

What's in Season? in GEORGIA

EXTENDED SEASON	PEAK SEASON	J	F	M	A	M	J	J	A	S	O	N	D
Apples													
Arugula													
Asparagus													
Basil													
Beans													
Beets													
Blueberries													
BokChoy													
Broccoli													
Brussels Sprouts													
Cabbage													
Cantaloupe													
Carrots													
Collards													
Corn - sweet													
Cucumber													
Eggplant													
Figs													
Flowers													
Garlic - cured													
Garlic - green													
Kale or Greens													
Lettuce													
Muscadines													
Mushrooms													
Okra													
Peaches													
Peas - English													
Peas - field													
Pecans													
Peppers													
Persimmons													
Plums													
Potatoes - Irish													
Potatoes - sweet													
Radish													
Seedlings													
Soybeans													
Spinach													
Squash - Summer													
Squash - Winter													
Strawberries													
Tomatoes													
Turnips													
Vidalia Onions													
Watermelon													



SEASON DATE SOURCE: GEORGIA ORGANICS

MyPlate recommends buying fresh vegetables in season.

In-season vegetables often cost less and are likely to be at their peak flavor and nutrient content.

For meal ideas and more tips like this, visit us online at www.foodtalk.org.



FOOD TALK: FARMERS MARKET | UNIVERSITY OF GEORGIA