

Cool Foods ZONE 10

Vegetables	Winter	Spring	Summer	Fall
artichoke				
arugula	x	x		x
asparagus		x		
beets	x	x	x	x
broccoli	x	x	x	x
brussels sprouts		x		x
burdock	x	x	x	x
cabbage	x	x	x	x
carrots	x	x	x	x
cauliflower	x	x	x	x
celery	x	x	x	x
chinese greens	x	x	x	x
collards	x	x		x
cucumbers		x	x	x
daikon	x	x		x
dry beans				
edamame soybeans		x	x	x
eggplant		x	x	x
garlic	x	x	x	x
green beans		x	x	x
green onions	x	x	x	x
hot peppers		x	x	x
kale	x	x		x
kohlrabi	x	x	x	x
leeks	x	x		x
lettuce	x	x	x	x
mustard greens	x	x		x
okra		x	x	x
onions	x	x	x	
parsnips		x	x	x
peas	x	x	x	x
potatoes		x	x	x
radish	x	x	x	x
rutabagas	x	x		x
salad greens	x	x	x	x
salad mix	x	x	x	x
shallots			x	
spinach	x	x		x

sunchokes			x	
sweet corn		x	x	x
sweet peppers		x	x	x
sweet potato	x	x		x
swiss chard	x	x	x	x
tomatillos		x	x	
tomatoes		x	x	x
turnips	x	x		x

Gourds/Squash	Winter	Spring	Summer	Fall
gourds	x	x	x	x
luffa				x
pumpkins			x	x
summer squash		x	x	x
winter squash	x		x	x
zucchini		x	x	x

Mushrooms	Winter	Spring	Summer	Fall
Beefsteak			x	x
Black Trumpet			x	x
Chanterelle			x	x
Chicken of the Woods			x	x
Coral	x		x	x
Crimini (Meadow)	x	x	x	x
Hedgehog				
Lion's Mane			x	x
Lobster			x	x
Maitake			x	x
Matsutake				
Morels		x	x	
Oyster	x	x	x	x
Porcini		x	x	
Porta Bella	x	x	x	x
Shiitake	x	x	x	x


Fruits	Winter	Spring	Summer	Fall
apples				x
apricots		x		x
asian pears			x	
avocados	x		x	x
bananas	x			x
blackberries			x	

blueberries			x	x
boysenberries			x	
cantaloupes			x	
cherimoyas		x	x	
cherries			x	
cranberries			x	
currants			x	
dates				
figs			x	x
grapefruit	x	x	x	x
grapes			x	x
guavas				
kiwis			x	x
kumquats	x	x		
lemons	x	x		
limes	x	x		
longan			x	
lychee			x	
mandarins	x	x	x	x
mangos			x	
marionberries			x	
melons			x	
nectarines	x		x	
olives				
ollalieberries				
oranges	x	x	x	x
papayas	x	x		x
passionfruit			x	x
peaches		x	x	
pears			x	
persimmons		x		x
plums			x	
pomelos			x	x
raspberries			x	
rhubarb		x	x	x
strawberries			x	
tangerines	x	x	x	x
tropicals	x	x	x	x
watermelons			x	

Flowers	Winter	Spring	Summer	Fall
dried flowers	x	x	x	x
edible flowers	x	x	x	x
fresh flowers		x	x	x

Herbs	Winter	Spring	Summer	Fall
dried herbs	x	x	x	x
fresh herbs	x	x	x	x
medicinal herbs		x		

Nuts/ Seeds	Winter	Spring	Summer	Fall
almonds				
chestnuts				
flax				
hazelnuts				
macadamias				
peanuts	x	x	x	x
pecans	x	x	x	x
pistachios				
sesame seeds				
sunflower seeds	x	x	x	x
walnuts				

 no information available or not available in this region

- <http://www.localharvest.org/products.jsp>
- <http://www.agr.state.nc.us/markets/chart.htm>
- <http://picktnproducts.org/food/season.html>
- <http://www.scda.state.sc.us/consumerinformation/produceavailability/availcalweb.pdf>
- www.cnn.com/FOOD/resources/food.for.thought/veggies/mushrooms
- <http://www.localharvest.org/products.jsp>
- <http://www.agr.state.nc.us/markets/chart.htm>
- <http://picktnproducts.org/food/season.html>
- <http://www.scda.state.sc.us/consumerinformation/produceavailability/availcalweb.pdf>
- <http://www.rma.usda.gov/pilots/feasible/txt/bramble.txt>
- <http://www.almanac.com/garden/berries/blueberries.php>
- <http://www.rhubarbinfo.com/rhubarb-growing.htm>
- <http://www.localharvest.org/products.jsp>
- <http://www.ers.usda.gov/Briefing/FruitAndTreeNuts/>