

Cool Foods ZONE 14

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

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

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

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

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

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

 no information available or not available in this region

www.cnn.com/FOOD/resources/food.for.thought/veggies/mushrooms
<http://www.localharvest.org/products.jsp>