FarmersMarketsNM.org

MEXICO HARVEST CAL

All of these delicious foods

are grown in New Mexico, but local availability depends on a variety of growing conditions including weather, soil, elevation, and farmer preference.

Check with your local market to find out what is available near you!

SPRING >> MARCH THROUGH MAY

Nuts

Pecans **Pistachios**

Vegetables

Arugula

Asparagus Beans (dried) Beets

Bok Choy Broccolini Dried Corn

(chicos, posole) Greens (cooking)

Herbs

Lettuce Onions Peas (shelling, sugar snap, snow) Radishes

Spinach Turnips

Salad Greens

EARLY >>> SUMMER

JUNE THROUGH MID-JULY

Fruits/Nuts

Apricots Cherries Figs **Nectarines** Peaches

Plums Strawberries

Vegetables

Arugula Beans (dried) Beans (fresh) Beets

Carrots Cucumbers **Dried Corn** (chicos, posole) Fennel Garlic

Greens (cooking)

Herbs Kohlrabi Lettuce Onions Peas (shelling, sugar snap) Potatoes

Rhubarb

Radishes Rhubarb Salad Greens Spinach Summer Squash Turnips

HIGH >> SUMMER

MID-JULY THROUGH EARLY SEPTEMBER

Fruits/Nuts

Apples Apricots Berries Grapes Melons Nectarines Peaches Pears

Pecans

Pistachios Plums Watermelons

Vegetables

Beans (dried) Beans (fresh) Beets Peppers (shishito, jalapeño, bell)

Black-eyed Peas Cabbage Carrots Celery Corn Cucumbers

Dried Corn

Eggplant

Leeks (chicos, posole) Okra Onions

Fennel Garlic Green Chile Greens (cooking) Herbs Kohlrabi Lettuce

Potatoes Pumpkins Radishes Salad Greens Summer Squash Tomatoes Tomatillos Turnips Winter Squash

LATE SEPTEMBER THROUGH NOVEMBER

WINTER >>

DECEMBER

THROUGH

FEBRUARY

Fruits/Nuts

Apples Grapes Melons Pears Pecans **Pistachios** Plums Raspberries

Vegetables

Arugula Beans (dried) Beans (fresh) Beets Peppers (shishito, jalapeño, bell) Broccoli Cabbage Carrots Cauliflower

Cucumbers **Dried Corn** (chicos, posole) Eggplant Fennel Garlic Green Chile



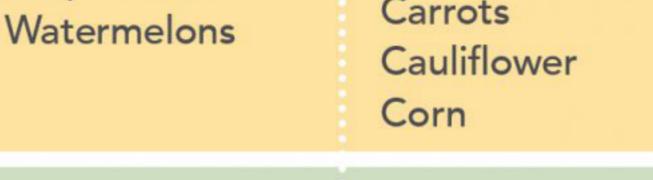
Greens (cooking) Herbs Kohlrabi Leeks Lettuce Okra Onions Parsnips Potatoes Pumpkins

Rutabaga Salad Greens Summer Squash Sweet Potatoes Tomatoes

Tomatillos

Winter Squash

Turnips



Fruits/Nuts

Apples Jujubes Pecans Pistachios

Vegetables

Arugula Beans (dried)

Beets Cabbage Celery Root Dried Corn (chicos, posole) Garlic Greens (cooking) Herbs

Leeks Lettuce Onions Parsnips Potatoes Radishes Red Chile

Root Vegetables

Rutabaga Salad Greens Spinach Turnips Winter Squash

Radishes

Red Chile



