

**east tennessee**

**eat**

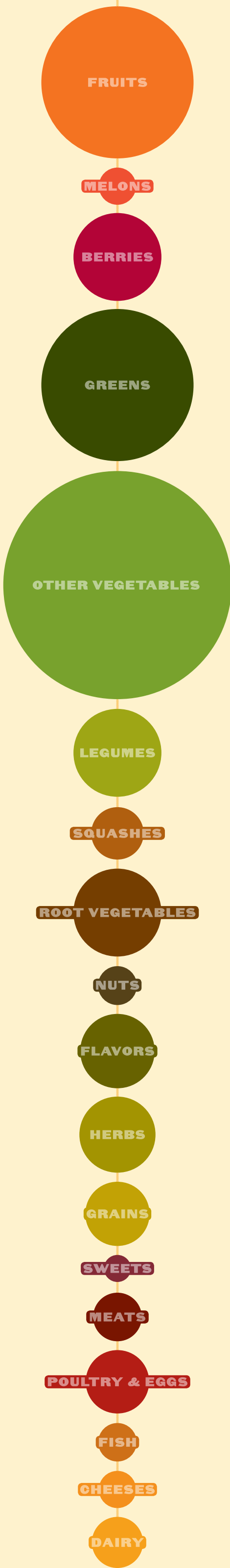
A SEASONAL CALENDAR OF  
**LOCAL FOODS**

EXPANDED EDITION FOR JUST RIPE

**To choose to eat more local and regional foods constitutes a choice to eat seasonally.**

In East Tennessee, the climate and the land afford long growing seasons and a diversity of foods. The availability of fresh foods is always subject to variable factors such as temperature, rainfall, and individual growing practices (for example, using a greenhouse to extend the growing season); therefore, this calendar charts the estimated periods of availability in this locale.

The availability of foods beyond their harvest seasons (such as stored crops) is denoted by parentheses and lighter colors. In addition to the seasonal yields outlined in this calendar, there are a number of value-added food products available throughout much of the year. **Enjoy.**



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The original version of this calendar visually translated the public listings on the Pick Tennessee Products website. This second version has been expanded in partnership with Kristen Faerber and Charlotte Tolley of **JUST RIPE**.

Thanks to Adrienne Gibson of A Place of the Heart Farm, Charlotte Tolley of Market Square Farmers' Market, Dana Saywell of Green Knees Farm, Kevin Hosey of Knoxville, Ralph and Kimberlie Cole of West Wind Farms, and Shelagh Leutwiler of Beardsley Community Farm for additional consultation.

[www.aforkintheroad.org](http://www.aforkintheroad.org) / [www.easttneats.com](http://www.easttneats.com) / [m.easttneats.com](http://m.easttneats.com) = mobile  
[www.justripe.coop](http://www.justripe.coop)

DAIRY // CHEESES // FISH // POULTRY & EGGS // MEATS // SWEETS // GRAINS // HERBS // FLAVORS // NUTS // ROOT VEGETABLES // SQUASHES // LEGUMES // OTHER VEGETABLES // GREENS // BERRIES // MELONS // FRUITS

- APPLES
- APRICOTS
- CHERRIES
- FIGS
- GRAPES
- MUSCADINES
- NECTARINES
- PAWPAWS
- PEACHES
- PEARS
- PERSIMMONS
- PLUMS
- CANTALOUPE
- HONEYDEW MELONS
- WATERMELONS
- BLACKBERRIES
- BLUEBERRIES
- GOOSEBERRIES
- HUCKLEBERRIES
- RASPBERRIES
- STRAWBERRIES
- WINEBERRIES
- ARUGULA
- ASIAN CABBAGES & GREENS
- BOK CHOY
- BROCCOLI RAAB
- CABBAGES
- CHARD
- COLLARDS
- KALE
- LETTUCE
- MUSTARD GREENS
- SALAD GREENS
- SPINACH
- ASPARAGUS
- BROCCOLI
- BRUSSELS SPROUTS
- CAULIFLOWER
- SWEET CORN
- CUCUMBERS
- EGGPLANT
- FENNEL
- KOHLRABI
- MUSHROOMS
- OKRA
- COLORED PEPPERS
- GREEN PEPPERS
- HOT PEPPERS
- RHUBARB
- SPROUTS
- TOMATILLOS
- TOMATOES
- EDAMAME
- GREEN BEANS
- PEANUTS
- SHELLING BEANS
- SNAP BEANS
- SNOW PEAS
- SUGAR SNAP PEAS
- PUMPKINS
- SUMMER SQUASHES
- WINTER SQUASHES
- ZUCCHINI
- BEETS
- CARROTS
- POTATOES
- RADISHES
- RUTABAGAS
- SWEET POTATOES
- TURNIPS
- BLACK WALNUTS
- CHESTNUTS
- PECANS
- GARLIC
- GREEN ONIONS
- LEEK
- ONIONS
- RAMPS
- SHALLOTS
- BASIL
- CILANTRO
- DILL
- LAVENDER FLOWERS
- PERENNIAL HERBS
- ROSEMARY
- BARLEY
- CORN
- OATS
- SPELT
- WHEAT
- HONEY
- SORGHUM SYRUP
- BEEF
- GOAT
- LAMB
- PORK
- CHICKEN & EGGS
- DUCK & EGGS
- GUINEA FOWL & EGGS
- QUAIL & EGGS
- TURKEY & EGGS
- CATFISH
- FRESHWATER PRAWNS
- TROUT
- COW CHEESES
- GOAT CHEESES
- SHEEP CHEESES
- BUTTER
- BUTTERMILK
- CREAM
- MILK

# APR

ARUGULA

CHARD  
COLLARDS

KALE

SALAD GREENS

ASPARAGUS

MUSHROOMS

(HOT PEPPERS)

SPROUTS

(SHELLING BEANS)

(CARROTS)

(POTATOES)

RADISHES

(RUTABAGAS)

(SWEET POTATOES)

SPRING GARLIC

(ONIONS)

RAMPS

(BASIL)

(CILANTRO)

(DILL)

(LAVENDER FLOWERS)

PERENNIAL HERBS

ROSEMARY

(BARLEY)

(CORN)

(OATS)

(SPELT)

(WHEAT)

(HONEY)

SORGHUM SYRUP

BEEF

GOAT

LAMB

PORK

CHICKEN & EGGS

DUCK & EGGS

GUINEA FOWL & EGGS

QUAIL & EGGS

TURKEY & EGGS

OATFISH

(FRESHWATER PRAWNS)

TROUT

COW CHEESES

(GOAT CHEESES)

(SHEEP CHEESES)

BUTTER

BUTTERMILK

CREAM

MILK

# MAY

STRAWBERRIES

ARUGULA

BOK CHOY

BROCCOLI RAAB

CABBAGES

CHARD

COLLARDS

KALE

LETTUCE

MUSTARD GREENS

SALAD GREENS

SPINACH

ASPARAGUS

BROCCOLI

CAULIFLOWER

KOHLRABI

MUSHROOMS

(HOT PEPPERS)

RHUBARB

SPROUTS

(SHELLING BEANS)

SUGAR SNAP PEAS

BEETS

CARROTS

RADISHES

SPRING GARLIC & GARLIC SCAPES

ONIONS

RAMPS

(BASIL)

CILANTRO

(DILL)

(LAVENDER FLOWERS)

PERENNIAL HERBS

ROSEMARY

BARLEY

(CORN)

(OATS)

(SPELT)

WHEAT

(HONEY)

SORGHUM SYRUP

BEEF

GOAT

LAMB

PORK

CHICKEN & EGGS

DUCK & EGGS

GUINEA FOWL & EGGS

QUAIL & EGGS

TURKEY & EGGS

OATFISH

(FRESHWATER PRAWNS)

TROUT

COW CHEESES

GOAT CHEESES

SHEEP CHEESES

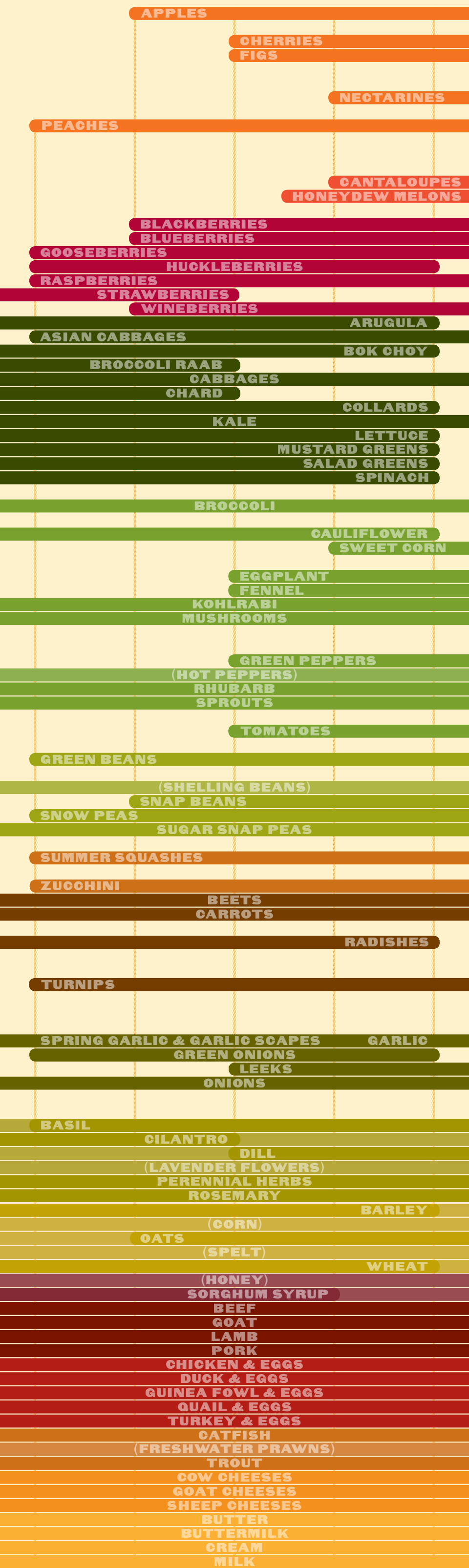
BUTTER

BUTTERMILK

CREAM

MILK

# JUN



# JUL

	APPLES	
APRICOTS		CHERRIES
	FIGS	GRAPES
	NECTARINES	
	PEACHES	
	PLUMS	
	CANTALOUPE	
	HONEYDEW MELONS	
	WATERMELONS	
	BLACKBERRIES	
	BLUEBERRIES	
	GOOSEBERRIES	
	RASPBERRIES	
	WINEBERRIES	
ASIAN CABBAGES		
	CABBAGES	
KALE		
	BROCCOLI	
	SWEET CORN	
CUCUMBERS		
	EGGPLANT	
	FENNEL	
KOHLRABI		
	MUSHROOMS	
OKRA		COLORED PEPPERS
	GREEN PEPPERS	
HOT PEPPERS		RHUBARB
	SPROUTS	
	TOMATILLOS	
	TOMATOES	
	EDAMAME	
	GREEN BEANS	
	(SHELLING BEANS)	
	SNAP BEANS	
	SNOW PEAS	
SUGAR SNAP PEAS		
	SUMMER SQUASHES	
	ZUCCHINI	
	BEETS	
POTATOES		CARROTS
		TURNIPS
	GARLIC	
		LEEKS
	ONIONS	
	BASIL	
	(CILANTRO)	
	DILL	
	(LAVENDER FLOWERS)	
	PERENNIAL HERBS	
	ROSEMARY	
	(BARLEY)	
	(CORN)	
OATS		
	(SPELT)	
	(WHEAT)	
HONEY		(SORGHUM SYRUP)
	BEEF	
	GOAT	
	LAMB	
	PORK	
	CHICKEN & EGGS	
	DUCK & EGGS	
	GUINEA FOWL & EGGS	
	QUAIL & EGGS	
	TURKEY & EGGS	
	CATFISH	
	(FRESHWATER PRAWNS)	
	TROUT	
	COW CHEESES	
	GOAT CHEESES	
	SHEEP CHEESES	
	BUTTER	
	BUTTERMILK	
	CREAM	
	MILK	

# AUG

APPLES

APRICOTS

FIGS  
GRAPES

MUSCADINES

NECTARINES

PAWPAWS

PEACHES

PEARS

CANTALOUPE  
HONEYDEW MELONS  
WATERMELONS

BLACKBERRIES

BLUEBERRIES

GOOSEBERRIES

RASPBERRIES

BOK CHOY

CABBAGES

BROCCOLI

SWEET CORN  
CUCUMBERS  
EGGPLANT

FENNEL

MUSHROOMS  
OKRA  
COLORED PEPPERS  
GREEN PEPPERS  
HOT PEPPERS

SPROUTS  
TOMATILLOS  
TOMATOES  
EDAMAME  
GREEN BEANS

(SHELLING BEANS)

SUMMER SQUASHES  
WINTER SQUASHES  
ZUCCHINI

CARROTS  
POTATOES

TURNIPS

GARLIC

ONIONS

SHALLOTS

BASIL  
(CILANTRO)  
DILL  
(LAVENDER FLOWERS)  
PERENNIAL HERBS  
ROSEMARY  
(BARLEY)  
(CORN)  
(OATS)  
(SPELT)  
(WHEAT)

HONEY

(SORGHUM SYRUP)

BEEF  
GOAT  
LAMB  
PORK

CHICKEN & EGGS  
DUCK & EGGS  
GUINEA FOWL & EGGS  
QUAIL & EGGS  
TURKEY & EGGS

CATFISH  
(FRESHWATER PRAWNS)

TROUT

COW CHEESES  
GOAT CHEESES  
SHEEP CHEESES

BUTTER  
BUTTERMILK  
CREAM  
MILK

# SEP

APPLES

FIGS

GRAPES

MUSCADINES

PAWPAWS

PEARS

CANTALOUPE

HONEYDEW MELONS

WATERMELONS

RASPBERRIES

ARUGULA

ASIAN GREENS

BOK CHOY

BROCCOLI RAAB

CABBAGES

COLLARDS

KALE

LETTUCE

MUSTARD GREENS

SALAD GREENS

SPINACH

BRUSSELS SPROUTS

SWEET CORN

CUCUMBERS

EGGPLANT

KOHLRABI

MUSHROOMS

OKRA

COLORED PEPPERS

GREEN PEPPERS

HOT PEPPERS

SPROUTS

TOMATILLOS

TOMATOES

EDAMAME

GREEN BEANS

PEANUTS

SHELLING BEANS

SNAP BEANS

PUMPKINS

SUMMER SQUASHES

WINTER SQUASHES

ZUCCHINI

BEETS

CARROTS

POTATOES

RADISHES

SWEET POTATOES

TURNIPS

CHESTNUTS

GARLIC

(ONIONS)

SHALLOTS

BASIL

(CILANTRO)

DILL

(LAVENDER FLOWERS)

PERENNIAL HERBS

ROSEMARY

(BARLEY)

(CORN)

(OATS)

SPELT

(WHEAT)

(HONEY)

SORGHUM SYRUP

BEEF

GOAT

LAMB

PORK

CHICKEN & EGGS

DUCK & EGGS

GUINEA FOWL & EGGS

QUAIL & EGGS

TURKEY & EGGS

CATFISH

FRESHWATER PRAWNS

TROUT

COW CHEESES

GOAT CHEESES

SHEEP CHEESES

BUTTER

BUTTERMILK

CREAM

MILK

# OCT

## APPLES

MUSCADINES

PAWPAWS

PEARS

PERSIMMONS

WATERMELONS

RASPBERRIES

ARUGULA

ASIAN GREENS

BROCCOLI RAAB

CABBAGES

CHARD

COLLARDS

KALE

LETTUCE

MUSTARD GREENS

SALAD GREENS

SPINACH

BROCCOLI

BRUSSELS SPROUTS

CAULIFLOWER

CUCUMBERS

EGGPLANT

KOHLRABI

MUSHROOMS

OKRA

COLORED PEPPERS

GREEN PEPPERS

HOT PEPPERS

SPROUTS

TOMATILLOS

TOMATOES

GREEN BEANS

PEANUTS

SHELLING BEANS

SNAP BEANS

PUMPKINS

SUMMER SQUASHES

WINTER SQUASHES

ZUCCHINI

BEETS

CARROTS

POTATOES

RADISHES

RUTABAGAS

SWEET POTATOES

TURNIPS

BLACK WALNUTS

CHESTNUTS

PECANS

GARLIC

GREEN ONIONS

(ONIONS)

SHALLOTS

BASIL

CILANTRO

DILL

(LAVENDER FLOWERS)

PERENNIAL HERBS

ROSEMARY

(BARLEY)

(CORN)

(OATS)

SPELT

(WHEAT)

(HONEY)

SORGHUM SYRUP

BEEF

GOAT

LAMB

PORK

CHICKEN & EGGS

DUCK & EGGS

GUINEA FOWL & EGGS

QUAIL & EGGS

TURKEY & EGGS

CATFISH

(FRESHWATER PRAWNS)

TROUT

COW CHEESES

GOAT CHEESES

SHEEP CHEESES

BUTTER

BUTTERMILK

CREAM

MILK

# NOV

APPLES

PERSIMMONS

ARUGULA

BOK CHOY

CABBAGES

CHARD

COLLARDS

KALE

LETTUCE

MUSTARD GREENS

SALAD GREENS

SPINACH

BROCCOLI

BRUSSELS SPROUTS

CAULIFLOWER

KOHLRABI

MUSHROOMS

(HOT PEPPERS)

SPROUTS

(TOMATOES)

SHELLING BEANS

(PUMPKINS)

WINTER SQUASHES

BEETS

CARROTS

POTATOES

RADISHES

RUTABAGAS

(SWEET POTATOES)

TURNIPS

BLACK WALNUTS

PECANS

GARLIC

GREEN ONIONS

(ONIONS)

(SHALLOTS)

(BASIL)

CILANTRO

(DILL)

(LAVENDER FLOWERS)

(PERENNIAL HERBS)

ROSEMARY

(BARLEY)

CORN

(OATS)

(SPELT)

(WHEAT)

(HONEY)

SORGHUM SYRUP

BEEF

GOAT

LAMB

PORK

CHICKEN & EGGS

DUCK & EGGS

GUINEA FOWL & EGGS

QUAIL & EGGS

TURKEY & EGGS

CATFISH

(FRESHWATER PRAWNS)

TROUT

COW CHEESES

GOAT CHEESES

SHEEP CHEESES

BUTTER

BUTTERMILK

CREAM

MILK

# DEC

(APPLES)

(PERSIMMONS)

ARUGULA

CHARD

KALE

SPINACH

BROCCOLI

BRUSSELS SPROUTS

CAULIFLOWER

MUSHROOMS

(HOT PEPPERS)

SPROUTS

(SHELLING BEANS)

(WINTER SQUASHES)

BEETS

(CARROTS)

(POTATOES)

RADISHES

(RUTABAGAS)

(SWEET POTATOES)

TURNIPS

(BLACK WALNUTS)

PECANS

GARLIC

(ONIONS)

(SHALLOTS)

(BASIL)

CILANTRO

(DILL)

(LAVENDER FLOWERS)

(PERENNIAL HERBS)

ROSEMARY

(BARLEY)

CORN

(OATS)

(SPELT)

(WHEAT)

(HONEY)

(SORGHUM SYRUP)

BEEF

GOAT

LAMB

PORK

CHICKEN & EGGS

DUCK & EGGS

GUINEA FOWL & EGGS

QUAIL & EGGS

TURKEY & EGGS

CATFISH

(FRESHWATER PRAWNS)

TROUT

COW CHEESES

(GOAT CHEESES)

(SHEEP CHEESES)

BUTTER

BUTTERMILK

CREAM

MILK

# JAN

**KALE**

**MUSHROOMS**

**(HOT PEPPERS)**

**SPROUTS**

**(SHELLING BEANS)**

**(WINTER SQUASHES)**

**(BEETS)**

**(CARROTS)**

**(POTATOES)**

**(RADISHES)**

**(RUTABAGAS)**

**(SWEET POTATOES)**

**(TURNIPS)**

**(PECANS)**

**(ONIONS)**

**(SHALLOTS)**

**(BASIL)**

**(CILANTRO)**

**(DILL)**

**(LAVENDER FLOWERS)**

**(PERENNIAL HERBS)**

**ROSEMARY**

**(BARLEY)**

**(CORN)**

**(OATS)**

**(SPELT)**

**(WHEAT)**

**(HONEY)**

**(SORGHUM SYRUP)**

**BEEF**

**GOAT**

**LAMB**

**PORK**

**CHICKEN & EGGS**

**DUCK & EGGS**

**GUINEA FOWL & EGGS**

**QUAIL & EGGS**

**TURKEY & EGGS**

**OATFISH**

**(FRESHWATER PRAWNS)**

**TROUT**

**COW CHEESES**

**(GOAT CHEESES)**

**(SHEEP CHEESES)**

**BUTTER**

**BUTTERMILK**

**CREAM**

**MILK**

# FEB

**KALE**

**MUSHROOMS**

**(HOT PEPPERS)**

**SPROUTS**

**(SHELLING BEANS)**

**(WINTER SQUASHES)**

**(BEETS)**

**(CARROTS)**

**(POTATOES)**

**(RADISHES)**

**(RUTABAGAS)**

**(SWEET POTATOES)**

**(TURNIPS)**

**(PECANS)**

**(ONIONS)**

**(SHALLOTS)**

**(BASIL)**

**(CILANTRO)**

**(DILL)**

**(LAVENDER FLOWERS)**

**(PERENNIAL HERBS)**

**ROSEMARY**

**(BARLEY)**

**(CORN)**

**(OATS)**

**(SPELT)**

**(WHEAT)**

**(HONEY)**

**(SORGHUM SYRUP)**

**BEEF**

**GOAT**

**LAMB**

**PORK**

**CHICKEN & EGGS**

**DUCK & EGGS**

**GUINEA FOWL & EGGS**

**QUAIL & EGGS**

**TURKEY & EGGS**

**OATFISH**

**(FRESHWATER PRAWNS)**

**TROUT**

**COW CHEESES**

**(GOAT CHEESES)**

**(SHEEP CHEESES)**

**BUTTER**

**BUTTERMILK**

**CREAM**

**MILK**

# MAR

**KALE**

**MUSHROOMS**

**(HOT PEPPERS)**

**SPROUTS**

**(SHELLING BEANS)**

**(WINTER SQUASHES)**

**(BEETS)**

**(CARROTS)  
(POTATOES)**

**(RUTABAGAS)  
(SWEET POTATOES)**

**(TURNIPS)**

**(ONIONS)**

**RAMPS  
(SHALLOTS)**

**(BASIL)  
(CILANTRO)  
(DILL)**

**(LAVENDER FLOWERS)  
(PERENNIAL HERBS)**

**ROSEMARY  
(BARLEY)**

**(CORN)  
(OATS)**

**(SPELT)  
(WHEAT)**

**(HONEY)**

**(SORGHUM SYRUP)**

**BEEF**

**GOAT**

**LAMB**

**PORK**

**CHICKEN & EGGS**

**DUCK & EGGS**

**GUINEA FOWL & EGGS**

**QUAIL & EGGS**

**TURKEY & EGGS**

**CATFISH**

**(FRESHWATER PRAWNS)**

**TROUT**

**COW CHEESES**

**(GOAT CHEESES)**

**(SHEEP CHEESES)**

**BUTTER**

**BUTTERMILK**

**CREAM**

**MILK**