

Oregon Food Seasons

A Guide for Seasonal Eating in Central Oregon

<p>Asparagus Beets, Young Carrots (young & win. storage) Fiddlehead Ferns Kohlrabi Leeks Mushrooms-Wild: Morel, Porcini, Truffles (late spring) Onions Raab/Rapini Radishes Salad Turnips Spring Onions</p>		<p>Arugula Asian Greens Chard Dandelion Greens Head Lettuce Kale Mache Miner's Lettuce Mustard Greens Salad Mix Spinach Stinging Nettles Wood Sorrel</p>		<p>Chives Cilantro Edible Flowers Garlic, Baby/Young Green Onions Oregano Parsley Turmeric (aquaponic) Watercress</p>		<p>Berries - Frozen Berries-Fresh (Late Spring): Gooseberries Raspberries Strawberries Rhubarb</p>					
<p>Beans (late sum.) Beets Broccoli Carrots Cauliflower Corn (late sum.) Cucumbers Eggplant (late sum.) Fennel Kohlrabi Leeks Mushrooms-Wild: Lobster, Chantrl. (late sum.)</p>		<p>Onions Peas Peppers (late sum.) Potatoes (mid/late sum.) Squash - Summer varieties Salad Turnips Tomatoes & Tomatillos (late sum.)</p>		<p>Arugula (gaps during sum.) Asian Greens Chard Collards Chicories (late summer) Dandelion Greens Escarole & Frisee Head Lettuce Kale Salad Mix Spinach (gaps during sum.) Squash Blossoms</p>		<p>Basil Chives Cilantro Dill Edible Flowers French Sorrel Garlic Ginger (aquaponic) Green Onions</p>		<p>Marjoram Mint Oregano Parsley Rosemary Sage Savory Tarragon Thyme Turmeric (aquaponic)</p>		<p>Apples (late sum.) Berries - Frozen Berries - Fresh: Blueberries Cherries Raspberries Strawberries Melon (late sum.) Pears (late sum.) Peaches, Plums, Stone Fruit Rhubarb</p>	
<p>Beans (early fall) Beets Broccoli Brussels Carrots Cauliflower Celery Celery Corn/Cuc/Eggplant (early fall) Fennel Kohlrabi Leeks Mushrooms-Wild: Lobster, Porcini,</p>		<p>Matske., Chantrl. Onions Parsnips Peppers Potatoes (early fall) & Win. Shallots Sunchokes Sweet Pots. Radishes Turnips-Salad & Winter Tomatoes & Tomatillos</p>		<p>Arugula Asian Greens Chard Collards Chicories Dandelion Greens Escarole & Frisee Mache Head Lettuce Kale Mustard Greens Salad Mix Spinach</p>		<p>Chives Cilantro Dill Garlic Ginger (aquaponic) Green Onions Mint Oregano Parsley</p>		<p>Sage Thyme Turmeric (aquaponic)</p>		<p>Apples Asian Pears Berries - Frozen Hardy Kiwi (Kiwi Berries) Huckleberries (fresh) Melon Pears</p>	
<p>Beets (win. storage) Purple Sprtg Broc Brussels Carrots (win. storage) Celery Leeks Mushrooms-Wild: Truffle, Yellowt, Hedgehg, Blck Trmpt Onions Parsnips Potatoes</p>		<p>Rutabaga Squash - Winter Sunchokes Turnips - Winter</p>		<p>Collards Chicories Dandelion Greens Head Lettuce Kale Mustard Greens Salad Mix Spinach</p>		<p>Garlic Green Onions Mint Oregano Parsley Sage Turmeric (aquaponic)</p>		<p>Apples Berries - Frozen Citrus (from CA) Pears</p>			

Year-Round

*Carrots, Cabbage (red & green), Cultivated Mushrooms (Crimini, Portabella, Shiitake, Maitake, Oyster), Green Onions, Kale, Parsley, Spinach. *Winter storage or green-houses for year-round supply. This chart includes product that is seasonally available throughout the state of Oregon with the exception of the citrus (CA).



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