

Cool Foods ZONE 13

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

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

Gourds/Squash	Winter	Spring	Summer	Fall
gourds				
luffa				
pumpkins			x	x
summer squash			x	x
winter squash			x	x
zucchini			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	x
apricots				
asian pears				
avocados				
bananas				
blackberries			x	
blueberries			x	x

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

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

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

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

no information available or not available in this region

<http://www.localharvest.org/products.jsp>

<http://www.alaskagrown.org/shopEat/freshBuys.html>

www.cnn.com/FOOD/resources/food.for.thought/veggies/mushrooms

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