

## Cool Foods Guide ZONE 3

<b>Vegetables</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
artichoke		x	x	x
arugula	x	x	x	x
asparagus		x	x	
beets	x	x	x	x
broccoli	x	x	x	x
brussels sprouts	x			x
burdock			x	
cabbage	x	x	x	x
carrots	x	x	x	x
cauliflower	x	x	x	x
celery	x		x	x
chinese greens	x	x	x	x
collards	x	x	x	x
cucumbers		x	x	x
daikon	x		x	x
dry beans	x	x		x
edamame soybeans			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
kale	x	x	x	x
kohlrabi	x	x	x	x
leeks	x	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	x
peas	x	x	x	x
potatoes	x	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	x	x
spinach	x	x	x	x

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

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

<b>Mushrooms</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
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			x	x
Lion's Mane			x	x
Lobster			x	x
Maitake			x	x
Matsutake				x
Morels		x	x	
Oyster	x	x	x	x
Porcini		x	x	
Porta Bella	x	x	x	x
Shiitake	x	x	x	x

<b>Fruits</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
apples		x	x	x
apricots			x	
asian pears			x	x
avocados				
bananas				
blackberries			x	x

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

<b>Flowers</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
dried flowers	x			x
edible flowers		x	x	x
fresh flowers		x	x	x

<b>Herbs</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
dried herbs	x	x	x	x
fresh herbs	x	x	x	x
medicinal herbs				

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

no information available or not available in this region

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

<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>

[www.cnn.com/FOOD/resources/food.for.thought/veggies/mushrooms](http://www.cnn.com/FOOD/resources/food.for.thought/veggies/mushrooms)

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

<http://www.nevadagrown.com/harvest/harvestCal.htm>

<http://www.vtc.net/%7Esearix/harvestcalendar.html>

<http://www.farmersmarketnm.org/harvest.htm>

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

<http://www.ers.usda.gov/Briefing/FruitAndTreeNuts/>







