

Harvest Schedule

Central Utah

CREATE SNAP-ED
BETTER HEALTH.

Although each growing season is different, here is a list of when you are likely to find some of your favorite items at the local farmers market. Chat with local farmers to find out exactly when certain items will be ready in your area this year.

Crop	March	April	May	June	July	Aug	Sept	Oct	Nov
Apricots				X	X				
Arugula		X	X	X	X				
Basil			X	X	X	X	X	X	
Beets		X	X	X	X				
Broccoli		X	X					X	X
Cabbage		X	X					X	X
Carrots			X	X	X	X	X	X	
Cucumbers				X	X	X	X		
Eggplant				X	X	X	X	X	
Garlic			X	X					
Garlic Scapes		X							
Greens (Chard/Kale)	X	X	X	X			X	X	X
Green Beans				X	X	X	X	X	
Melons				X	X	X	X		
Onions				X	X	X			
Peaches				X	X	X	X	X	
Peppers				X	X	X	X	X	
Potatoes				X	X	X	X		
Raspberries					X	X	X		
Summer Squash				X	X	X	X		
Sweet Cherries			X	X					
Sweet Corn				X	X	X	X	X	
Tomatoes				X	X	X	X	X	
Winter Squash					X	X	X	X	

