

## How to use this chart:

The foods listed in this guide are all grown in New Mexico. Use this guide to select locally grown produce that is in season. Doing so will support sustainable agriculture, a practice that has positive implications for the environment, your health and the well-being of those who grow the food we eat.

### New Mexico Seasonal Food Chart

Spring			Summer			Fall			
April	May	June	July	August	September	October	November	December	
				<-----Apples (with storage to June 1)----->					
				<-Apricots->					
	<-Asparagus->								
			Beets ----->						
				<-----Bell Peppers----->					
			<-----Broccoli----->						
				<-----Cabbage----->					
				<-----Cantaloupe----->					
				<-----Carrots----->					
				<-----Cauliflower----->					
				<-----Celery----->					
		<-----Cherries----->							
				<-----Chiles----->					
				<-----Cucumbers----->					
				<-----Eggplant----->					
				<-----Grapes----->					
				<-----Green Beans----->					
				<-----Herbs----->					
				<-----Honeydew Melons----->					
<-----Lettuce (leaf and head)----->									
				<-----Onions (with storage to March 15)----->					
				<-Peaches->					
							<-Pecans->		
					<-----Pears----->				
<-----Pinto Beans (All year)----->									
					<-----Pistachios----->				
				<-Plums-->					
				<-----Potatoes----->					
				<-----Pumpkins----->					
				<-----Raspberries----->					
	<-----Rhubarb----->								
	<-----Snap Peas----->								
<-----Spinach----->									
		<-----Strawberries----->							
			<-----Summer Squash----->						
				<-----Sweet Corn----->					
				<-----Tomatoes----->					
				<-----Watermelon----->					
						<-----Winter Squash----->			
April	May	June	July	August	September	October	November	December	