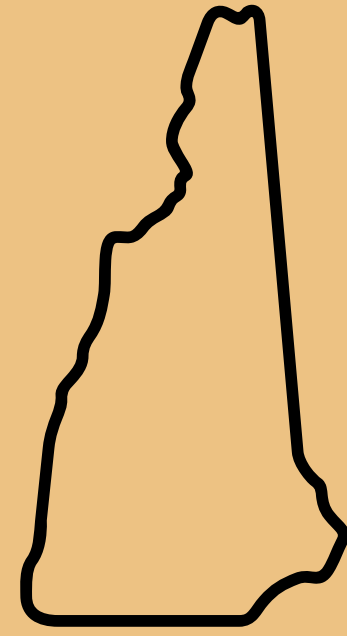
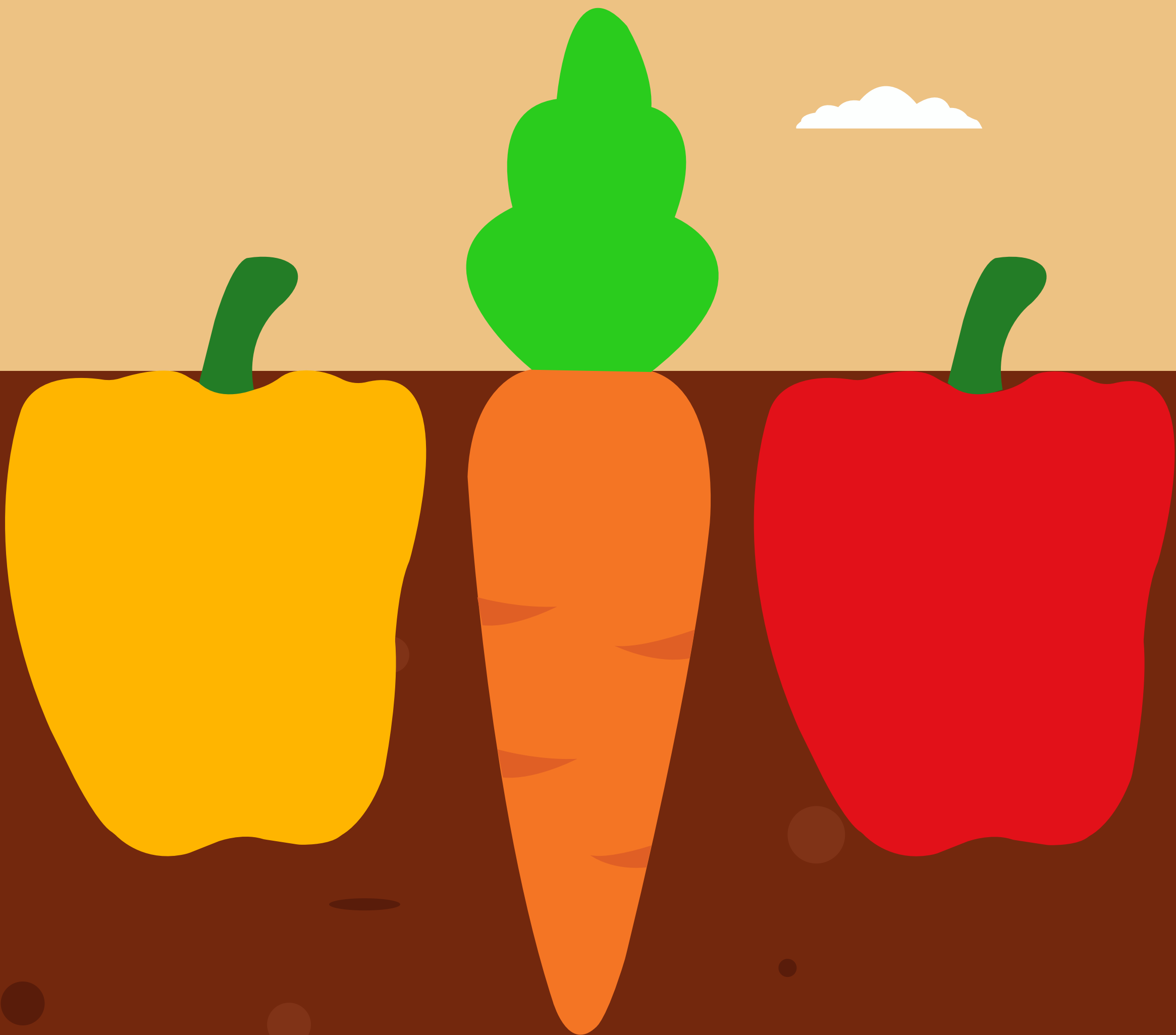




NEW HAMPSHIRE PRODUCE AVAILABILITY CALENDER



TO SUPPORT SCHOOLS IN THEIR FFVP



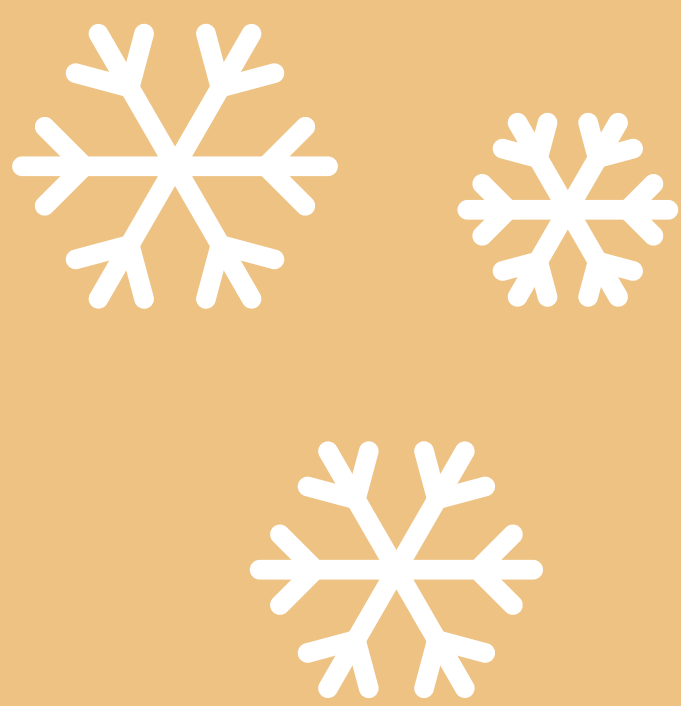
This calendar shows the availability of locally grown fruits and vegetables based on when they are harvested in The State of New Hampshire. The perfect way to start increasing local produce in the Fresh Fruit and Vegetables Program is knowing what is in season!

This was developed using the New Hampshire Harvest Season Chart created by the University of New Hampshire Cooperative Extension.



CS = Cold Storage Availability

G = Greenhouse Availability



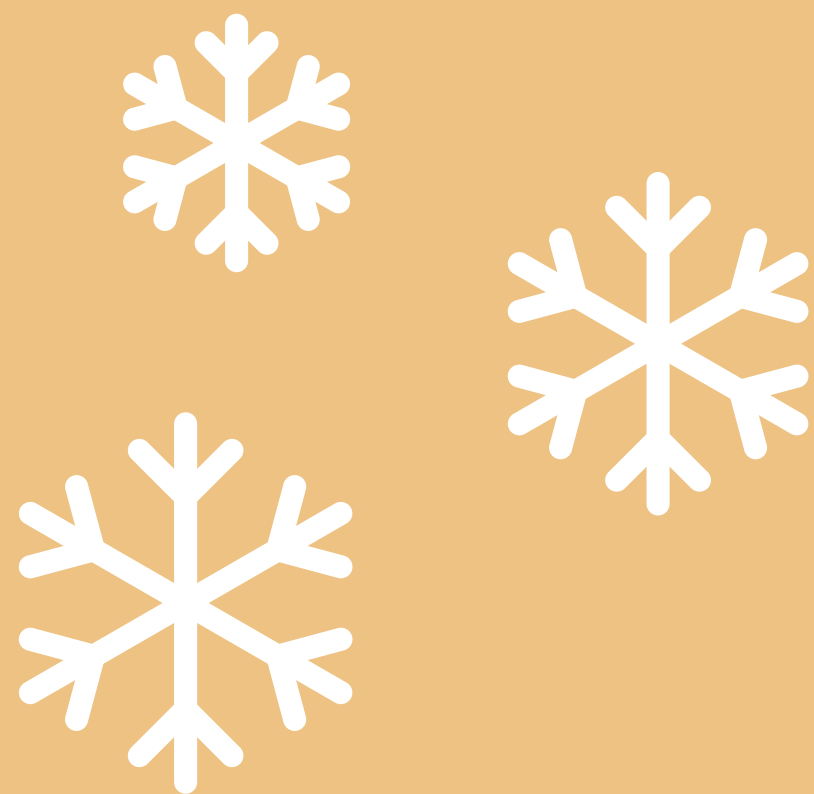
January

Fruit

- Apples (CS)

Vegetables

- Beets (CS)
- Beet Greens (G)
- Cabbage (CS)
- Onions (CS)
- Parsnips (CS beginning of the month)
- Potato (CS)
- Pumpkin (CS)
- Rutabaga (CS)
- Salad Greens (G)
- Spinach (G - end of the month)
- Swiss Chard (G)
- Tomatoes (G)
- Turnips (CS)
- Winter Squash (CS)



February

Fruit

- Apples (CS)

Vegetables

- Beets (CS)
- Beet Greens (G)
- Onions (CS)
- Potato (CS)
- Pumpkin (CS – beginning of the month)
- Rutabaga (CS)
- Salad Greens (G)
- Spinach (G)
- Winter Squash (CS)
- Swiss Chard (G)
- Turnips (CS)



March

Fruit

- Apples (CS)

Vegetables

- Beets (CS)
- Beet Greens (G)
- Potato (CS)
- Onions (CS – beginning of the month)
- Potato (CS)
- Rutabaga (CS)
- Salad Greens (G)
- Spinach (G)
- Winter Squash (CS)
- Swiss Chard (G)
- Turnips (CS)



April

Fruit

- Apples (CS)

Vegetables

- Beet Greens (G)
- Potato (CS)
- Rutabaga (CS)
- Salad Greens (G)
- Snow Peas (G – end of month)
- Spinach (G)
- Swiss Chard (G)
- Turnips (CS)
- Winter Squash (CS)

May



Fruit

- Apples (CS)

Vegetables

- Asparagus (G)
- Beet Greens (G)
- Carrots (G – end of the month)
- Cucumbers (G – end of the month)
- Potato (CS)
- Salad Greens (G)
- Snow Peas (G)
- Spinach (G)
- Swiss Chard (G)
- Tomatoes (G) end of the month



June

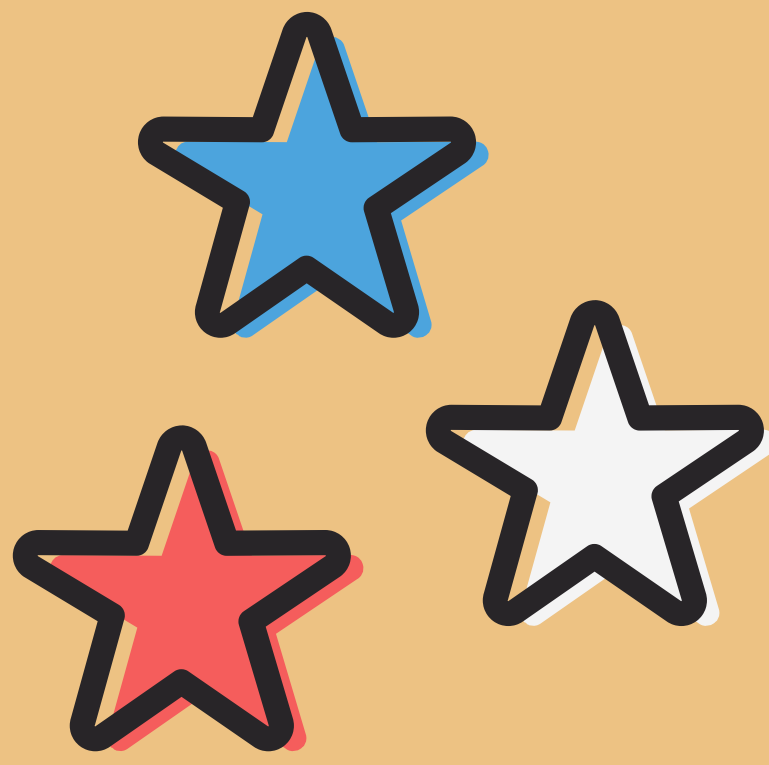
Fruit

- Strawberries (end of month)

Vegetables

- Asparagus
- Beet Greens (G)
- Broccoli (end of the month)
- Carrots (G)
- Cucumbers (G)
- Potato (CS – beginning of the month)
- Rhubarb
- Salad Greens
- Snow Peas (G)
- Spinach (G)
- Swiss Chard (G)
- Tomatoes (G)

July



Vegetables

Fruit

- Blackberries
- Blueberries
- Cherries
- Plums (end of month)
- Raspberries
- Strawberries

- Cucumbers
- Kale
- Kohlrabi
- Lettuce
- Peas
- Peppers
- Potato
- Turnips
- Cauliflower (end of month)
- Asparagus
- Beans
- Beet Greens
- Beets
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Corn (Sweet)
- Squash



August

Vegetables

Fruit

- Blackberries
- Blueberries
- Plums (end of month)
- Raspberries
- Strawberries
- Apples

- Cucumbers
- Kale
- Kohlrabi
- Lettuce
- Peas
- Peppers
- Potato
- Turnips
- Cauliflower
- Watermelon
- Tomatoes
- Asparagus
- Beans
- Beet Greens
- Beets
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Corn (Sweet)
- Squash



September

Vegetables

Fruit

- Apples
- Strawberries
- Raspberries
- Blueberries
- Peaches
- Pears
- Plums
- Melons

- Parsnips
- Peppers (beginning of the month)
- Potato
- Pumpkin
- Rutabaga
- Salad Greens
- Snow peas
- Spinach
- Summer Squash
- Swiss Chard
- Tomatoes
- Turnips
- Winter Squash

- Beans (green and yellow)
- Beet greens
- Beets
- Bok Choi
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Kale
- Kohlrabi

October



Vegetables

Fruit

- Apples
- Pears

- Beets
- Beet Greens (G)
- Brussel Sprouts
- Cabbage
- Carrots (G)
- Cauliflower
- Cucumbers (G)
- Kale
- Onions
- Parsnips (G)
- Potato
- Pumpkin
- Rutabaga
- Salad greens
- Snow Peas (G)
- Spinach
- Swiss Chard (G)
- Tomatoes (G)
- Turnips
- Winter Squash



November

Fruit

- Apples (cold storage)

Vegetables

- Beets (CS)
- Beet Greens (G)
- Brussel Sprouts
- Cabbage (CS)
- Carrots (cold storage)
- Kale (beginning of the month)
- Onions (CS)
- Parsnips (CS)
- Potato (CS)
- Pumpkin (CS)
- Rutabaga (cold storage)
- Salad Greens (G)
- Snow Peas (G)
- Spinach (G)
- Swiss Chard (G)
- Tomatoes (G)
- Turnips (CS)
- Winter Squash (CS)



December

Fruit

- Apples (cold storage)

Vegetables

- | | |
|---|----------------------|
| • Beets (CS) | • Pumpkin (CS) |
| • Beet Greens (G) | • Rutabaga (CS) |
| • Brussel Sprouts (only beginning of the month) | • Salad Greens (G) |
| • Cabbage (CS) | • Spinach (G) |
| • Onions (CS) | • Swiss Chard (G) |
| • Parsnips (CS) | • Tomatoes (G) |
| • Potato (CS) | • Turnips (CS) |
| | • Winter Squash (CS) |



Visit the [Fresh Fruits and Vegetables webpage](#) on the NHED website for more resources to strengthen your program!

