

# Seasonal Vegetables

	JAN.	FEB.	SEA.	APR.	MAY.	JUN.	JUL.	AUG.	SEP.	OCT.	NOV.	DEC.
 CHARD	●	●	●	●	●	●	●	●	●	●	●	●
 GARLIC	●	●	●	●	●	●	●	●	●	●	●	●
 ARTICHOKE	●	●	●	●	●	●				●	●	●
 CELERY	●	●	●	●							●	●
 EGGPLANT	●	●	●	●	●	●	●	●	●	●	●	●
 BROCCOLI	●	●	●	●	●	●			●	●	●	●
 ZUCCHINI	●	●	●	●	●	●	●	●	●	●	●	●
 PUMPKIN	●	●	●	●	●	●	●	●	●	●	●	●
 THISTLE	●	●								●	●	●
 ONION	●	●	●	●	●	●	●	●	●	●	●	●
 RED CABBAGE	●	●	●							●	●	●
 CAULIFLOWER	●	●	●	●	●	●			●	●	●	●
 ENDIVE	●								●	●	●	●
 ENDIVE	●	●	●	●	●	●				●	●	●
 GREEN ASPARAGUS			●	●	●	●			●			
 SPINACH	●	●	●	●	●	●			●	●	●	●
 PEA	●	●	●	●	●	●	●					
 BEAN	●	●	●	●	●	●					●	
 GREEN BEAN							●	●	●	●	●	●
 LETTUCE	●	●	●	●	●	●	●	●	●	●	●	●
 TURNIP	●	●	●	●	●	●	●	●	●	●	●	●
 CUCUMBER	●	●	●	●	●	●	●	●	●	●	●	●
 PEPPER	●	●	●	●	●	●	●	●	●	●	●	●
 LEEK	●	●	●	●	●	●	●	●	●	●	●	●
 RADISH	●	●	●	●	●	●	●	●	●	●	●	●
 BEET							●	●	●	●	●	●
 CABBAGE	●	●	●	●	●	●	●	●	●	●	●	●
 TOMATO	●	●	●	●	●	●	●	●	●	●	●	●
 CARROT	●	●	●	●	●	●	●	●	●	●	●	●

● Higher level of commercialization ● Lower level of commercialization