

# Peak of the Harvest

## A Fruit and Vegetable Buying Guide for New Hampshire



To get the best quality and the best price, buy fresh fruits and vegetables at the peak of their harvest. Use this chart to know what fruits and vegetables you can expect to find at farmers' markets and farm stands each week.

	June		July		August		September		October	
	1-15	16-30	1-15	16-31	1-15	16-31	1-15	16-30	1-15	16-31
<b>Fruits</b>										
Apples										
Blueberries										
Melons										
Peaches										
Pears										
Raspberries										
Rhubarb										
Strawberries										
<b>Vegetables</b>										
Asparagus										
Beans (snap)										
Beans (shell)										
Beets										
Beet Greens										
Broccoli										
Brussels Sprouts										
Cabbage										
Cabbage (Chinese)										
Carrots										
Cauliflower										
Celery										
Corn										
Cucumbers										
Eggplant										
Lettuce										
Onions										
Peas										
Peppers										
Potatoes				new						
Pumpkins										
Salad Greens										
Scallions										
Spinach										
Summer Squash										
Swiss Chard										
Tomatoes										
Turnips/Rutabagas										
Winter Squash										

Please remember, this is only a guide. Farming practices, weather conditions and farm locations may result in some crops arriving earlier or later than listed.