Whether you’re headed to the farmer’s market, placing an online produce order or running to the store with a good old fashioned grocery list, you’ll want to make note of what’s in season in Ohio, so you can get the best tasting and nutrient-dense options available.

### Cheat Sheet: Ohio Produce by Season

#### FALL

- **September, October, November**
  - Apples
  - Lima Beans
  - Snap Beans
  - Beets
  - Blackberries
  - Blueberries
  - Broccoli
  - Cabbage
  - Cantaloupe
  - Carrots
  - Cauliflower
  - Cilantro
  - Collards
  - Sweet Corn
  - Cucumbers
  - Dill (Dry and Seed)
  - Eggplant
  - Endive & Escarole
  - Grapes
  - Kale
  - Leafy Lettuce

- **Leeks**
- **Mustard Greens**
- **Okra**
- **Dry Onions**
- **Green Onions**
- **Parsley**
- **Parsnips**
- **Peaches**
- **Bell Peppers**
- **Hot Peppers**
- **Sweet Peppers**
- **Potatoes**
- **Pumpkins**
- **Radishes**
- **Spinach**
- **Winter Squash**
- **Tomatoes**
- **Turnip Greens**

#### SPRING

- **April, May**
  - Asparagus
  - Cabbage
  - Collards
  - Kale
  - Mustard Greens
  - Radishes
  - Rhubarb
  - Spinach
  - Strawberries
  - Turnip Greens

- **Leeks**
- **Mustard Greens**
- **Okra**
- **Onions**
- **Green Onions**
- **Parsley**
- **Peaches**
- **Sweet peppers**
- **Potatoes**
- **Radishes**
- **Black Raspberries**
- **Red Raspberries**
- **Rhubarb**
- **Spinach**
- **Summer Squash**
- **Winter Squash**
- **Strawberries**
- **Tomatoes**
- **Turnip Greens**

#### SUMMER

- **June, July, August**
  - Apples
  - Asparagus
  - Lima Beans
  - Snap Beans
  - Broccoli
  - Cabbage
  - Cantaloupe
  - Carrots
  - Cilantro
  - Dry Onions
  - Green Onions
  - Green Onions
  - Mustard Greens
  - Okra
  - Onions
  - Red Raspberries
  - Rhubarb
  - Spinach
  - Strawberries
  - Tomatoes
  - Turnip Greens

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**Tips**

- Wash and chop your fruits and veggies when you get home from the store and put them in clear containers. You’ll be more inclined to grab them as ingredients or a snack if the work is already done.

- Oh man! You had to punt on dinner plans and now you have a slew of veggies you’re not sure you’ll use before they go bad? Freeze them! They can be quickly defrosted or used as smoothie ingredients for an extra nutritional punch.

- Don’t let your fruits & veggies fraternize. Fruits give off a ripening agent called ethylene and can prematurely ripen and spoil your young, impressionable veggies.

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[Source: https://ofbf.org/whats-in-season/](https://ofbf.org/whats-in-season/)