

Cheat Sheet: Ohio Produce by Season

Whether you're headed to the farmer's market, placing an online produce order or running to the store with a good old fashioned grocery list, you'll want to make note of what's in season in Ohio, so you can get the best tasting and nutrient-dense options available.

FALL

September, October, November

Apples	Leeks
Lima Beans	Mustard Greens
Snap Beans	Okra
Beets	Dry Onions
Blackberries	Green Onions
Blueberries	Parsley
Broccoli	Parsnips
Cabbage	Peaches
Cantaloupe	Bell Peppers
Carrots	Hot Peppers
Cauliflower	Sweet Peppers
Cilantro	Potatoes
Collards	Pumpkins
Sweet Corn	Radishes
Cucumbers	Spinach
Dill (Dry and Seed)	Winter Squash
Eggplant	Tomatoes
Endive & Escarole	Turnip Greens
Grapes	Turnips
Kale	Watermelon
Leafy Lettuce	Zucchini

SPRING

April, May

Asparagus
Cabbage
Collards
Kale
Mustard Greens
Radishes
Rhubarb
Spinach
Strawberries
Turnip Greens

SUMMER

June, July, August

Apples	Mustard Greens
Asparagus	Okra
Lima Beans	Onions
Snap Beans	Green Onions
Broccoli	Parsley
Cabbage	Peaches
Cantaloupe	Sweet peppers
Carrots	Potatoes
Cilantro	Radishes
Collards	Black Raspberries
Sweet Corn	Red Raspberries
Cucumbers	Rhubarb
Currants	Spinach
Dill	Summer Squash
Eggplant	Winter Squash
Endive & Escarole	Strawberries
Gooseberries	Tomatoes
Grapes	Turnip Greens
Kale	
Leafy Lettuce	
Leeks	

Source: <https://ofbf.org/whats-in-season/>

Tips



Wash and chop your fruits and veggies when you get home from the store and put them in clear containers. You'll be more inclined to grab them as ingredients or a snack if the work is already done.

Oh man! You had to punt on dinner plans and now you have a slew of veggies you're not sure you'll use before they go bad? Freeze them! They can be quickly defrosted or used as smoothie ingredients for an extra nutritional punch.

Don't let your fruits & veggies fraternize. Fruits give off a ripening agent called ethylene and can prematurely ripen and spoil your young, impressionable veggies.

Chicken Sandwich with Apples, Arugula, Brie, & Avocado Cranberry Mash

- 2-3 large slices of rotisserie chicken breast
- 1/2 avocado, sliced
- 1-2 tbsp of canned cranberry sauce
- 2-3 thin slices of brie cheese
- 2-3 thin slices of apple (e.g. gala, fuji, granny smith, etc.)
- Handful of arugulas
- Whole wheat bread
- Salt and pepper to taste

<https://www.refinery29.com/en-us/no-cook-meals-fall-recipes#slide-1>

Kale-Arugula Salad with Corn, White Beans, Feta, Pom Seeds, & Pepitas

- 1/2 cup kale, shredded
- 1/2 cup arugula
- 1/4 cup canned corn
- 1/4 cup cannellini beans
- 1-2 tbsp feta
- 1-2 tbsp pomegranate seeds
- 1-2 tbsp pepitas
- 1/2 avocado, sliced
- 1-2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Fall Trial Mix

- 1 cup pecan pieces
- 1 cup almonds
- 1/2 cup pepitas (pumpkin seeds)
- 1/2 cup dried cranberries
- 1/4 cup mini dark chocolate chips
- 1 teaspoon pumpkin pie spice

Carrot Cake Protein Balls

- 1 TBS Almond butter
- Shredded carrots
- ½ vanilla protein powder
- Vanilla extract
- Cinnamon
- Nutmeg
- ½ date, pitted
- Unsweetened coconut

https://www.canr.msu.edu/news/7_benefits_of_eating_local_foods