

# Seasonal Eating Calendar

## June–August 2013



### Choose Summer Produce

Summer is near, and gardening season is in full swing. Farmers markets and home gardens provide an abundance of fresh fruits and vegetables. Take advantage of the bounty! Visit local markets for the freshest produce at the lowest price, and look up healthy recipes to showcase your finds. Use this calendar to add fresh produce to your diet.

### Seasonal Eating Tips

- Look for in-season fruits and vegetables at the store
- Incorporate seasonal fruits and vegetables into your favorite recipes to add flavor and nutrients
- Stop by a local farmers market for fresh, cheap and seasonal produce grown right here in Missouri!
- Try new fruits and vegetables. You may be surprised at how good they taste in season!

### Why Eat Seasonally?

- Food in season costs less
- Foods are fresher
- Foods are most nutrient-dense
- Foods can be purchased locally

### June

<b>Apples</b>	Green Peas
<b>Apricots</b>	Greens*
Asparagus*	Leeks
Beets	Lettuce
<b>Blackberries</b>	<b>Nectarines</b>
<b>Blueberries</b>	<b>Peaches</b>
Broccoli	<b>Plums</b>
Brussels sprouts*	<b>Potatoes</b>
Cabbage	Radishes
<b>Cantaloupe</b>	<b>Raspberries</b>
<b>Carrots</b>	Rhubarb
Cauliflower	Spinach*
Cherries	Strawberries
Cucumbers	Summer Squash
<b>Eggplant</b>	<b>Sweet Corn</b>
<b>Garlic</b>	Tomatoes
Gooseberries	Turnips
Green Onions	<b>Watermelon</b>

### July

Apples	<b>Hot Peppers</b>
Apricots*	Leeks
<b>Artichokes</b>	Lettuce*
Beets	<b>Lima Beans</b>
<b>Bell Peppers</b>	Nectarines
Blackberries	Peaches
Blueberries	<b>Pears</b>
Broccoli	Plums
Cabbage	Potatoes
Cantaloupe	<b>Pumpkins</b>
Carrots	Radishes
Cauliflower*	Raspberries
Cherries*	Rhubarb
Cucumbers	Strawberries
Eggplant	Summer Squash
Garlic	Sweet Corn
Gooseberries*	Tomatoes
<b>Grapes</b>	Turnips
Green Onions	Watermelon
Green Peas	<b>Winter Squash</b>

### August

Apples	Lima Beans
Artichokes	Nectarines
Beets	Peaches
Bell Peppers	Pears
Blackberries	Plums
Blueberries	Potatoes
Broccoli*	Pumpkins
Cabbage*	Radishes
Cantaloupe	Raspberries
Carrots	Rhubarb
Cucumbers	Strawberries
Eggplant	Summer Squash
Garlic	Tomatoes
Grapes	Turnips
Green Onions	Sweet Corn
Green Peas	<b>Sweet Potatoes</b>
Hot Peppers	Watermelon
Leeks	Winter Squash

### Calendar Key

Foods in **bold** just came into season.  
Items marked with an asterisk (\*) are in season for the last time this month

*Reference: Missouri Farmers' Market Directory. (2010). Fruits and Vegetables Harvest Calendar. Retrieved from <http://agebb.missouri.edu/fmktdiv/harvest.htm>*