

Maine Seasonal Food Guide

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



January – April

- Apples
- Beets
- Cabbage
- Carrots
- Celeriac
- Dry Beans
- Garlic
- Leeks
- Onions
- Parsnips
- Potatoes
- Rutabaga
- Sweet Potatoes
- Turnips
- Winter Squash



July – August

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



September – October

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



November – December*

- Apples
- Beets
- Brussel Sprouts
- Cabbage
- Carrots
- Celeriac
- Dry Beans
- Garlic
- Kohlrabi
- Late season greens (kale and spinach)
- Leeks
- Onions
- Parsnips
- Pears
- Potatoes
- Radishes
- Rutabaga
- Sweet Potatoes
- Turnips
- Winter Squash

**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*



Maine-produced foods all year long

- Apples
- Beets
- Blueberries
- Cabbage
- Carrots
- Cheese
- Dry Beans
- Eggs
- Flour
- Garlic
- Greens
- Meat
- Milk
- Onions
- Potatoes
- Seafood
- Tomatoes
- Winter Squash



May – June

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

Adapted from Maine Organic Farmers and Gardeners Association (MOFGA) Seasonal Food Guides.