

SUGGESTED SEASON CHART

Idaho Harvest of the Month Foods

Please note: the availability of these foods will depend on your location, available farms and producers, and the weather variation from season-to-season.

SUMMER



Peaches



Carrots

FALL



Tomatoes



Beets



Apples



Winter Squash

WINTER



Potatoes



Dried fruit



Edible Idaho Seeds



Oats

SPRING



Microgreens



Leafy Greens



Radishes