

Seasonal Harvest Guide



Fruits & Vegetables

TYPES

HARVEST

HOW TO USE

TYPES	HARVEST	HOW TO USE
Apples	Fall	Jam, Pie Filling, Applesauce, Dehydrating
Asparagus	Spring	Roasting , Soups, Stir Fry, Quiche, Baking
Beans, Dry	Late Summer to Fall	Mexican Dishes, Canning, Main or Side Dishes , Soups
Beets	Summer or Fall	Roasting , Freezing, Soups, Salads
Blueberries	Summer	Pie Filling, Muffins , Fruit Juice , Freezing
Broccoli or Cauliflower	Early Summer or Fall	Soups , Casseroles, Freezing, Salads, Steamed, Veggie Trays, Stir-Fry
Butternut Squash	Fall	Purées, Soups, Roasting, Canning, Dinner Rolls , Waffles
Cabbage	Late Spring to Fall	Sauerkraut , Stir-Fry, Salads, Canning, Casseroles, Soups
Carrots	Summer or Fall/Winter	Canning, Broth , Soups, Main Dishes, Roasting
Celery	Late Summer or Fall	Soups, Veggie Trays, Dipping, Stuffing, Freezing
Cherries	Summer	Canning, Pie Filling , Fruit Juice, Freezing
Corn	Late Summer to Fall	Canning, Freezing , Soups, Sides, Salads
Cranberries	Fall	Fruit Jam, Juice, Canning, Sauce , Freezing
Cucumbers	Summer	Pickles , Relish, Salads, Fermenting, Canning
Dates	Late Summer to Fall	Desserts, Snacking, Freezing
Eggplants	Mid Summer to Fall	Roasted, Sautéed, Fried , Spreads, Canning
Herbs, Fresh (Cilantro, Dill, Parsley)	Spring to Summer	Garnishes, Dehydrated, As a Spice, Adds Flavor
Garlic	Summer	Soups, Salads, Dressings, Main Dishes, Use as a Spice
Grapefruit	Late Fall to Early Spring	Eating Fresh, Desserts, Glazes for Meats
Grapes	Fall	Canning , Fruit Juices, Freezing, Jelly
Green Beans	Summer or Fall	Canning, Sauteing, Freezing, Casseroles, Soups
Green Onions	Spring to Fall	Salads, Eggs, Stir Fry, Garnish, Asian Dishes, Quiche, Soups
Kale	Summer to Fall	Salads, Soups , Freezing
Lettuce & Greens (Spinach)	Spring or Fall	Salads, Dips, Sandwiches, Sauteing, Wraps
Mango	Spring to Fall	Salsa , Salads, Freezing, Smoothies
Melons (Cantaloupe/Watermelon)	Late Summer to Fall	Fresh Eating, Fruit Trays, Popsicles, Punch
Mushrooms	Spring to Fall	Dehydrating, Soups, Stir-Fry, Salads, Veggie Trays, Bouillon
Onions	Late Summer or Fall	Salads, Main Dishes, Stir-Fry, Cough Syrup, Broth , Soups
Parsnips	Fall	Patties, Dehydrating, VEGETA Seasoning , Mashed, Roasted
Peas	Summer to Fall	Frozen, Creamed, Side, Casseroles, Salads, Canned, Stir-Fry
Peppers (Jalapeno or Bell Peppers)	Summer to Fall	Salsa, Pickled , Frozen, Fajitas, Stir-Fry, Breads, Stuffed, with Eggs, Burritos, Garnish
Pears	Fall	Pie Filling, Fruit Juice, Sauce, Fruit Cups, Dessert
Peaches	Summer	Canning , Fruit Cups, Cobblers, Cakes, Desserts
Pomegranates	Fall	Salads , Desserts , Cakes, Garnish, Juice
Potatoes & Sweet Potatoes	Late Summer to Fall	Roasted , Mashed, Boiled , Baked, Soups, Fried, Canning, Rolls, Pancakes, Hash Browns
Pumpkin	Fall	Canned, Muffins, Waffles , Roasted Seeds, Pies, Cinnamon Rolls, Cheesecakes
Radishes	Spring or Fall	Salads , Sandwiches, Dips
Raspberries	Summer to Fall	Pie, Filling, Sauces, Freezing, Jam or Preserves, Desserts
Rhubarb	Fall	Jams, Pies, Punch/Juice
Strawberries	Summer	Jam , Salads, Muffins, Pies, Desserts, Smoothies, Sauces
Tomatoes	Summer to Fall	Canning , Soups, Dehydrated, Main Dishes, Stuffed, Sandwiches, Salsa, with Eggs, Salads,
Zucchini & Yellow Squash	Summer	Stir-Fry, Relish, Roasted, Sauteed, Fritters, Stuffed, Spread , in Casseroles, Lasagna, Desserts, Breads, Cakes, Brownies