



A Seasonal Guide to Locally-Grown Produce

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Fruits												
Apples	A	A	A								A	A
Blueberries												
Grapes												
Peaches												
Pears												
Raspberries	G	G	G								G	G
Strawberries	G	G	G							G	G	G
Vegetables												
Asparagus												
Beets												
Broccoli												
Brussel Sprouts												
Cabbage												
Carrots												
Cauliflower												
Corn												
Cucumbers	G	G	G	G	G					G	G	G
Eggplant												
Garlic	A	A	A								A	A
Green Beans												
Greens	G	G	G	G							G	G
Herbs												
Kohlrabi												
Melons												
Onions	A	A	A								A	A
Green Onion												
Parsnips	A	A	A									
Peas												
Peppers												
Potatoes	A	A	A								A	A
Pumpkins												
Radishes												
Rhubarb												
Spinach	G	G	G	G						G	G	G
Summer Squash												
Winter Squash	A	A	A								A	A
Tomatoes	G	G	G	G						G	G	G
Turnips	A	A	A								A	A

= Harvest Season
 = Peak Season
 A = Available
 G = Greenhouse Grown



Visit our Website

for more information about...

- Upcoming events food access
- Farmers Market locations, dates, and times
- What restaurants use locally grown ingredients in their food
- Farm Networks
- Growing Practices
- Curbside Markets
- Farm to School
- and lots MORE- check it out!

Markets you can use your SNAP/EBT card and earn/use DUF

Visit the market information tent to learn more.

Waterloo Urban Farmers Market:
Saturdays 8am-12pm

College Hill Farmers Market:
& Wednesdays 4-6pm

Tips for shopping at the Farmers Market

- Bring a bag for all your produce. (But if you forget vendors will have bags for you.)
- Look for signs at each vendor to see who accepts EBT, Veggie Vouchers, and Senior/WIC farmers market checks.
- Know your season. Look over the front page so you know what to look for.
- Make a loose grocery list, but be flexible.
- Take a walk through the entire market to scope out all the items before initially buying.
- Go early to avoid crowds and have plenty of produce to choose from.
- Build a relationship with the vendors.

