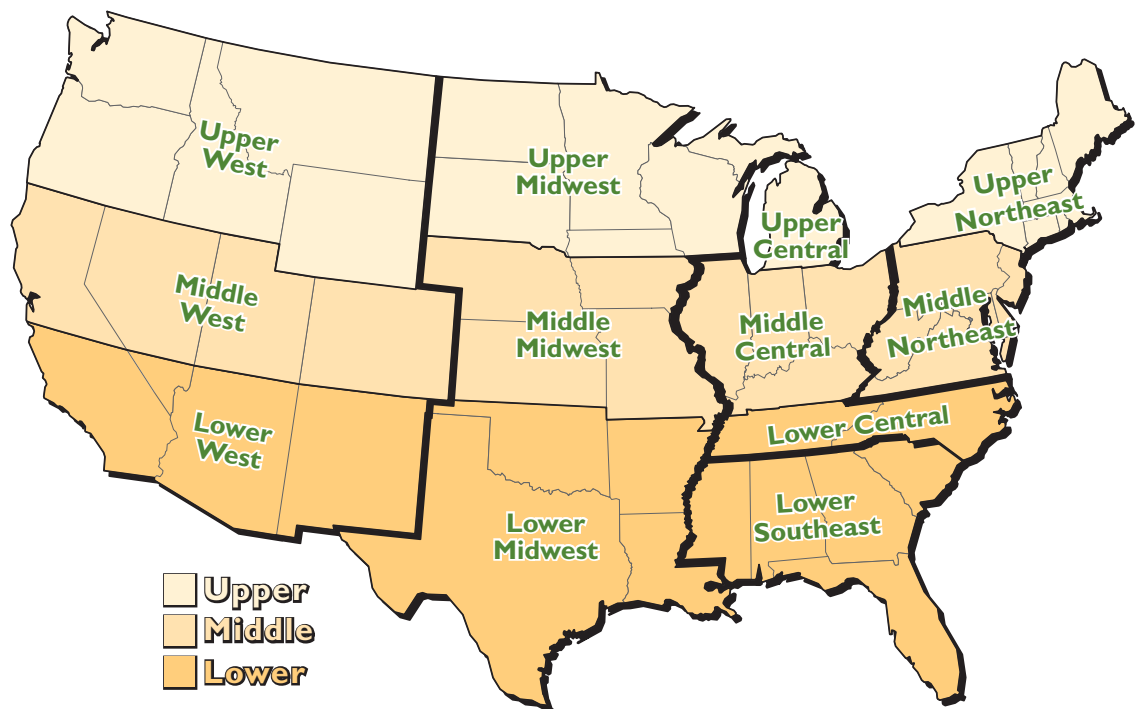


# Seed-to-Table Harvest Guide

Preserve the flavor and wholesomeness of fresh fruits and vegetables by preserving them during their peak season. This guide will help you plan your harvesting and preserving needs. Refer to the USDA MyPyramid for more about planning a balanced nutritional diet.

Harvesting information contained in this guide may vary according to growing conditions and location within a region. Refer to the map to determine your growing region. The pounds of produce needed for a particular jar size is an approximate amount and depends upon the method used for preparing and packing the produce into the jars.



# EAST

PRODUCE	UPPER NORTHEAST	MIDDLE NORTHEAST	LOWER SOUTHEAST	APPROX. LB PER (32oz) QUART
Fresh Vegetables				
Asparagus	May-June	April-June	April-Nov	3 1/2
Beets	July-Nov	June-Oct	April-June	2 – 3 1/2
Carrots	July-Nov	July-Oct	April-Oct	2 – 3
Green Beans	July-Sept	June-Sept	Jan-Dec	1 1/2 – 2 1/2
Green Peas	June-July	May-July	Jan-Sept	3 – 6
Lima Beans	Aug-Sept	July-Sept	Jan-Dec	3 – 5
Okra	June-Sept	June-Oct	May-Oct	1 1/2 – 2
Onions	Aug-Nov	Aug-Oct	Jan-June	1
Peppers, Sweet/Hot	July-Sept	July-Oct	Jan-Dec	1 lb/pint*
Pickling Cucumbers	July-Sept	June-Oct	March-Oct	1 1/2
Potatoes	July-Nov	July-Dec	Feb-Sept	2 1/2 – 3
Sweet Corn, Whole Kernel	July-Sept	June-Oct	May-Oct	3 – 6
Sweet Potatoes	Aug-Nov	Sept-Oct	July-Nov	2 – 3
Summer Squash	June-Sept	June-Oct	Feb-Oct	2 – 4
Fresh Fruits				
Apples	Aug-Oct	July-Oct	June-Nov	2 1/2 – 3
Apricots	July-Sept	June-Aug	May-Aug	2 – 2 1/2
Blueberries	July-Oct	June-Oct	May-Oct	1 1/2 – 3
Cherries	June-July	June-July	June-July	2 – 2 1/2
Citrus	Market Availability	Market Availability	Nov-May	2 – 2 1/2
Grapes	Sept-Oct	Aug-Oct	June-Nov	2
Peaches	July-Sept	July-Sept	April-Sept	2 – 3
Pears	Aug-Oct	Aug-Oct	July-Nov	2 – 3
Plums	Aug-Oct	July-Sept	July-Aug	1 1/2 – 2 1/2
Raspberries	July-Oct	June-Oct	May-Oct	1 1/2 – 3
Rhubarb (Acidified)	May-July	June-Sept	June-July	1 1/2 – 2
Strawberries	June-July	May-July	Jan-Oct	1 1/2 – 3
Tomatoes	July-Sept	July-Oct	Jan-Dec	2 1/2 – 3 1/2

\*Quarts not recommended

#### QUICK TIPS

- soft spreads – 1/2 lb produce per (8 oz) half pint
- relishes – 1 lb produce per (16 oz) pint



# CENTRAL

PRODUCE	UPPER CENTRAL	MIDDLE CENTRAL	LOWER CENTRAL	APPROX. LB PER (32oz) QUART
Fresh Vegetables				
Asparagus	April-June	April-June	April-May	3 1/2
Beets	Aug-Nov	June-Nov	June-July	2 – 3 1/2
Carrots	July-Nov	June-Nov	June-July	2 – 3
Green Beans	July-Sept	June-Oct	June-Oct	1 1/2 – 2 1/2
Green Peas	June-July	May-July	April-Oct	3 – 6
Lima Beans	Aug-Sept	Aug-Sept	July-Oct	3 – 5
Okra	June-Sept	July-Sept	July-Oct	1 1/2 – 2
Onions	Aug-Nov	Aug-Oct	Aug-Oct	1
Peppers, Sweet/Hot	July-Sept	July-Oct	July-Oct	1 lb/pint*
Pickling Cucumbers	July-Sept	July-Sept	July-Sept	1 1/2
Potatoes	Aug-Nov	July-Oct	July-Oct	2 1/2 – 3
Sweet Corn, Whole Kernel	July-Sept	July-Sept	June-Sept	3 – 6
Sweet Potatoes	Aug-Nov	Sept-Oct	Aug-Oct	2 – 3
Summer Squash	July-Sept	June-Sept	June-Oct	2 – 4
Fresh Fruits				
Apples	July-Oct	July-Oct	June-Nov	2 1/2 – 3
Apricots	July	June-Aug	May-Aug	2 – 2 1/2
Blueberries	July-Sept	June-Sept	June-Oct	1 1/2 – 3
Cherries	July-Aug	June-July	June-July	2 – 2 1/2
Citrus	Market Availability	Market Availability	Nov-May	2 – 2 1/2
Grapes	Sept-Oct	Aug-Sept	July-Sept	2
Peaches	Aug-Sept	June-Aug	June-Sept	2 – 3
Pears	Aug-Oct	Aug-Sept	April-Sept	2 – 3
Plums	Aug-Sept	July-Sept	June-Aug	1 1/2 – 2 1/2
Raspberries	July-Sept	June-Sept	June-Oct	1 1/2 – 3
Rhubarb (Acidified)	May	May-July	June-July	1 1/2 – 2
Strawberries	June-July	May-June	May-June	1 1/2 – 3
Tomatoes	July-Sept	July-Oct	June-Oct	2 1/2 – 3 1/2

\*Quarts not recommended

**QUICK TIPS**

- soft spreads – 1/2 lb produce per (8 oz) half pint
- relishes – 1 lb produce per (16 oz) pint



# MIDWEST

PRODUCE	UPPER MIDWEST	MIDDLE MIDWEST	LOWER MIDWEST	APPROX. LB PER (32oz) QUART
Fresh Vegetables				
Asparagus	April-June	April-Sept	April-Nov	3 1/2
Beets	July-Nov	June-Oct	April-May	2 – 3 1/2
Carrots	July-Nov	June-Oct	March-May; Sept-Jan	2 – 3
Green Beans	July-Sept	June-Oct	April-July; Oct-Nov	1 1/2 – 2 1/2
Green Peas	June-July	May-July	April-July	3 – 6
Lima Beans	Aug-Sept	July-Oct	May-Oct	3 – 5
Okra	June-Sept	July-Sept	May-Oct	1 1/2 – 2
Onions	Aug-Nov	Aug-Oct	March-July	1
Peppers, Sweet/Hot	July-Sept	July-Nov	May-Oct	1 lb/pint*
Pickling Cucumbers	July-Sept	July-Sept	May-Nov	1 1/2
Potatoes	July-Nov	June-Dec	May-June; Nov-Jan	2 1/2 – 3
Sweet Corn, Whole Kernel	July-Sept	July-Oct	April-Oct	3 – 6
Sweet Potatoes	Aug-Nov	Sept-Oct	Sept-Oct	2 – 3
Summer Squash	July-Sept	July-Oct	April-Nov	2 – 4
Fresh Fruits				
Apples	Aug-Oct	June-Nov	May-Nov	2 1/2 – 3
Apricots	July-Sept	June-Aug	May-Aug	2 – 2 1/2
Blueberries	June-Sept	June-Oct	May-Oct	1 1/2 – 3
Cherries	July	June-July	June-July	2 – 2 1/2
Citrus	Market Availability	Market Availability	Nov-May	2 – 2 1/2
Grapes	Sept-Oct	July-Oct	July-Aug	2
Peaches	Aug-Sept	June-Oct	May-Aug	2 – 3
Pears	Aug-Oct	Aug-Oct	May-Nov	2 – 3
Plums	Aug-Sept	July-Sept	May-July	1 1/2 – 2 1/2
Raspberries	June-Sept	June-Oct	May-Oct	1 1/2 – 3
Rhubarb (Acidified)	May-July	May-July	June-July	1 1/2 – 2
Strawberries	June-July	May-Sept	April-June	1 1/2 – 3
Tomatoes	July-Sept	May-Oct	April-Oct	2 1/2 – 3 1/2

\*Quarts not recommended

**QUICK TIPS**

- soft spreads – 1/2 lb produce per (8 oz) half pint
- relishes – 1 lb produce per (16 oz) pint



# WEST

PRODUCE	UPPER WEST	MIDDLE WEST	LOWER WEST	APPROX. LB PER (32oz) QUART
Fresh Vegetables				
Asparagus	May-July	April-Sept	April-Nov	3 1/2
Beets	July-Oct	May-Sept	Jan-Sept; Nov-Dec	2 – 3 1/2
Carrots	Aug-Nov	May-Sept	Jan-Dec	2 – 3
Green Beans	July-Sept	June-Oct	May-Nov	1 1/2 – 2 1/2
Green Peas	July-Sept	May-Aug	Jan-Dec	3 – 6
Lima Beans	Aug-Sept	June-Sept	May-Nov	3 – 5
Okra	June-Sept	July-Aug	June-Oct	1 1/2 – 2
Onions	Aug-Nov	June-Sept	April-Dec	1
Peppers, Sweet/Hot	July-Sept	June-Sept	June-Sept	1 lb/pint*
Pickling Cucumbers	July-Sept	May-Sept	March-Sept; Nov-Dec	1 1/2
Potatoes	July-Dec	July-Oct	Jan-Sept	2 1/2 – 3
Sweet Corn, Whole Kernel	July-Sept	July-Oct	May-Nov	3 – 6
Sweet Potatoes	Aug-Nov	Sept-Oct	Aug-Nov	2 – 3
Summer Squash	July-Sept	July-Sept	May-Nov	2 – 4
Fresh Fruits				
Apples	Jan-Dec	July-Oct	May-Sept	2 1/2 – 3
Apricots	July-Sept	June-Aug	June-Aug	2 – 2 1/2
Blueberries	June-Sept	June-Oct	May-Oct	1 1/2 – 3
Cherries	June-Aug	May-Aug	May-Aug	2 – 2 1/2
Citrus	Market Availability	Market Availability	Nov-May	2 – 2 1/2
Grapes	Sept-Oct	July-Oct	July-Aug	2
Peaches	July-Sept	July-Oct	May-Aug	2 – 3
Pears	Aug-Oct	Aug-Oct	May-Aug	2 – 3
Plums	Aug-Sept	July-Sept	May-Aug	1 1/2 – 2 1/2
Raspberries	June-Sept	June-Oct	May-Oct	1 1/2 – 3
Rhubarb (Acidified)	May-July	May-July	June-July	1 1/2 – 2
Strawberries	June-Aug	May-Sept	July-Aug	1 1/2 – 3
Tomatoes	July-Oct	May-Oct	March-Sept	2 1/2 – 3 1/2

\*Quarts not recommended

**QUICK TIPS**

- soft spreads – 1/2 lb produce per (8 oz) half pint
- relishes – 1 lb produce per (16 oz) pint

