



# Buying Guide

## for Kansas-Grown Fruits and Vegetables

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### Introduction

Choosing fresh and nutritious seasonal fruits and vegetables from a farmers market offers many benefits. It can be a great way to add more variety to your diet or to try new foods. It can provide social contacts that help you stay connected to your community, too.

Getting out to shop and interact with others at open-air markets can be especially beneficial if you live alone or have little contact with others. Social

contact at farmers markets during the selling season can foster friendships.

### Finding a Market

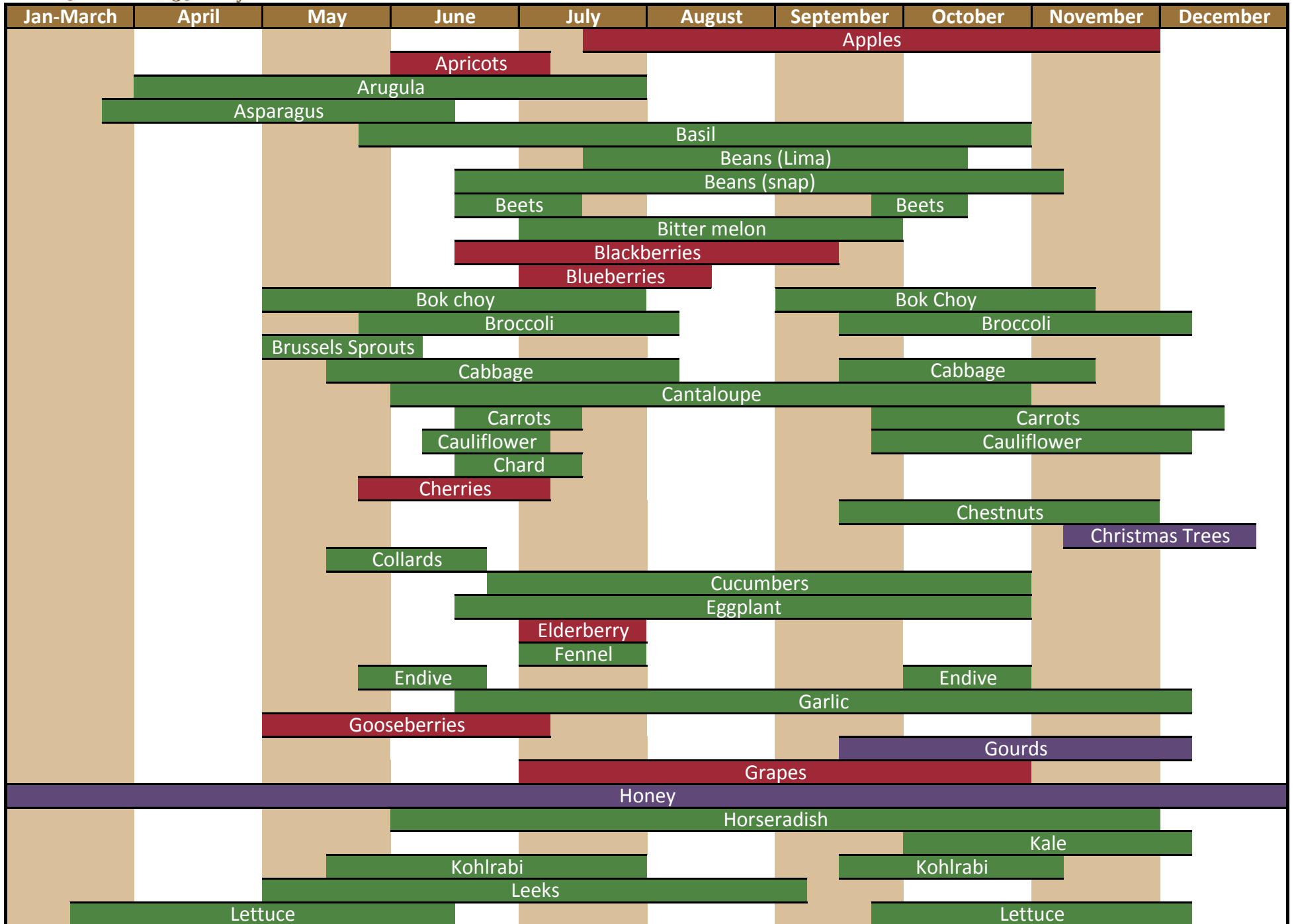
To find a Kansas community farmers market near you, call your local K-State Research and Extension office or visit: [fromthelandofkansas.com/market/list](http://fromthelandofkansas.com/market/list)

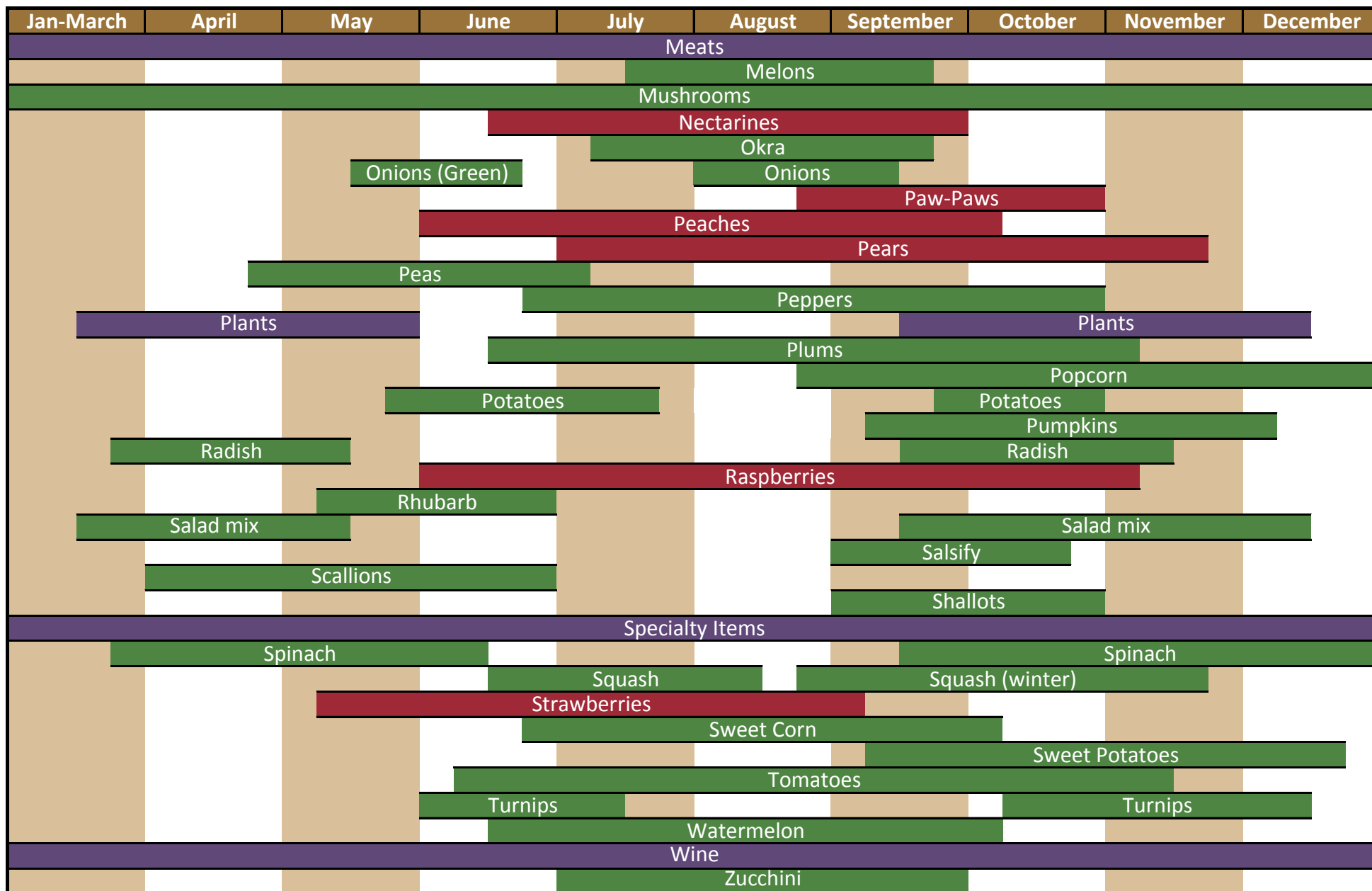
Use this guide throughout the year to know which fresh, Kansas-grown fruits and vegetables are likely to be available at your local open-air market. Please remember that some fruits and vegetables may not be grown by the farmers in your area.



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# Harvest Calendar





For more information contact K-State Research and Extension - Douglas County, 2110 Harper St, Lawrence, www.douglas.ksu.edu, 785-843-7058

*Harvest Calendar used with permission from Growing Lawrence*

## Availability Guide

**Mid to late April** – arugula, asparagus, lettuce, plants, radish, salad mix, spinach, scallions, mushrooms

**Early to mid-May** – asparagus, brussels sprouts, lettuce, scallions, spinach, radish spinach, scallions

**Mid to late May** – brussels sprouts, arugula, gooseberries, collards, onions, peas, rhubarb, lettuce, scallions, spinach

**Early to mid-June** – cauliflower, arugula, collards, green onions, kohlrabi, rhubarb, turnips, endive, gooseberries, apricots, arugula, bok choy, cherries.

**Mid to late June** – apricots, beets, cabbage, carrots, cauliflower, cherries, kohlrabi, strawberries, broccoli, potatoes, turnips, chard

**Early to mid-July** – apricots, beets, broccoli, blueberries, carrots, cauliflower, summer squash, chard, tomatoes, elderberry, fennel, broccoli, leeks, bok choy, cantaloupe, cabbage, cucumbers, eggplant, nectarines, peaches, pears, peppers, plums, potatoes, raspberries, strawberries, honey, kohlrabi, turnip

**Mid to late July** – blackberries, blueberries, raspberries, apple, grape, basil, bean (lima) bean (snap), bitter melon, grapes, mushrooms, cantaloupe, nectarines, garlic, okra, peaches, peppers, plums, summer squash, sweet corn, tomatoes, watermelon, elderberry, fennel, honey, leeks, strawberries

**Early to mid-August** – basil, blackberries, cucumbers, eggplant, grapes, melon, mushrooms, cantaloupe, nectarines, okra, peaches, peppers, plums, summer squash, watermelon, bitter melon, honey raspberries, strawberries, sweet corn, tomato

**Mid to late August** – apples, bean (snap), bean (lima), bitter melon, basil, blackberries, cucumbers, paw paw, eggplant, grapes, melon, mushrooms, cantaloupe, nectarines, okra, onions, peaches, pears, sweet corn, tomatoes, watermelon, zucchini, horseradish, peppers, plums, raspberries

**Early to mid-September** – apples, bok choy, grapes, melons, mushrooms, cantaloupe, nectarines, basil, bitter melon, popcorn, okra, onions, peaches, pears, peppers, plums, paw paw, raspberries, squash (winter), sweet corn, tomatoes, watermelon, cucumber, eggplant, garlic, grapes, horseradish

**Mid to late September** – apples, basil, beets, bean (snap), bean (lima), bok choy, broccoli, cabbage, cauliflower, carrot, chestnut, cucumber, eggplant, garlic, gourd, grape, horseradish, kohlrabi, lettuce, nectarine, paw-paws, peaches, pears, peppers, plants, plums, popcorn, potato, pumpkin, radish, raspberries, salsify, shallots, squash (winter), sweet potatoes, watermelon, zucchini mushrooms

**Early to mid-October** – apples, basil, beets, broccoli, bean (snap), bean (lima), bok choy, cabbage, carrots, cauliflower, endive, gourd, grape, horse radishes, kale, kohlrabi, paw paw, potato, pumpkin, peaches, pears, peppers, plants, plums, popcorn, salsify, shallots, squash (winter), spinach, sweet potato, tomato, turnips, mushrooms

**Mid to late-October** – broccoli, cabbage, carrots, cauliflower, chestnuts, endive, gourds, kale, lettuce, plants, popcorn, pumpkins, salad mix, sweet potatoes, radish, potatoes, spinach

**Early to mid-November** – broccoli, carrot, cauliflower, chestnut, honey, mushroom, kale, lettuce, spinach, sweet potatoes, turnips, tomato

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