

Vegetables

What's in Season?

May	
Mid	Asparagus, radishes
Late	Lettuce, rhubarb, spinach
June	
Early	Asparagus, broccoli, lettuce, radishes, spinach, peas
Mid	Beets, cabbage, rhubarb
July	
Early	Beans, beets, broccoli, cabbage, cauliflower, lettuce, radishes, rhubarb
Mid	Sweet corn, cucumbers, eggplant, peppers, potatoes
Late	Onions, tomatoes, turnips
August	
Early to Mid	Beans, beets, broccoli, cabbage, carrots, cauliflower, sweet corn, cucumbers, lettuce, tomatoes, eggplant, onions, peppers, potatoes, radishes, rhubarb, summer squash, turnips, melons
Late	Spinach
September	
Early to Mid	Apples, beans, beets, broccoli, cabbage, carrots, sweet corn, cucumbers, summer squash, eggplant, grapes, lettuce, onions, peppers, potatoes, radishes, spinach, winter squash, tomatoes, turnips, melons
Late	Apples, pumpkins
October	
	Apples, beets, broccoli, cabbage, beans, peppers, carrots, cauliflower, grapes, onions, potatoes, pumpkins, winter squash, turnips

- **Asparagus**
Among the earliest crops in spring, plantings of this hardy perennial can last for decades if well cared for, and the fine foliage makes it a natural for edible landscaping. The tender spears are tastiest when eaten as soon as possible after harvest.
- **Beans, bush**
Also known as French bean, filet bean, haricot, green bean (bush), wax bean (bush), string bean (bush). You can harvest this staple of the vegetable garden as snap beans, shell beans or dry beans. They are extremely easy to grow, but if your garden is small, consider planting pole beans. They yield two to three times more from the same space.
- **Beans, pole**
Pole beans yield two to three times more than bush beans from the same space, are easier to harvest, and many gardeners believe they are better tasting. Both types have similar requirements, except pole beans need a 5- to 8-foot-tall support. Can provide strong background or vertical element in flower garden.
- **Beets**
Easy-to-grow beets do double-duty in the kitchen, producing tasty roots for baking, boiling or sautéing and fresh greens to boil or steam. Plant them early for top quality and best flavor. (Fluctuating weather can reduce quality and create white zone rings in the roots.) Some varieties have red stems and venation in the leaves, making them a natural for edible landscaping.

- **Broccoli**
This cool-season crop grows best when daytime temperatures are in the 60s F. Grow in both spring and fall, but avoid mid-summer crops as hot weather can cause premature bolting. Romanesco types are especially handsome choices for edible landscaping. It is usually boiled or steamed, but may be eaten raw and has become popular as a raw vegetable in trays. It is high in vitamin C and dietary fiber and contains the compound glucoraphanin, leading to an anticancer compound sulforaphane.
- **Cabbage**
This cool-season crop grows best when daytime temperatures are in the 60s F. Direct-seed or transplant spring crops for fresh use in summer. Plant fall crops for winter storage or sauerkraut. The only part of the plant that is normally eaten is the leafy head. The cabbage head is widely consumed raw, cooked or preserved in a great variety of dishes. Cabbage is sliced into thin strips or shredded into salads or chopped, as in coleslaw. Boiled cabbage as an accompaniment to meats and other dishes and can be an opportune source of umami, sugars and dietary fiber. Fermented cabbage is sauerkraut.
- **Carrots**
Careful attention to the soil makes these Vitamin A-rich roots a snap to grow. Plant in deep, stone-free soil (a raised bed is great) with a fine surface. Thin and weed carefully, and mulch to keep soil cool. B-carotene, a dimmer of Vitamin A is abundant in carrots and gives vegetables characteristic orange color. Furthermore, carrots are rich in dietary fiber, antioxidants and minerals.
- **Cauliflower**
The most finicky and difficult of the cole (cabbage family) crops to grow, cauliflower flourishes when temperatures are moderate. Purple, orange and yellow-green colored varieties make good addition to flower gardens.

Cauliflower is low in fat, high in dietary fiber, folate, water and Vitamin C, possessing a very high nutritional density . As a member of the Brassica family, Cauliflower shares with broccoli and cabbage several phytochemicals which are beneficial to human health, including sulforaphane, an anti-cancer compound released when cauliflower is chopped or chewed. In addition the compound indole-3-carbinol, which appears to work as an anti-estrogen, appears to slow or prevent the growth of tumors of the breast and prostate. Cauliflower also contains other glucosinolates besides sulfurophane, substances which may improve the liver 's ability to detoxify carcinogenic substances.

- **Sweet Corn**
Corn demands fertile soil, consistent moisture and warm weather. If you have those and plenty of garden space to spare, it's not hard to grow great-tasting corn, and you won't get it any fresher.
- **Cucumbers**
Whether for pickling or slicing, cucumbers are easy to grow if you give them good soil, full sun and sufficient moisture, and wait for weather to warm before planting. Cucumbers are eaten as a vegetable, either raw, cooked, or made into pickled cucumbers. Although less nutritious than most fruit, the fresh cucumber is still a source of vitamin C, vitamin K, and potassium, also providing dietary fiber, vitamin A, vitamin B6, thiamin, folate, pantothenic acid, magnesium, phosphorus, copper and manganese.

- **Eggplant**
Dramatic foliage and colorful fruits (white, green and other colors in addition to the usual deep purple) make this heat-loving annual a good choice for ornamental beds as well as vegetable gardens. Needs two or more months with night-time temperatures in the 70s F for good fruit production. Nutritionally, eggplants are low in energy (30kcal/100g), protein (1.2%) and vitamin C (5mg/100g), but rich in potassium and calcium.
- **Garlic**
Easy to grow and productive - a pound of cloves can produce 7 to 10 pounds of garlic - the “stinking rose” needs rich, well-drained soil, full sun and excellent weed control.
- **Lettuce**
With the variety of colors, shapes and flavors available, your salads may never be the same. Lettuce is adaptable to many growing conditions, but likes it cool - around 60 F to 65 F. Grow in spring and fall, and slow bolting by shading summer crops. Lettuces have a high water content with very little nutrient value. The more bitter lettuces and the ones with pigmented leaves contain antioxidants.
- **Onions**
Also known as scallions, bunching onions, green onions. Whether harvested early for scallions (green onions), for summer meals, or winter storage, onions need rich, well-drained soil and good weed control. Tightly spaced green onions fit well in ornamental plantings.
- **Peas**
Also known as garden peas, shelling peas, snap peas, sugar peas, sugar snap peas, snow peas, Chinese peas, edible-podded peas. Like sweet corn, peas are at their tastiest immediately after harvest. Whether you choose shell or edible-pod peas, they grow best during spring and early summer when temperatures are between 60 F to 75 F.
- **Peppers**
Also known as Bell peppers, Hot peppers. Sometimes peppers are a challenge to grow in cooler areas of New York. The many varieties of sweet and hot peppers thrive on full sun, warm weather, well-drained soil and modest fertility.
- **Potatoes**
A nutritional mother lode, potatoes are easy to grow as long as they have full sun, moderate temperatures, and light, rich, acidic, well-drained soil. Try varieties with colors, shapes and flavors you won't find in the supermarket.
- **Pumpkins**
With fertile soil and a long enough growing season, it's easy to grow your own Jack-o-lanterns -- if you have enough space. Choose varieties bred for flavor if you want to make pies.
- **Radishes**
Easy to grow and ready to harvest in just 3 to 6 weeks. Make plantings of cool-season spring radishes every week or two for a continuous harvest until hot weather hits. Don't forget winter varieties that produce large, fall-harvested roots. Relative to their serving size, radishes are rich in ascorbic acid (vitamin C), folic acid (folate) and potassium. Relative to their caloric value, they are a good source of vitamin B6, riboflavin, magnesium, copper and calcium.
- **Rhubarb**

This tart, easy-to-grow perennial is great for pies and jams, especially when coupled with strawberries. It comes to life when temperatures rise into the 40s F, making it one of the earliest spring crops.

- Spinach

This easy-to-grow, nutritious, cool-season crop is among the first greens ready to harvest. But plant it early because it's quick to turn bitter and go to seed (bolt) as the weather warms and the days lengthen. Spinach is a rich source of iron. Spinach has a high calcium content. Spinach has a large nutritional value, especially when fresh, steamed or quickly boiled. It is a rich source of Vitamin A, Vitamin C, Vitamin E and several vital antioxidants.

- Summer Squash

Also known as zucchini, yellow squash, scalloped squash, patty pan squash. Summer squash comes in a variety of shapes and colors. Bush varieties take up relatively little space, and if kept picked will keep producing right up to frost.

- Winter Squash

Also known as Butternut squash, Acorn squash. Winter squash are easy to grow -- if you have room. In addition to the familiar butternut and acorn squash, varieties come in a staggering diversity of fruit size, shape and color. Choose bush varieties if space is tight.

- Tomatoes

The most popular garden vegetable crop, tomatoes come in a wide range of sizes, shapes and colors. Choose determinate varieties for early harvest or cool conditions. Compact varieties are also good choices for containers and planting in flower beds. Consumption of tomatoes is believed to benefit the heart. Lycopene, one of nature's most powerful antioxidants, is present in tomatoes and has been found to be beneficial in preventing prostate cancer, among other things. The greatest benefits are accrued through eating cooked tomatoes rather than raw.

- Turnips

Fast-growing spring turnip crops are best harvested while the weather is still cool. The flavor of fall crops is improved by light frost. Don't forget the greens which are delightful raw or cooked.