[Apples](http://localfoods.about.com/od/apples/Apples.htm), July through October (cold storage until spring)

[Arugula](http://localfoods.about.com/od/arugula/Arugula.htm), May through September

[Asparagus](http://localfoods.about.com/od/asparagus/Asparagus_Recipes_and_Information.htm), May and June

[Basil](http://localfoods.about.com/od/basil/Basil.htm), July through September

[Beets](http://localfoods.about.com/od/springbeets/Spring_Beets.htm), June through December

[Blackberries](http://localfoods.about.com/od/berries/Berries_Blackberries_Blueberries_Raspberries.htm), late July through mid-August

[Blueberries](http://localfoods.about.com/od/berries/Berries_Blackberries_Blueberries_Raspberries.htm), July and August

[Broccoli](http://localfoods.about.com/od/broccoli/Broccoli.htm), June through November

[Cabbage](http://localfoods.about.com/od/cabbage/Cabbage.htm), June through October

[Cantaloupes](http://localfoods.about.com/od/melons/Melons.htm), August and September

[Carrots](http://localfoods.about.com/od/carrots/Carrots.htm), June through September (local harvest available from storage through March)

[Cauliflower](http://localfoods.about.com/od/cauliflower/Cauliflower.htm), August through November

[Celery](http://localfoods.about.com/od/celery/Celery.htm), August through October

[Chard](http://localfoods.about.com/od/cookinggreens/Cooking_Greens.htm), May through November

[Cherries](http://localfoods.about.com/od/cherries/Cherries.htm), July

[Corn](http://localfoods.about.com/od/sweetcorn/Sweet_Corn.htm), June through August

[Cucumbers](http://localfoods.about.com/od/cucumbers/Cucumbers.htm), July through October

[Eggplant](http://localfoods.about.com/od/eggplant/Eggplant.htm), July through October

[Fava beans](http://localfoods.about.com/od/favabeans/Fava_Beans.htm), May and June

[Garlic](http://localfoods.about.com/od/garlic/Garlic.htm), July through October (stored year-round)

[Garlic scapes/green garlic](http://localfoods.about.com/od/greengarlicgarlicscape/Green_Garlic_Garlic_Scapes.htm), May and June

[Green beans](http://localfoods.about.com/od/freshsummerbeans/Fresh_Summer_Beans_Green_Beans_Wax_Beans_Romano_Beans.htm), July through September

[Green onions/scallions](http://localfoods.about.com/od/greenonionsscallions/Green_Onions_Scallions.htm), May through September

[Kale](http://localfoods.about.com/od/cookinggreens/Cooking_Greens.htm), June through November

[Herbs](http://localfoods.about.com/od/herbs/Herbs.htm), April through September

[Kohlrabi](http://localfoods.about.com/od/kohlrabi/a/All-About-Kohlrabi.htm), June and July, September and October

[Leeks](http://localfoods.about.com/od/leeks/Leeks.htm), August through December

[Melons](http://localfoods.about.com/od/melons/Melons.htm), July through October

[Mint](http://localfoods.about.com/od/herbs/Herbs.htm), spring and summer

[Morels](http://localfoods.about.com/od/morelmushrooms/a/aboutmorels.htm), spring

[Mushrooms](http://localfoods.about.com/od/fall/tp/cultivatedmushrooms.htm) (cultivated), year-round

[Nettles](http://localfoods.about.com/od/stingingnettles/Stinging_Nettles.htm), spring

[Okra](http://localfoods.about.com/od/okra/Okra.htm), August and September

[Onions](http://localfoods.about.com/od/onions/Onions.htm), July through October (stored in winter)

[Oregano](http://localfoods.about.com/od/herbs/Herbs.htm), June through October

[Parsley](http://localfoods.about.com/od/herbs/Herbs.htm), May through November

[Parsnips](http://localfoods.about.com/od/parsnips/Parsnips.htm), April and May and again October through December

[Peaches](http://localfoods.about.com/od/peaches/Peaches.htm), July through September

[Pea greens](http://localfoods.about.com/od/fruitsvegetables/tp/aboutpeagreens.htm), April through June

[Peas](http://localfoods.about.com/od/greenpeas/Green_Peas.htm) and pea pods, June and July

[Peppers](http://localfoods.about.com/od/peppers/Peppers.htm) (sweet), July through October

[Plums & pluots](http://localfoods.about.com/od/apricotsplumspluots/Apricots_Plums_Pluots.htm), August and September

[Potatoes](http://localfoods.about.com/od/potatoesfallwinter/Potatoes_Fall_Winter.htm), July through December (available from storage year-round)

[Radishes](http://localfoods.about.com/od/springradishes/Spring_Radishes.htm), May through September

[Raspberries](http://localfoods.about.com/od/berries/Berries_Blackberries_Blueberries_Raspberries.htm), July though September

[Rhubarb](http://localfoods.about.com/od/rhubarb/Rhubarb.htm), May through July

[Scallions/green onions](http://localfoods.about.com/od/greenonionsscallions/Green_Onions_Scallions.htm), May through September

Snap peas/snow peas/pea pods, June through September

[Spinach](http://localfoods.about.com/od/spinach/Spinach.htm), May through September

[Squash](http://localfoods.about.com/od/zucchinisummersquash/index.htm) (summer), July through September

[Squash](http://localfoods.about.com/od/wintersquashpumpkin/Winter_Squash_Pumpkin.htm) (winter), August through December

[Stinging Nettles](http://localfoods.about.com/od/stingingnettles/Stinging_Nettles.htm), spring

[Strawberries](http://localfoods.about.com/od/strawberries/Strawberries.htm), June

[Thyme](http://localfoods.about.com/od/herbs/Herbs.htm), May through September

[Tomatoes](http://localfoods.about.com/od/tomatoes/Tomatoes.htm), July through September

[Turnips](http://localfoods.about.com/od/turnips/Turnips.htm), August through November (local harvest available from storage through the winter)

[Watermelons](http://localfoods.about.com/od/melons/Melons.htm), August through October

[Winter Squash](http://localfoods.about.com/od/wintersquashpumpkin/Winter_Squash_Pumpkin.htm), August through December

[Zucchini](http://localfoods.about.com/od/zucchinisummersquash/index.htm), July through September

[Zucchini Blossoms](http://localfoods.about.com/od/zucchiniblossoms/Zucchini_Blossoms.htm), June and July