

What's in Season in Washington?

WASHINGTON STATE

Seasonal Produce Guide

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apple												
Apricots/Nectarines												
Artichokes												
Arugula												
Asparagus												
Basil												
Beets												
Blackberries												
Blueberries												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Cherries												
Corn												
Cucumbers												
Eggplant												
Grapes												
Green Beans												
Greens kale chard collard												
Kiwi												
Leeks												
Melons												
Onions												
Parsley												
Pears												
Peas												
Peppers												
Plums/Pluots												
Pumpkins												
Radishes												
Raspberries												
Spinach												
Squash (Summer)												
Squash (Winter)												
Strawberries												
Tomatoes												
Watermelon												

Why choose seasonal produce?

- It's fresh!
- It's tasty!
- More nutritious!
- It has traveled less "food miles"
- Supports the local farmer and economy
- It costs less = saves you money!

Use this guide to help you choose more seasonal produce when:

- Creating a shopping list
- Deciding what recipe to prepare

Other tips:

- If a food is out of season it is better to choose an alternative to fresh foods like canned, jarred, frozen, or dried
- Cultivated mushrooms are available all year

Key:

 = In season

Source: <http://localfoods.about.com/od/searchbyregion/a/washingtonseasons.htm>

Handout created by Joanna Wirkus, Bastyr University Dietetic Intern October 2014