




edible SOUTH FLORIDA

# LOCAL HARVEST CALENDAR

Buying in season means purchasing produce when it's ripe. These fruits and vegetables are harvested and sold in South Florida markets during these months. Their availability may vary depending on weather conditions and individual varieties. Just because you see these items for sale in a farmers market doesn't mean they were grown in South Florida. If they're not labeled "local," ask the vendor where they're from.

	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER
VEGETABLES	<ul style="list-style-type: none"> <li>Calabaza</li> <li>Eggplant</li> <li>Fennel</li> <li>Garlic chives</li> <li>Okra</li> <li>Peas</li> <li>Seminole pumpkin</li> <li>Squash blossom</li> <li>Yuca</li> </ul>	 <ul style="list-style-type: none"> <li>Asian turnips</li> <li>Callaloo</li> <li>Cilantro</li> <li>Collards</li> <li>Cucumbers</li> <li>Dill</li> <li>Early Asian greens*</li> <li>Eggplant</li> <li>Fennel</li> <li>Green beans</li> <li>Garlic chives</li> <li>Greens</li> <li>Lettuce</li> <li>Parsley</li> <li>Sweet corn</li> <li>Tomatoes</li> <li>Yuca</li> </ul>	<ul style="list-style-type: none"> <li>Arugula</li> <li>Asian eggplant</li> <li>Asian turnips</li> <li>Cabbage</li> <li>Callaloo</li> <li>Celery</li> <li>Chard</li> <li>Cucumber</li> <li>Daikon</li> <li>Early Asian greens*</li> <li>Eggplant</li> <li>Fennel</li> <li>Gandules (Pigeon peas)</li> <li>Garlic chives</li> <li>Green beans</li> <li>Lettuce</li> <li>Okra</li> <li>Raab</li> <li>Radishes</li> <li>Red kale</li> <li>Scallions</li> <li>Sweet corn</li> <li>Tomatoes</li> <li>Turnip</li> <li>Winter squash***</li> <li>Yellow squash</li> <li>Zucchini</li> </ul> 	<ul style="list-style-type: none"> <li>Arugula</li> <li>Beets</li> <li>Broccoli</li> <li>Cabbage</li> <li>Callaloo</li> <li>Carrots</li> <li>Celery</li> <li>Chard</li> <li>Collard greens</li> <li>Early Asian greens*</li> <li>Escarole</li> <li>Fennel</li> <li>Gandules (Pigeon peas)</li> <li>Garlic chives</li> <li>Green beans</li> <li>Green, Cubanelle peppers</li> <li>Japanese eggplant</li> <li>Kohlrabi</li> <li>Lettuce</li> <li>New potatoes</li> <li>Pattypan squash</li> <li>Peppers</li> <li>Radishes</li> <li>Scallions</li> <li>Shelling beans</li> <li>Sweet corn</li> <li>Tomatoes</li> <li>Turnips</li> <li>Winter squash***</li> </ul>	 <ul style="list-style-type: none"> <li>Asian greens**</li> <li>Beets</li> <li>Broccoli</li> <li>Callaloo</li> <li>Carrots</li> <li>Celery</li> <li>Chard</li> <li>Cilantro</li> <li>Collards</li> <li>Dill</li> <li>Early Asian greens*</li> <li>Eggplant</li> <li>Fennel</li> <li>Garlic chives</li> <li>Greens</li> <li>Kale</li> <li>Lettuce</li> <li>Mustard greens</li> <li>New potatoes</li> <li>Pattypan squash</li> <li>Peppers</li> <li>Radishes</li> <li>Shelling beans</li> <li>Spring onion</li> <li>Sweet corn</li> <li>Tomatoes</li> <li>Turnips</li> <li>Winter squash***</li> </ul>	<ul style="list-style-type: none"> <li>Acorn squash</li> <li>Asian greens**</li> <li>Beans</li> <li>Beets</li> <li>Broccoli</li> <li>Callaloo</li> <li>Carrots</li> <li>Chard</li> <li>Collards</li> <li>Cucumbers</li> <li>Dill</li> <li>Asian greens*</li> <li>Eggplant</li> <li>Escarole</li> <li>Garlic chives</li> <li>Lettuce</li> <li>Mustard greens</li> <li>Pattypan squash</li> <li>Peppers</li> <li>Potatoes</li> <li>Radishes</li> <li>Scallions</li> <li>Shelling beans</li> <li>Spring onion</li> <li>Sweet corn</li> <li>Tomatoes</li> <li>Turnips</li> <li>Yellow squash</li> <li>Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>Asian greens**</li> <li>Beets</li> <li>Broccoli</li> <li>Cabbage</li> <li>Callaloo</li> <li>Carrots</li> <li>Celery</li> <li>Chard</li> <li>Collards</li> <li>Cucumbers</li> <li>Eggplant</li> <li>Garlic chives</li> <li>Green beans</li> <li>Lettuce</li> <li>Onions</li> <li>Pattypan squash</li> <li>Sweet corn</li> <li>Tomatoes</li> <li>Turnips</li> <li>Yellow squash</li> <li>Zucchini</li> </ul> 	<ul style="list-style-type: none"> <li>Asian greens**</li> <li>Beans</li> <li>Beets</li> <li>Cabbage</li> <li>Callaloo</li> <li>Chard</li> <li>Corn</li> <li>Cucumbers</li> <li>Eggplant</li> <li>Garlic chives</li> <li>Lettuce</li> <li>Onions</li> <li>Parsley</li> <li>Pattypan squash</li> <li>Sweet corn</li> <li>Tomatoes</li> <li>Turnips</li> <li>Yellow squash</li> <li>Zucchini</li> </ul>	 <ul style="list-style-type: none"> <li>Beets</li> <li>Callaloo</li> <li>Carrot</li> <li>Chard</li> <li>Chinese melon</li> <li>Cucumber</li> <li>Garlic chives</li> <li>Jalapeño</li> <li>Kale</li> <li>Lemongrass</li> <li>Onions</li> <li>Peppers (hot)</li> <li>Scallions</li> <li>Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>Calabaza</li> <li>Callaloo</li> <li>Collards</li> <li>Eggplant</li> <li>Garlic chives</li> <li>Hot peppers</li> <li>Lemongrass</li> <li>Malabar spinach</li> <li>Okra</li> <li>Peppers (hot)</li> <li>Seminole pumpkin</li> <li>Squash</li> </ul>	<ul style="list-style-type: none"> <li>Calabaza</li> <li>Callaloo</li> <li>Collards</li> <li>Eggplant</li> <li>Garlic chives</li> <li>Lemongrass</li> <li>Malabar spinach</li> <li>Okra</li> <li>Peppers (hot)</li> <li>Sweet potato</li> </ul> 	<ul style="list-style-type: none"> <li>Allspice</li> <li>Calabaza</li> <li>Eggplant</li> <li>Fennel</li> <li>Garlic chives</li> <li>Lemongrass</li> <li>Okra</li> <li>Peppers (hot)</li> <li>Seminole pumpkin</li> <li>Squash blossom</li> <li>Sweet potato</li> <li>Yuca</li> </ul>
	<p><b>YEAR-ROUND:</b> Boniato, hydroponically grown greens and herbs, oyster mushrooms, pea shoots, sprouts</p>											
FRUITS	<ul style="list-style-type: none"> <li>Atemoya</li> <li>Avocado</li> <li>Carambola</li> <li>Citrus (tangerines, oranges, grapefruit)</li> <li>Passionfruit</li> <li>Roselle</li> <li>Sugarcane</li> </ul> 	<ul style="list-style-type: none"> <li>Avocado</li> <li>Carambola</li> <li>Citrus (tangerines, oranges, grapefruit)</li> <li>Passionfruit</li> <li>Roselle</li> <li>Sugarcane</li> </ul>	<ul style="list-style-type: none"> <li>Avocado</li> <li>Black sapote</li> <li>Canistel</li> <li>Carambola</li> <li>Citrus (clementines, grapefruit, Meyer lemons, oranges, pummelo, sour orange)</li> <li>Passionfruit</li> <li>Roselle</li> <li>Sapodilla</li> <li>Strawberries</li> <li>Sugarcane</li> </ul>	<ul style="list-style-type: none"> <li>Avocado</li> <li>Black sapote</li> <li>Canistel</li> <li>Carambola</li> <li>Citrus (grapefruit, lemon, oranges, pummelo)</li> <li>Mulberries</li> <li>Sapodilla</li> <li>Strawberries</li> <li>Sugarcane</li> <li>Turmeric</li> </ul> 	<ul style="list-style-type: none"> <li>Black sapote</li> <li>Caimito</li> <li>Canistel</li> <li>Citrus (tangerines, oranges, grapefruit, lemon)</li> <li>Ginger (mature)</li> <li>Mamey sapote</li> <li>Mulberries</li> <li>Mysore raspberries</li> <li>Sapodilla</li> <li>Strawberries</li> <li>Turmeric</li> </ul>	<ul style="list-style-type: none"> <li>Caimito</li> <li>Canistel</li> <li>Citrus (grapefruit, Valencia orange)</li> <li>Ginger (mature)</li> <li>Jackfruit (green)</li> <li>Mameysapote</li> <li>Mulberries</li> <li>Mysore raspberries</li> <li>Sapodilla</li> <li>Strawberries</li> <li>Turmeric</li> </ul>	<ul style="list-style-type: none"> <li>Citrus (grapefruit, Valencia orange)</li> <li>Ginger (mature)</li> <li>Jackfruit (green)</li> <li>Mamey sapote</li> <li>Mulberries</li> <li>Mysore raspberries</li> <li>Sapodilla</li> <li>Strawberries</li> <li>Turmeric</li> </ul> 	<ul style="list-style-type: none"> <li>Dragon fruit</li> <li>Ginger (mature)</li> <li>Jackfruit (green)</li> <li>Lychee</li> <li>Mamey sapote</li> <li>Mango</li> <li>Mulberries</li> <li>Mysore raspberries</li> <li>Passionfruit</li> <li>Pineapple</li> <li>Sapodilla</li> <li>Turmeric</li> </ul>	<ul style="list-style-type: none"> <li>Avocado</li> <li>Ginger (mature)</li> <li>Canistel</li> <li>Dragon fruit</li> <li>Jackfruit (mature)</li> <li>Lychee</li> <li>Mamey sapote</li> <li>Mango</li> <li>Passionfruit</li> <li>Pineapple</li> <li>Sapodilla</li> <li>Watermelon</li> <li>White sapote</li> <li>Turmeric</li> </ul> 	<ul style="list-style-type: none"> <li>Atemoya</li> <li>Avocado</li> <li>Breadfruit</li> <li>Canistel</li> <li>Carambola</li> <li>Dragon fruit</li> <li>Jackfruit (mature)</li> <li>Longan</li> <li>Mamey sapote</li> <li>Mamoncillo</li> <li>Mango</li> <li>Monstera deliciosa</li> <li>Mulberries</li> <li>Passionfruit</li> <li>Sugar apple</li> <li>Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>Allspice</li> <li>Atemoya</li> <li>Avocado</li> <li>Carambola</li> <li>Dragon fruit</li> <li>Ginger</li> <li>Jackfruit (mature)</li> <li>Key lime</li> <li>Mamey sapote</li> <li>Mulberries</li> <li>Passionfruit</li> <li>Sugar apple</li> <li>Watermelon</li> </ul>	
	<p><b>YEAR-ROUND:</b> Bananas/plantains, coconut, guava, papaya, young ginger</p>											
SEAFOOD	<ul style="list-style-type: none"> <li>Spiny lobster</li> <li>Stone crabs (Oct. 15)</li> <li>Wild-caught shrimp</li> </ul>	<ul style="list-style-type: none"> <li>Spiny lobster</li> <li>Stone crabs</li> <li>Wild-caught shrimp</li> </ul>	<ul style="list-style-type: none"> <li>Spiny lobster</li> <li>Stone crabs</li> <li>Wild-caught shrimp</li> </ul>	<ul style="list-style-type: none"> <li>Stone crabs</li> </ul> 	<ul style="list-style-type: none"> <li>Stone crabs</li> </ul>	<ul style="list-style-type: none"> <li>Stone crabs</li> </ul>	<ul style="list-style-type: none"> <li>Stone crabs</li> </ul>	<ul style="list-style-type: none"> <li>Stone crabs (through May 15)</li> </ul>	<ul style="list-style-type: none"> <li>Wild-caught shrimp</li> </ul> 	<ul style="list-style-type: none"> <li>Wild-caught shrimp</li> </ul>	<ul style="list-style-type: none"> <li>Spiny lobster</li> <li>Wild-caught shrimp</li> </ul>	<ul style="list-style-type: none"> <li>Spiny lobster</li> <li>Wild-caught shrimp</li> </ul>

KEY: \*Early Asian greens: pei tsai, hon tsai tai; \*\*Asian greens: pei tsai, hon tsai tai; \*\*\*Winter squash: acorn, butternut, spaghetti

Sources: Bee Heaven Farm, Seasonal Harvest Chart in Local Flavor; FreshfromFlorida.com, LNB Groves Contents ©Edible South Florida 2019