



# What's In Season in Virginia

## JANUARY-APRIL

(Regional Produce and Local High Tunnel Grown)

Apples  
Sweet Potatoes  
Cabbage  
Carrots  
Celery  
Cucumbers  
Grapefruit  
Greens  
Lemons  
Onions  
Oranges  
Spinach  
Tomatoes  
Potatoes  
Strawberries

## MAY

Asparagus  
Beets  
Broccoli  
Greens  
Herbs  
Lettuce  
Spinach  
Spring Onions  
May Peas  
Radishes  
Strawberries  
Turnips  
Tomatoes (Regional)

## JUNE

Asparagus  
Beets  
Blackberries  
Cabbage  
Cucumbers  
Sweet Corn  
Green Beans  
Greens/Spinach  
Herbs  
Onions  
Peas  
Potatoes  
Radishes  
Raspberries  
Squash  
Strawberries  
Tomatoes (Regional)  
Turnips

## JULY

Apples  
Beets  
Blackberries  
Blueberries  
Butter Beans  
Cabbage  
Cantaloupes  
Corn  
Cucumbers  
Eggplant  
Green Beans  
Herbs

## JULY, cont.

Onion  
Okra  
Peaches  
Peppers  
Potatoes  
Raspberries  
Strawberries  
Squash  
Tomatoes  
Watermelons

## AUGUST

Apples  
Asian Pears  
Beets  
Blackberries  
Blueberries  
Butter Beans  
Cabbage  
Cantaloupes  
Sweet Corn  
Cucumbers  
Eggplant  
Grapes  
Green Beans  
Herbs  
Okra  
Peaches  
Bell Peppers  
Raspberries  
Squash  
Tomatoes  
Watermelons

## SEPTEMBER

Apples  
Asian Pears  
Beets  
Broccoli  
Butter Beans  
Cabbage  
Carrots  
Cauliflower  
Cucumbers  
Eggplant  
Grapes  
Green Beans  
Herbs  
Okra  
Peaches  
Peanuts  
Peppers  
Pumpkins  
Raspberries  
Squash  
Tomatoes  
Watermelons

## OCTOBER

Apples  
Asian Pears  
Cauliflower  
Cucumbers  
Beets  
Greens  
Spinach  
Herbs  
Okra

## OCTOBER, cont.

Peppers  
Potatoes  
Pumpkins/Gourds  
Raspberries  
Squash  
Sweet Potatoes  
Tomatoes

## NOVEMBER

Apples  
Asian Pears  
Beets  
Broccoli  
Brussels Sprouts  
Cabbage  
Greens/Spinach  
Herbs  
Peppers  
Potatoes  
Sweet Potatoes  
Tomatoes

## DECEMBER

Apples  
Beets  
Greens/Spinach  
Cabbage  
Herbs  
Sweet Potatoes  
Turnips  
Rutabaga  
Kohlrabi  
Chinese Cabbage  
Leeks