

GRAINS: Wheat

Where to find local food through the winter:

Winter Farmers Market, Winter CSA (Community Supported Agriculture), Natural Food Store, Local Food Coop

To find local food near you visit www.mofga.org and click on “Resources” then “Find Local Foods”

For general information on local, seasonal, organic eating in Maine, visit www.mofga.org or call (207) 568-4142.