

What's in Season this Winter?

If you're looking for locally grown produce, the following fruits and vegetable may be available (depending on supply) from farms or farmers' markets in the Capital Region:

January

Beets
Apples
Rhubarb
Cabbage
Carrots
Garlic
Leeks
Lettuce (greenhouse)
Mushrooms
Onions (cooking)
Onions (red)
Parsnips
Potatoes
Rutabaga
Sprouts
Squash
Sweet Potatoes

February

Apples
Rhubarb
Beets
Cabbage
Carrots
Garlic
Leeks
Lettuce (greenhouse)
Peppers (greenhouse)
Potatoes
Mushrooms
Onions (cooking)
Onions (red)
Parsnips
Rutabaga
Sprouts
Squash
Sweet Potatoes
Tomatoes (greenhouse)

March

Apples
Rhubarb
Beets
Cabbage
Carrots
Lettuce (greenhouse)
Mushrooms
Onions (cooking)
Onions (red)
Parsnips
Peppers (greenhouse)
Potatoes
Rutabaga
Sprouts
Squash
Sweet Potatoes
Tomatoes (greenhouse)