



NEW MEXICO HARVEST CALENDAR

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
Rhubarb

Salad Greens
Spinach
Turnips



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



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
(chicos, posole)
Eggplant



Fennel
Garlic
Green Chile
Greens (cooking)
Herbs
Kohlrabi
Leeks
Lettuce
Okra
Onions



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

FALL »

LATE SEPTEMBER
THROUGH
NOVEMBER

Fruits/Nuts

Apples
Grapes
Melons
Pears
Pecans
Pistachios
Plums
Raspberries
Watermelons



Vegetables

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

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



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



Rutabaga
Salad Greens
Summer Squash
Sweet Potatoes
Tomatoes
Tomatillos
Turnips
Winter Squash

WINTER »

DECEMBER
THROUGH
FEBRUARY

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

