

## Cool Foods ZONE 7

<b>Vegetables</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
artichoke			x	x
arugula	x	x	x	x
asparagus		x	x	x
beets	x	x	x	x
broccoli		x	x	x
brussels sprouts	x	x	x	x
burdock		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	x
cucumbers	x	x	x	x
daikon	x	x		x
dry beans		x	x	x
edamame soybeans			x	x
eggplant		x	x	x
garlic		x	x	x
green beans		x	x	x
green onions	x	x	x	x
hot peppers		x	x	x
kale	x	x	x	x
kohlrabi	x	x	x	x
leeks		x	x	x
lettuce	x	x	x	x
mushrooms				
mustard greens	x	x	x	x
okra		x	x	x
onions	x	x	x	x
parsnips	x	x		x
peas		x	x	x
potatoes		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			x	x
spinach		x	x	x

sunchokes			x	
sweet corn		x	x	x
sweet peppers		x	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
luffa		x	x	x
pumpkins			x	x
summer squash		x	x	x
winter squash			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				
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			x	x
avocados				
bananas			x	x
blackberries		x	x	

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

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

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

no information available or not available in this region

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

[http://www.kerrcenter.com/publications/fact\\_sheet/crops\\_grown\\_on\\_okfarms.pdf](http://www.kerrcenter.com/publications/fact_sheet/crops_grown_on_okfarms.pdf)

<http://www.picktexas.com/>

[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.kerrcenter.com/publications/fact\\_sheet/crops\\_grown\\_on\\_okfarms.pdf](http://www.kerrcenter.com/publications/fact_sheet/crops_grown_on_okfarms.pdf)

<http://www.picktexas.com/>

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

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