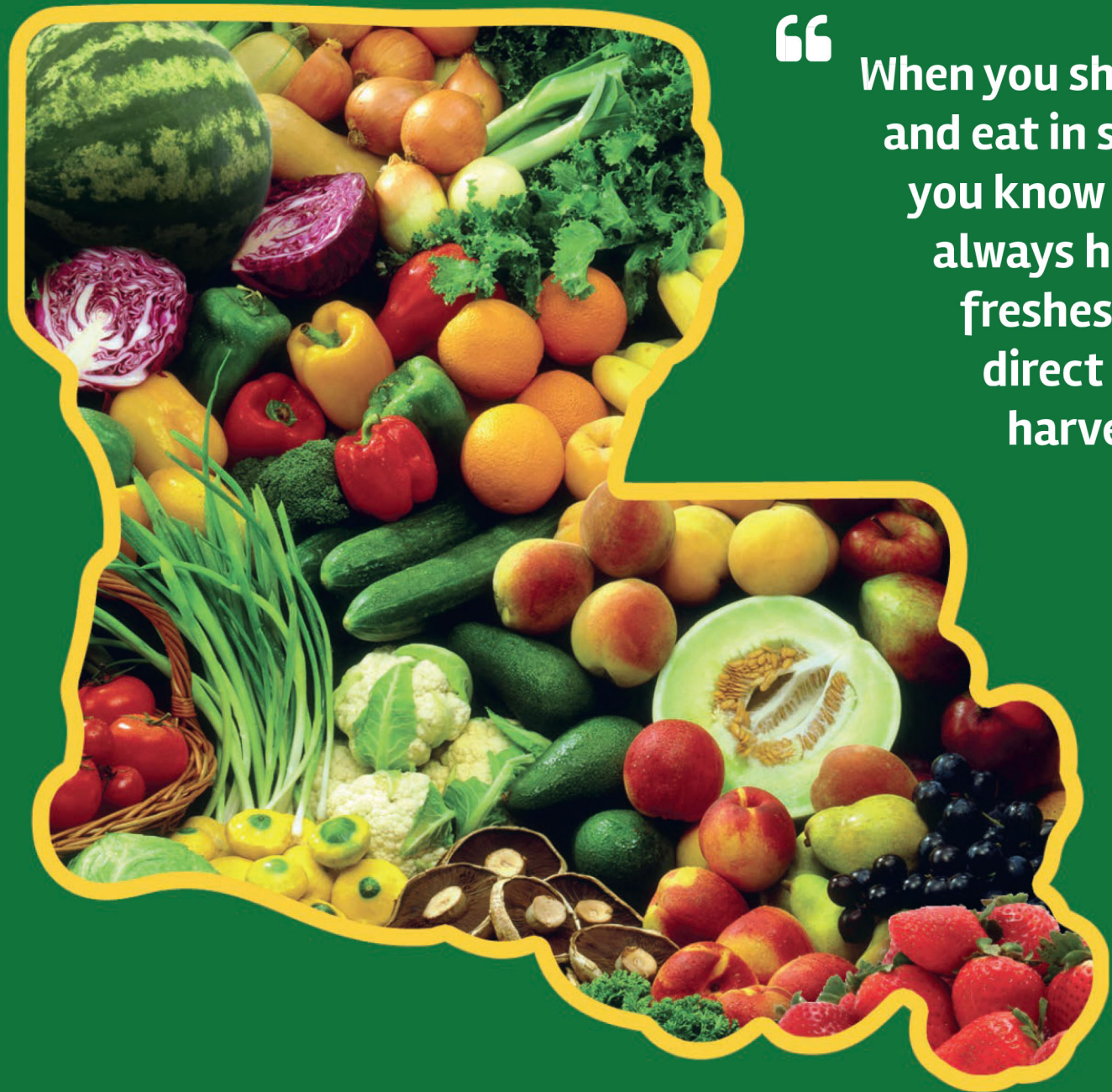


What's in Season, Louisiana?



“ When you shop, cook and eat in season, you know that you always have the freshest food direct from harvest. ”

Specialty Crops

“ Always wash hands thoroughly before handling or cutting fresh produce. Wash the produce before serving or cutting. ”



HELPFUL TIPS

- ▶ Scrub firm produce, such as melons and cantaloupes, with a clean produce brush before slicing to avoid contamination from the rind to the cut surface.
- ▶ When washing vegetables such as greens, broccoli, brussels sprouts, or cauliflower, sprinkle a little salt into the water to draw out insects.
- ▶ Keep potatoes, onions and tomatoes in a cool, dry place, but not in the fridge. The cold will ruin their flavor.
- ▶ Avoid washing berries until right before you're ready to eat them. Wetness encourages mold growth.



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HARVEST

CALENDAR



ACORN SQUASH
ASPARAGUS
BANANA PEPPERS
BELL PEPPERS
BLACKBERRIES
BLUEBERRIES
BROCCOLI
BRUSSELS SPROUTS
BUTTER BEANS
BUTTERNUT SQUASH
CABBAGE
CANTALOUPE
CARROTS
CAULIFLOWER
CELERY
COLLARDS
CUCUMBERS
EGGPLANT
FIGS
HOT PEPPERS
IRISH POTATOES
KALE
LEMONS
LETTUCE
MAYHAW

JUNE - EARLY NOV
APRIL - EARLY JUNE
MAY - EARLY NOV
MAY - JULY/OCT - NOV
MID MAY - JULY
MAY - JULY
OCTOBER - JUNE
LATE NOV - MAY
MAY - JULY/OCT - NOV
JAN - NOVEMBER
LATE OCT - MAY
LATE JUNE - SEPT
LATE OCT - MAY
LATE OCT - MAY
NOV - FEB/APRIL - MAY
SEPT - JUNE
LATE MAY - NOV
LATE MAY - OCT
LATE JUNE - MID OCT
LATE MAY - NOV
LATE MAY - JULY/ NOV
NOV - MAY
LATE NOV - JAN
LATE OCT - MAY
MID APRIL - MID MAY

MELONS
MUSCADINES
MUSTARD GREENS
NECTARINES
OKRA
ONIONS
ORANGES
PARSLEY
PEACHES
PECANS
PUMPKINS
RADISHES
SATSUMAS
SNAP BEANS
SOUTHERN PEAS
SPINACH
STRAWBERRIES
SWEET CORN
SWEET POTATOES
TANGERINES
TOMATOES
TURNIP GREENS
YELLOW SQUASH
WATERMELONS
ZUCCHINI

LATE JUNE - OCT
AUG - OCT
SEPT - JUNE
MID MAY - JUNE
LATE JUNE - NOV
MARCH - JULY
LATE NOV - FEB
OCT - MAY
EARLY MAY - AUG
OCT - DEC
LATE SEPT - NOV
OCT - MAY
LATE SEPT - FEB
MAY - JULY/OCT - NOV
MAY - SEPT
LATE OCT - MAY
FEB - MAY
LATE MAY - AUG
AUG - NOV
LATE NOV - FEB
JUNE - NOV
SEPT - JUNE
LATE MAY - NOV
JUNE - SEPT
LATE MAY - NOV