

# Buying Guide

## for Kansas-Grown Fresh Fruits and Vegetables



### Introduction

Choosing fresh and nutritious seasonal fruits and vegetables from a farmers market offers many benefits. It can be a great way to add more variety to your diet or to try new foods. It can provide social contacts that help you stay connected to your community, too.

Getting out to shop and interact with others at open-air markets can be especially beneficial if you live alone or have little contact with others. Social contact at farmers markets during the selling season can foster friendships.

### Finding a Market

To find a Kansas community farmers market near you, call your local K-State Research and Extension office or visit: [www.ksfarmersmarkets.org](http://www.ksfarmersmarkets.org) or [apps.ams.usda.gov/farmersmarkets/](http://apps.ams.usda.gov/farmersmarkets/).

Use this guide throughout the summer to know which fresh, Kansas-grown fruits and vegetables are likely to be available at your local open-air market. However, some fruits and vegetables may not

be grown by the farmers in your area.

### Availability Guide

**Early to mid June** – asparagus, beets, broccoli, cabbage, cauliflower, Chinese cabbage, collards, green onions, kale, kohlrabi, lettuce, mesclun, mushrooms, mustard greens, oriental greens, peas, radishes, rhubarb, spinach, sprouts, strawberries, turnips

**Mid to late June** – apples, apricots, basil and other fresh herbs, beets, blueberries, cabbage, carrots, cauliflower, cherries, collards, cucumbers, edible soybeans, garlic, green beans, head lettuce, kohlrabi, lima beans, mushrooms, mustard greens, oriental greens, raspberries, sprouts, strawberries, summer squash

**Early to mid July** – apples, apricots, basil and other fresh herbs, beets, blackberries, blueberries, carrots, cauliflower, cherries, crabapples, cucumbers, dewberries, edible soybeans, garlic, gooseberries, green beans, honeydew melon, lima beans, mulberries, mushrooms, muskmelon or cantaloupe,

nectarines, New Zealand spinach, onions, peaches, peppers, potatoes, raspberries, sprouts, summer squash, sweet corn, Swiss chard, tomatoes

**Mid to late July** – basil and other fresh herbs, blackberries, crabapples, cucumbers, currants, dewberries, eggplant, gooseberries, grapes, honeydew melon, mulberries, mushrooms, muskmelon or cantaloupe, nectarines, New Zealand spinach, okra, onions, peaches, peppers, plums, potatoes, sprouts, summer squash, sweet corn, Swiss chard, tomatoes, watermelon

**Early to mid August** – basil and other fresh herbs, blackberries, cucumbers, currants, dewberries, eggplant, gooseberries, grapes, hardy kiwi, honeydew melon, Jerusalem artichoke, mushrooms, muskmelon or cantaloupe, nectarines, New Zealand spinach, okra, onions, peaches, peppers, plums, potatoes, sprouts, summer squash, sweet corn, Swiss chard, tomatoes, watermelon

**Mid to late August** – apples, Asian pears, basil and other fresh herbs, blackberries, cucumbers, currants, date pears, dewberries, eggplant, gooseberries, grapes, hardy kiwi, honeydew melon, Jerusalem artichoke, mushrooms, muskmelon or cantaloupe, nectarines, New Zealand spinach, okra, onions, peaches, pears, peppers, plums, sprouts, summer squash, sweet corn, Swiss chard, tomatoes, watermelon

**Early to mid September** – apples, Asian pears, basil and other fresh herbs, currants, date pears, gooseberries, grapes, honeydew melons, mushrooms, muskmelon or cantaloupe, nectarines, New Zealand spinach, okra, onions, peaches, pears, peppers, plums, raspberries, sprouts, summer squash, sweet corn, Swiss chard, tomatoes, watermelon

**Mid to late September** – apples, basil and other fresh herbs, beets, Brussels sprouts, currants, edible soybeans, grapes, green beans, head

lettuce, leaf lettuces, lima beans, mesclun, mushrooms, okra, paw-paw, peanuts, pears, persimmon, pumpkins, radishes, raspberries, rutabagas, spinach, sprouts, sweet potatoes, turnips, watermelon, winter melon, winter squash

**October** – apples, basil and other fresh herbs, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, Chinese cabbage, collards, edible soybeans, green beans, head lettuce, kale, kohlrabi, leaf lettuces, leeks, lima beans, mesclun, mushrooms, mustard greens, okra, oriental greens, parsnips, peanuts, pumpkins, radishes, raspberries, rutabagas, salsify, spinach, sprouts, sweet potatoes, turnips, winter melon, winter squash

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