

## Cool Foods ZONE 6

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

sunchokes	x			x
sweet corn		x	x	x
sweet peppers	x	x	x	x
sweet potato				x
swiss chard	x	x	x	x
tomatillos			x	x
tomatoes	x	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
luffa	x			x
pumpkins			x	x
summer squash	x	x	x	x
winter squash	x	x	x	x
zucchini	x	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				
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


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

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

<b>Nuts/ Seeds</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
almonds				
chestnuts	x	x	x	x
flax	x	x	x	x
hazelnuts				
macadamias				
peanuts				
pecans				
pistachios				
sesame seeds	x	x	x	x
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.agr.state.il.us/markets/WhatsInSeason.pdf>
- <http://agebb.missouri.edu/fmktdir/harvest.gif>
- <http://www.nrdc.org/health/foodmiles/fullyear.asp?state=16>
- [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.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.agr.state.il.us/markets/WhatsInSeason.pdf>
- <http://agebb.missouri.edu/fmktdir/harvest.gif>
- <http://www.nrdc.org/health/foodmiles/fullyear.asp?state=16>
- <http://www.localharvest.org/products.jsp>
- <http://www.ers.usda.gov/Briefing/FruitAndTreeNuts/>