

## **SEASONAL PRODUCE FOR FARM TO SCHOOL**

**Purchasing produce “in season” ensures you get the highest quality at the lowest price. Buying local builds community, your local economy and ensures you know the source and safety of your food. This chart lists some commonly used items used in school food service and the time of year you will find Rhode Island grown.**

### **Fall- September, October, November**

**Apples** – RI Available  
**Broccoli**– RI Available  
**Brussel Sprouts**– RI Available  
**Cabbage**– RI Available  
**Carrots** – RI Available  
**Cauliflower**– RI Available  
**Cranberries** -RI Available  
**Cucumbers**– RI Available  
**Grapes** - RI Available  
**Greens** – such as Swiss Chard, Mustard Greens, Collards, and Kale – Some RI Available  
**Head or Iceberg Lettuce**– RI Available  
**Leaf Lettuce**– RI Available  
**Peaches** – RI Available  
**Pears**– RI Available  
**Plums**- RI Available  
**Potatoes** - RI Available  
**Sweet Peppers**– RI Available  
**Spinach**– RI Available  
**Winter Squash**– RI Available  
**Sweet Potatoes**– RI Available

### **Winter- January, February**

**Broccoli**– RI Available  
**Brussels Sprouts**– RI Available  
**Cabbage**– RI Available  
**Carrots**– RI Available  
**Greens**- such as Swiss Chard, Mustard Greens, Collards, Kale...– Some RI Available  
**Lettuce**– Some RI Available  
**Potatoes** - RI Available

### **Spring- March, April, May**

**Asparagus** – RI Available  
**Lettuce**– Some RI Available  
**Spinach**– RI Available

## **Summer- June, July, August**

**Apricots**– RI Available

**Berries** - RI Available

**Broccoli** – RI Available

**Brussels Sprouts**– RI Available

**Cabbage**– RI Available

**Cantaloupe**- RI Available

**Cauliflower** – RI Available

**Carrots** – RI Available

**Cherries**- RI Available

**Celery** -RI Available

**Chili Peppers** – RI Available

**Corn**- RI Available

**Cucumbers** – RI Available

**Fresh Herbs** – RI Available

**Greens**- such as Swiss Chard, Mustard Greens, Collards, Kale...– Some RI Available

**Peaches**- RI Available

**Potatoes** - RI Available

**Pears**– RI Available

**Sweet Peppers**- RI Available

**Spinach**– RI Available

**Plums**- RI Available

**Summer Squash**

**Tomatoes**

**Watermelon** – RI Available

**Winter Squash**– RI Available