



Dakota Grown: What's in Season?

Choosing produce that is in-season is a great way to add new flavors to your meals! This calendar can help you explore different fruits and vegetables throughout the year and serve as a reminder of when they are in season. Their availability may vary depending on weather and other growing factors.

Produce	March	April	May	June	July	August	September	October	November	December
Apple					July-October					
Apricot					July-August					
Artichoke	March-May									
Asparagus			May-June							
Beans					July-September					
Beet				June		August-October				
Bell Pepper					July-September					
Broccoli				June-September						
Brussels Sprout							September-November			
Cabbage				June		August-October				
Cantaloupe					July-September					
Carrot					July-October					
Cauliflower					August-October					
Celery					July-September					
Cherry				June-July						
Cucumber					July-September					
Eggplant					August-October					
Garlic					July-December					
Grape					July-October					
Greens				June-October						
Herbs				June-September						
Kohlrabi				June-October						
Leek					August-October					
Lettuce				June-September						
Melons					July-September					
Okra				June-October						

Produce	March	April	May	June	July	August	September	October	November	December
 Onion						August-November				
 Parsnip		April-May						October-December		
 Pear						August-October				
 Peas				June-October						
 Plum							September			
 Potato					July-October					
 Pumpkin						August-October				
 Radishes			May-October							
 Rhubarb			May-August							
 Spinach			May-October							
 Squash - summer					July-October					
 Squash - winter						August-November				
 Strawberry & Raspberry				June-September						
 Sweet Corn					July-September					
 Sweet Potato						August-November				
 Tomatillo					July-September					
 Tomato					July-September					
 Turnip & Rutabaga						August-November				
 Watermelon					July-September					
 Wild Chokecherry						August-September				

Sources: resources.sdspecialtyproducers.org/wp-content/uploads/2024/06/Season-Availability-Chart.pdf; farmflavor.com/south-dakota/south-dakota-farm-to-table/whats-season-south-dakota-produce-calendar/; pickyourown.org/SDharvestcalendar.htm; seasonalfoodguide.org/state/south-dakota; extension.sdstate.edu/garden-yard/fruit; extension.sdstate.edu/garden-yard/vegetables; extension.sdstate.edu/pick-it-try-it-it

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