



YOUR GUIDE TO PENNSYLVANIA VEGETABLES



Asparagus	A	B	C		April to June	Select thick stalks with less than an inch of woody base. Prepare immediately after purchase
Snap Beans	A		C		July to October	Select long, slender pods free of scars. Refrigerate in a plastic bag.
Lima Beans		B	C	F	July to October	Select well-filled, dark green pods. Refrigerate in a plastic bag.
Beets			C	F	July to December	Select firm, medium-sized beets with deep red color. Refrigerate in a plastic bag.
Broccoli*	A	B	C	F	June to July and September to November	Select tight heads with dark green or purple buds. Refrigerate in a vegetable crisper or an open plastic bag.
Brussel Sprouts*	A	B	C	F	September to December	Select firm green sprouts. Refrigerate in an open plastic bag.
Cabbage*			C	F	June to December	Select firm compact heads. Avoid cutting until just before use.
Cantaloupe	A		C		July to September	Select melons with a thick netting golden color and delicate aroma. Refrigerate only after fully ripe.
Carrots	A		C	F	July to December	Select firm orange to orange-red roots. Remove leafy tops and refrigerate in a plastic bag.
Cauliflower*		B	C	F	June to July and September to November	Select heads with white or cream appearance. Refrigerate in an open plastic bag.
Celery			C		June to February	Select light green stalks that are smooth along the inside.
Sweet Corn			C	F	July to October	Select fresh green husks with ears filled to the tip. Should be served immediately or refrigerated until cooked.
Cucumbers					July to September	Select firm cucumbers with a rich green color. Can be refrigerated for up to two weeks.
Eggplant					July to October	Select firm eggplant with a rich purple color. Serve immediately or refrigerate up to three days.
Leaf Lettuce	A		C		May to October (field) Year-round (greenhouse)	Refrigerate in an airtight container or plastic bag.
Peas	A	B	C	F	May to June	Select well-filled bright green pods. Refrigerate in an open plastic bag.
Peppers	A	B	C		July to October	Select firm peppers that are heavy for their size with glossy color. Can be briefly refrigerated.
Potatoes		B	C	F	August to March	Select firm, smooth, well-shaped potatoes that are free from sprouts. Store in a cool, dark, dry place but do not refrigerate.
Pumpkin	A			F	September to December	Select pumpkins with a rich orange color and no cracks or breaks.
Spinach	A	B	C		May to June and September to October	Select crisp leaves with solid green color. Refrigerate in a plastic bag.
Summer Squash			C		June to October	For tender flesh, select smaller summer squash.
Winter Squash	A	B	C		September to December	Select squash that are heavy for their size with no soft spots.
Tomatoes	A		C		July to October (field) April to July and October to December (greenhouse)	For the best flavor, tomatoes must ripen to a deep red color and be slightly soft. Store at room temperature until they ripen to this stage. Never refrigerate until fully ripened. Allow refrigerated tomatoes to come to room temperature before serving.
Turnips			C		August to February	Select firm, smooth-skinned turnips. Refrigerate in a plastic bag.
Watermelon	A		C		July to October	Select firm melons with a rich green color and waxy dull surface.

A = Source of Vitamin A **B** = Source of Vitamin B **C** = Source of Vitamin C **F** = Source of Dietary Fiber * = Member of the Cabbage Family