

# Pride from A(pples) to Z(ucchini)

Your guide to harvest times and availability  
for the incredible diversity of New York State produce.

Today more than ever, New York consumers are demanding close-to-home freshness in everything they buy. And very few places even come close to New York State for the variety and quality of its farm-fresh produce.

As the Program dedicated to advancing New York agriculture, we take a lot of Pride in New York State fruits and vegetables – and the Pride of New York members who produce them.

	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
<b>VEGETABLES</b>												
Asparagus						Harvest						
Beans, Dry	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability
Beans, Lima									Harvest	Harvest		
Beans, Snap							Harvest	Harvest	Harvest	Harvest		
Beets	Availability	Availability				Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	
Beet Greens					Harvest	Harvest	Harvest	Harvest	Harvest			
Broccoli						Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	
Brussel Sprouts									Harvest	Harvest	Harvest	
Cabbage	Availability	Availability	Availability			Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
Carrots	Availability	Availability	Availability				Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
Cauliflower								Harvest	Harvest	Harvest	Harvest	
Celery								Harvest	Harvest	Harvest	Harvest	
Collard Greens							Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
Corn								Harvest	Harvest	Harvest	Harvest	
Cucumbers								Harvest	Harvest	Harvest	Harvest	
Eggplant								Harvest	Harvest	Harvest	Harvest	
Garlic						Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	
Herbs	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability
Kale									Harvest	Harvest	Harvest	
Leeks								Harvest	Harvest	Harvest	Harvest	
Lettuce					Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	
Mustard Greens						Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	

Vegetables continued on other side

 Harvest period  
 Availability period

The above periods are approximate. Harvest periods may begin a week to ten days earlier during a warmer-than-usual year. A cool spring will delay crop maturity. Call farms for exact dates of harvest.



*Pride for all seasons.*

1-800-554-4501 [www.prideofny.com](http://www.prideofny.com)

