

# Pocahontas Local Foods

Marketing and Distribution

## Seasonal Availability

An estimate of produce availability for the 2012 Growing Season

<a href="#">Produce</a>	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Apples			◆	◆	◆	◆	◆
Asparagus	◆						
Beans (Green)		◆	◆	◆	◆	◆	
Beets	◆	◆	◆	◆	◆	◆	
Blackberries			◆	◆	◆		
Broccoli		◆	◆	◆	◆	◆	
Cabbage			◆	◆	◆		
Cantaloupes				◆			
Corn				◆	◆	◆	
Cucumbers		◆	◆	◆			
Eggplant				◆	◆		
Garlic				◆	◆		
Green Beans		◆	◆	◆	◆		
Green Onions	◆	◆	◆	◆	◆	◆	◆
Greens- Spinach	◆	◆			◆	◆	◆
Greens - Kale	◆	◆	◆	◆	◆	◆	◆
Greens - Chard	◆	◆			◆	◆	◆
Herbs - Basil				◆	◆		
Herbs - Cilantro		◆	◆	◆	◆	◆	
Herbs - Mint	◆			◆	◆	◆	
Nectarines			◆				
Okra				◆	◆	◆	
Onions		◆	◆	◆	◆	◆	◆
Peas	◆	◆	◆		◆	◆	
Peaches			◆	◆			
Peppers			◆	◆	◆		
Potatoes			◆	◆	◆	◆	◆
Pumpkins					◆	◆	◆
Raspberries		◆					
Rhubarb	◆						
Salad Greens	◆	◆	◆	◆	◆	◆	◆
Strawberries	◆	◆		◆	◆	◆	◆
Squash-Summer		◆	◆	◆			
Squash-Winter					◆	◆	◆
Sweet Potatoes				◆	◆	◆	
Tomatoes			◆	◆	◆	◆	
Turnips	◆	◆	◆	◆	◆	◆	
Watermelons				◆			