

SEASONAL EATING IN NH, VT

MAY	JE	JU	AUG
Asparagus*	Asparagus	Beans*	Apples*
Greens*	Chard*	Beets*	Beans
Parsnips	Greens	Broccoli	Beets
Radishes*	Lettuce*	Carrots*	Blackberries*
Rhubarb*	Peas*	Cauliflower*	Blueberries*
Scallions*	Radishes	Fennel*	Broccoli
Spinach*	Rhubarb	Greens	Cabbage*
	Scallions	Kale*	Carrots
	Spinach	Lettuce	Cauliflower
	Strawberries*	Melons*	Celery*
		Peas	Chard
		Potatoes*	Corn*
		Radishes	Cucumbers*
		Raspberries*	Eggplant*
		Scallions	Fennel
		Spinach	Garlic*
		Summer Squash*	Greens
		Tomatoes*	Kale
		Turnips*	Leeks*
			lettuce
			Melons
			Onions*
			Peas
			Peppers*
			Potatoes
			Radishes
			Raspberries
			Scallions
			Spinach
			Summer Squash
			Tomatoes
			Turnips
			Watermelon*

Did you know
in-season, local
vegetables often
cost the same as
in supermarkets?

SEPT	OCT	NOV
Apples	Apples	Apples
Beans	Beans	Beets
Beets	Beets	Broccoli
Blueberries	Blueberries	Brussels Sprouts
Broccoli	Broccoli	Cabbage
Brussel Sprouts*	Brussels Sprouts	Carrots
Cabbage	Cabbage	Cauliflower
Carrots	Carrots	Celeriac
Cauliflower	Cauliflower	Celery
Celeriac*	Celeriac	Chard
Celery	Celery	Kale
Chard	Chard	Leeks
Corn	Corn	Onions
Cucumbers	Cucumbers	Parsnips
Eggplant	Eggplant	Radishes
Fennel	Fennel	Rutabaga
Greens	Greens	Turnips
Kale	Kale	Winter Squash
Leeks	Leeks	
Lettuce	Lettuce	
Onions	Onions	
Parsnips*	Parsnips	
Peppers	Peppers	
Potatoes	Potatoes	
Pumpkins*	Pumpkins	
Radishes	Radishes	
Raspberries	Rutabaga*	
Scallions	Scallions	
Spinach	Spinach	
Summer Squash	Summer Squash	
Tomatoes	Turnips	
Turnips		
Winter Squash*	Winter Squash	

Asterisk =
in season now!

WHERE TO FIND LOCAL FOOD

FARM STANDS

Archway Farm, Keene
Coll's Farm, Jaffrey
Cheshire Gardens, Winchester
Crescendo Acres Farm, Surry
Dusty Dog Farm, Keene
Green Wagon Farm, Keene*
Manning Hill Farm, Winchester
Mayfair Farm, Harrisville
Partners Gardens, Nelson
Pete's Stand, Walpole*
Rosie's Farm Stand, Winchester
Rosaly's Garden, Peterborough
Spring Pond Farm, Greenfield
Stonewall Farm, Keene*
Tippin' Rock Farm, Swanzey
Tracie's Community Farm, Fitzwilliam
Walpole Valley Farms, Walpole
Whitaker's Homestead & Greenhouse, Alstead
Windfall Farm, Antrim
Winter Hill Farm, Hillsborough

FARMERS MARKETS

Chesterfield Farmers Market

Sat., 9am - 12pm

Farmers Market of Keene*

Sat., 9 - 1, Tues 3 - 6pm

Hinsdale Farmers Market*

Sundays, 9am - 1pm

Milford Farmers Market

Sat., 10am - 1pm

Peterborough Farmers Market

Wed., 3 - 6 pm

Rindge Farmers & Crafters

Thurs., 3- 6pm

TEAM Jaffrey Community Farmers

Market*, Wed., 4 - 7pm

Wilton Farmers Market

Wed., 12pm - 5pm

Winchester Farmers Market

Sat., 9am - 1pm

FOOD COOPERATIVE

Monadnock Food Co-op*

GROCERY STORES

Hancock Market, Hancock

Harrisville General Store, Harrisville

Kulick's Market, Winchester*

Nature's Green Grocer, Peterborough

Walpole Grocery, Walpole

FIND MORE
INFORMATION AT:



MFCOMMUNITYCOALITION.ORG

Asterisk =
SNAP/EBT
accepted