

east tennessee

A SEASONAL CALENDAR OF
LOCAL FOODS

EDIBLE

dairy // meats and poultry // root vegetables // squashes // flavors // other vegetables // leafy greens // peas // beans // nuts // sweets // berries // fruits /

- APPLES
- CANTALOUPE
- CHERRIES
- FIGS
- GRAPES
- NECTARINES
- PEACHES
- PEARS
- PLUMS
- WATERMELON
- BLACKBERRIES
- BLUEBERRIES
- BOYSENBERRIES
- GOOSEBERRIES
- RASPBERRIES
- STRAWBERRIES
- CORNMEAL
- HONEY
- SORGHUM SYRUP
- PEANUTS
- PECANS
- WALNUTS
- LIMA BEANS
- OCTOBER BEANS
- POLE BEANS
- SHELLY AND SNAP BEANS
- WAX BEANS
- ENGLISH AND FIELD PEAS
- SNOW PEAS
- SUGAR PEAS
- ARUGULA
- BOK CHOY
- CABBAGE
- CHARD
- CHINESE CABBAGE
- COLLARDS
- KALE
- LETTUCE
- MUSTARD GREENS
- SALAD GREENS
- SPINACH
- ASPARAGUS
- BELL PEPPER
- BRUSSELS SPROUTS
- BROCCOLI
- CAULIFLOWER
- CELERY
- CHERRY TOMATOES
- CUCUMBERS
- EGGPLANT
- KOHLRABI
- MUSHROOMS
- OKRA
- SWEET CORN
- RHUBARB
- TOMATOES
- GARLIC
- GREEN ONIONS
- HERBS
- HOT PEPPERS
- LEEKs
- ONIONS
- PUMPKINS
- SUMMER SQUASHES
- WINTER SQUASHES
- ZUCCHINI
- BEETS
- CARROTS
- POTATOES
- RADISHES
- SWEET POTATOES
- TURNIPS
- BEEF
- CHICKEN
- LAMB
- PORK
- TURKEY
- CHEESE
- EGGS
- MILK

APR

**CORNMEAL
HONEY**

ARUGULA

CHARD

COLLARDS

SALAD GREENS

ASPARAGUS

MUSHROOMS

HERBS

RADISHES

**BEEF
CHICKEN
LAMB
PORK
TURKEY
CHEESE
EGGS
MILK**

MAY

STRAWBERRIES

RASPBERRIES

CORNMEAL
HONEY

SNOW PEAS

ARUGULA

CABBAGE

CHARD

COLLARDS

KALE

LETTUCE

MUSTARD GREENS
SALAD GREENS

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CHERRIES

FIGS

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