Use this quick reference guide to know what fruits and vegetables are in season in Maryland. Consider buying locally-grown food from grocery stores, wholesale markets, restaurants, farmers markets, roadside stands or pick-your-own.

To find locally-grown food near you visit [www.marylandsbest.net](http://www.marylandsbest.net)

### Fruits

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- Apples
- Apricots
- Asian Pears
- Blackberries
- Blueberries
- Cantaloupes
- Cherries
- Grapes
- Honeydew
- Nectarines
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries
- Watermelon

### Vegetables

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- Asparagus
- Beans, Green/ Snap
- Beans, Lima
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Chard
- Collards
- Corn
- Cucumbers
- Eggplant
- Herbs
- Garlic
- Kale
- Lettuces
- Mushrooms
- Okra
- Onions
- Peas
- Peas, Black-eye
- Peppers
- Radishes
- Potatoes
- Pumpkins
- Soybeans, Edamame
- Spinach
- Squash, Summer
- Squash, Winter
- Sweet Potatoes
- Turnips
- Tomatoes

- Product is harvest
- Product is available either through storage or green house production
cantaloupe, mushrooms, green beans, onions, nectarines, kale, strawberries, peppers, lettuce, tomatoes, sweet potato, corn, peaches, spinach, watermelon, potatoes, carrots, apples, cucumbers, blueberries.