

Virginia Seasonal Availability Calendar

Seasonality Calendar Introduction

The Virginia Department of Education, Office of School Nutrition Programs (VDOE-SNP) has developed a variety of resources to help build and strengthen farm to school programs across the Commonwealth. This resource is designed to assist school and child nutrition professionals with developing seasonal menus and recipes. Each monthly list of food items includes both freshly harvested items, such as heirloom tomatoes, and storage crops, such as apples and carrots, which are often available for months after being harvested. While this list is based on historical statewide purchasing data, product availability will vary by region, weather, and other factors. The VDOE-SNP recommends program operators discuss availability with their local producers and distributors.

Seasonality list was developed in partnership with 4P Foods.

January

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Beets | Other Vegetable |
| Cabbage | Other Vegetable |
| Carrots | Red/Orange Vegetable |
| Carrots (Rainbow) | Other Vegetable |
| Celery Root | Other Vegetable |
| Collard Greens | Dark Green Vegetable |
| Fennel | Other Vegetable |
| Garlic | Other Vegetable |
| Kohlrabi | Other Vegetable |
| Leeks | Other Vegetable |
| Mushrooms (White) | Other Vegetable |
| Potatoes | Starchy Vegetable |
| Radishes (Red, Watermelon, Purple Daikon) | Other Vegetable |
| Rutabaga | Other Vegetable |
| Salad mix | Dark Green Vegetable |
| Spinach | Dark Green Vegetable |
| Sunchokes | Other Vegetable |
| Sweet Potatoes, Virginia Harvest of the Month | Red/Orange Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatoes (Hydroponic) | Red/Orange Vegetable |
| Turnips | Other Vegetable |
| Winter Squash | Red/Orange Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

February

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Beets | Other Vegetable |
| Butternut Squash, Virginia Harvest of the Month | Other Vegetable |
| Carrots | Red/Orange Vegetable |
| Carrots (Rainbow) | Other Vegetable |
| Celery Root | Other Vegetable |
| Fennel | Other Vegetable |
| Garlic | Other Vegetable |
| Kale | Dark Green Vegetable |
| Leeks | Other Vegetable |
| Potatoes | Starchy Vegetable |
| Radishes (Red, Watermelon, Purple Daikon) | Other Vegetable |
| Rutabaga | Other Vegetable |
| Salad mix | Dark Green Vegetable |
| Spinach | Dark Green Vegetable |
| Sunchokes | Other Vegetable |
| Sweet Potatoes | Red/Orange Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatoes (Hydroponic) | Red/Orange Vegetable |
| Turnips | Other Vegetable |
| Winter Squash | Red/Orange Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

March

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Arugula | Dark Green Vegetable |
| Beets | Other Vegetable |
| Carrots | Red/Orange Vegetable |
| Carrots (Rainbow) | Other Vegetable |
| Collard Greens | Dark Green Vegetable |
| Fennel | Other Vegetable |
| Garlic Scapes | Other Vegetable |
| Green Onions | Other Vegetable |
| Kale, Virginia Harvest of the Month | Dark Green Vegetable |
| Leeks | Other Vegetable |
| Lettuce | Dark Green Vegetable |
| Mustard Greens | Dark Green Vegetable |
| Radishes (French Breakfast, Easter Egg) | Other Vegetable |
| Salad mix | Dark Green Vegetable |
| Spinach | Dark Green Vegetable |
| Sweet Potatoes | Red/Orange Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatoes (Hydroponic) | Red/Orange Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

April

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Arugula | Dark Green Vegetable |
| Asparagus | Other Vegetable |
| Carrots | Red/Orange Vegetable |
| Carrots (Rainbow) | Other Vegetable |
| Collard Greens | Dark Green Vegetable |
| Fennel | Other Vegetable |
| Garlic Scapes | Other Vegetable |
| Green Onions | Other Vegetable |
| Kale | Dark Green Vegetable |
| Leeks | Other Vegetable |
| Lettuce, Virginia Harvest of the Month | Dark Green Vegetable |
| Mustard Greens | Dark Green Vegetable |
| Radishes (Red, French Breakfast, Easter Egg) | Other Vegetable |
| Salad mix | Dark Green Vegetable |
| Spinach | Dark Green Vegetable |
| Spring Onions | Other Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatoes (Hydroponic) | Red/Orange Vegetable |
| Turnips | Other Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

May

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Asparagus | Other Vegetable |
| Broccoli | Dark Green Vegetable |
| Cabbage | Other Vegetable |
| Carrots | Red/Orange Vegetable |
| Carrots (Rainbow) | Other Vegetable |
| Collard Greens | Dark Green Vegetable |
| Garlic Scapes | Other Vegetable |
| Green Onions | Other Vegetable |
| Kale | Dark Green Vegetable |
| Kohlrabi | Other Vegetable |
| Leeks | Other Vegetable |
| Lettuce | Dark Green Vegetable |
| Mustard Greens | Dark Green Vegetable |
| Radishes (Red, French Breakfast, Easter Egg) | Other Vegetable |
| Salad mix | Dark Green Vegetable |
| Snow Peas | Other Vegetable |
| Spinach | Dark Green Vegetable |
| Spring Onions | Other Vegetable |
| Strawberries, Virginia Harvest of the Month | Fruit |
| Sugar Snap Peas | Other Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatoes (Hydroponic) | Red/Orange Vegetable |
| Turnips | Other Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

June

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Asparagus | Other Vegetable |
| Baby Bok Choy | Dark Green Vegetable |
| Beets | Other Vegetable |
| Blueberries | Fruit |
| Broccoli | Dark Green Vegetable |
| Cabbage | Other Vegetable |
| Cherries | Fruit |
| Collard Greens | Dark Green Vegetable |
| Cucumbers, Virginia Harvest of the Month | Other Vegetable |
| Green Onions | Other Vegetable |
| Kale | Dark Green Vegetable |
| Kohlrabi | Other Vegetable |
| Leeks | Other Vegetable |
| Lettuce | Dark Green Vegetable |
| Onions | Other Vegetable |
| Peas (Fresh) | Starchy Vegetable |
| Peas (Sugar Snap, Snow) | Other Vegetable |
| Potatoes (New) | Starchy Vegetable |
| Radishes (Red, French Breakfast, Easter Egg) | Other Vegetable |
| Raspberries | Fruit |
| Salad mix | Dark Green Vegetable |
| Spring Onions | Other Vegetable |
| Strawberries | Fruit |
| Sunchokes | Other Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatoes (Hydroponic) | Red/Orange Vegetable |
| Turnips | Other Vegetable |
| Yellow Summer Squash | Other Vegetable |
| Zucchini | Other Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

July

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Beets | Other Vegetable |
| Bell Peppers (Green/Yellow) | Other Vegetable |
| Blackberries | Fruits |
| Blueberries | Fruit |
| Broccoli | Dark Green Vegetable |
| Cabbage | Other Vegetable |
| Cantaloupe | Fruit |
| Collard Greens | Dark Green Vegetable |
| Corn | Starchy Vegetable |
| Cucumbers | Other Vegetable |
| Eggplant | Other Vegetable |
| Garlic | Other Vegetable |
| Green Onions | Other Vegetable |
| Kale | Dark Green Vegetable |
| Leeks | Other Vegetable |
| Lettuce | Dark Green Vegetable |
| Lima Beans | Starchy Vegetable |
| Melons | Fruit |
| Nectarines | Fruit |
| Okra | Other Vegetable |
| Onions | Other Vegetable |
| Peaches | Fruit |
| Peas (Fresh) | Starchy Vegetable |
| Peppers (Spicy) | Other Vegetable |
| Plums | Fruit |
| Potatoes (New) | Starchy Vegetable |
| Raspberries | Fruit |
| Salad mix | Dark Green Vegetable |
| Snack Peppers | Red/Orange Vegetable |
| Strawberries | Fruit |
| Sunchokes | Other Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatillos | Other Vegetable |
| Tomatoes | Red/Orange Vegetable |
| Watermelon | Fruit |
| Yellow Summer Squash | Other Vegetable |
| Zucchini, Virginia Harvest of the Month | Other Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

August

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Asian Pears | Fruit |
| Baby Bok Choy | Dark Green Vegetable |
| Bell Peppers | Other or Red/Orange Vegetable |
| Blackberries | Fruits |
| Blueberries | Fruit |
| Cabbage | Other Vegetable |
| Cantaloupe | Fruit |
| Collard Greens | Dark Green Vegetable |
| Corn | Starchy Vegetable |
| Cucumbers | Other Vegetable |
| Eggplant | Other Vegetable |
| Garlic | Other Vegetable |
| Green Onions | Other Vegetable |
| Kale | Dark Green Vegetable |
| Lettuce | Dark Green Vegetable |
| Lima Beans | Starchy Vegetable |
| Melons | Fruit |
| Mushrooms | Other Vegetable |
| Nectarines | Fruit |
| Okra | Other Vegetable |
| Onions | Other Vegetable |
| Peaches | Fruit |
| Peppers (Spicy) | Other Vegetable |
| Plums | Fruit |
| Potatoes (New) | Starchy Vegetable |
| Raspberries | Fruit |
| Salad mix | Dark Green Vegetable |
| Snack Peppers | Red/Orange Vegetable |
| Sunchokes | Other Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatillos | Other Vegetable |
| Tomatoes, Virginia Harvest of the Month | Red/Orange Vegetable |
| Turnip Greens | Dark Green Vegetable |
| Watermelon | Fruit |
| Winter Squash | Red/Orange Vegetable |
| Yellow Summer Squash | Other Vegetable |
| Zucchini | Other Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

September

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Arugula | Dark Green Vegetable |
| Asian Pears | Fruit |
| Baby Bok Choy | Dark Green Vegetable |
| Beets | Other Vegetable |
| Bell Peppers, Virginia Harvest of the Month | Other or Red/Orange Vegetable |
| Cabbage | Other Vegetable |
| Carrots | Red/Orange Vegetable |
| Carrots (Rainbow) | Other Vegetable |
| Cauliflower | Other Vegetable |
| Collard Greens | Dark Green Vegetable |
| Corn | Starchy Vegetable |
| Cucumbers | Other Vegetable |
| Eggplant | Other Vegetable |
| Fennel | Other Vegetable |
| Garlic | Other Vegetable |
| Grapes | Fruit |
| Green Beans | Other Vegetable |
| Kale | Dark Green Vegetable |
| Lettuce | Dark Green Vegetable |
| Mustard Greens | Dark Green Vegetable |
| Okra | Other Vegetable |
| Onions | Other Vegetable |
| Peaches | Fruit |
| Peppers (Spicy) | Other Vegetable |
| Pie Pumpkins | Red/Orange Vegetable |
| Plums | Fruit |
| Radishes | Other Vegetable |
| Raspberries | Fruit |
| Salad mix | Dark Green Vegetable |
| Snack Peppers | Red/Orange Vegetable |
| Spinach | Dark Green Vegetable |
| Sunchokes | Other Vegetable |
| Sweet Potatoes | Red/Orange Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatillos | Other Vegetable |
| Tomatoes | Red/Orange Vegetable |
| Turnip Greens | Dark Green Vegetable |
| Turnips | Other Vegetable |
| Watermelon | Fruit |
| Winter Squash | Red/Orange Vegetable |
| Yellow Summer Squash | Other Vegetable |
| Zucchini | Other Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

October

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples, Virginia Harvest of the Month | Fruit |
| Arugula | Dark Green Vegetable |
| Asian Pears | Fruit |
| Baby Bok Choy | Dark Green Vegetable |
| Beets | Other Vegetable |
| Bell Peppers | Other or Red/Orange Vegetable |
| Broccoli | Dark Green Vegetable |
| Cabbage | Other Vegetable |
| Carrots | Red/Orange Vegetable |
| Carrots (Rainbow) | Other Vegetable |
| Cauliflower | Other Vegetable |
| Celery Root | Other Vegetable |
| Collard Greens | Dark Green Vegetable |
| Cucumbers | Other Vegetable |
| Eggplant | Other Vegetable |
| Fennel | Other Vegetable |
| Garlic | Other Vegetable |
| Grapes | Fruit |
| Green Beans | Other Vegetable |
| Kale | Dark Green Vegetable |
| Kohlrabi | Other Vegetable |
| Leeks | Other Vegetable |
| Lettuce | Dark Green Vegetable |
| Mustard Greens | Dark Green Vegetable |
| Onions | Other Vegetable |
| Parsnips | Starch Vegetable |
| Pie Pumpkins | Red/Orange Vegetable |
| Potatoes | Starchy Vegetable |
| Raspberries | Fruit |
| Red Radishes | Other Vegetable |
| Salad mix | Dark Green Vegetable |
| Snack Peppers | Red/Orange Vegetable |
| Spinach | Dark Green Vegetable |
| Sunchokes | Other Vegetable |
| Sweet Potatoes | Red/Orange Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatoes | Red/Orange Vegetable |
| Turnip Greens | Dark Green Vegetable |
| Turnips | Other Vegetable |
| Winter Squash | Red/Orange Vegetable |
| Yellow Summer Squash | Other Vegetable |
| Zucchini | Other Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

November

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Arugula | Dark Green Vegetable |
| Asian Pears | Fruit |
| Beets | Other Vegetable |
| Broccoli | Dark Green Vegetable |
| Brussel Sprouts | Other Vegetable |
| Cabbage, Virginia Harvest of the Month | Other Vegetable |
| Carrots | Red/Orange Vegetable |
| Carrots (Rainbow) | Other Vegetable |
| Cauliflower | Other Vegetable |
| Celery Root | Other Vegetable |
| Collard Greens | Dark Green Vegetable |
| Cucumbers | Other Vegetable |
| Fennel | Other Vegetable |
| Garlic | Other Vegetable |
| Kale | Dark Green Vegetable |
| Kohlrabi | Other Vegetable |
| Leeks | Other Vegetable |
| Lettuce | Dark Green Vegetable |
| Mustard Greens | Dark Green Vegetable |
| Onions | Other Vegetable |
| Parsnips | Starch Vegetable |
| Pie Pumpkins | Red/Orange Vegetable |
| Potatoes | Starchy Vegetable |
| Radishes (Red, Watermelon, Purple Daikon) | Other Vegetable |
| Rutabaga | Other Vegetable |
| Salad mix | Dark Green Vegetable |
| Spinach | Dark Green Vegetable |
| Sunchokes | Other Vegetable |
| Sweet Potatoes | Red/Orange Vegetable |
| Swiss Chard | Dark Green Vegetable |
| Tomatoes (Hydroponic) | Red/Orange Vegetable |
| Turnip Greens | Dark Green Vegetable |
| Turnips | Other Vegetable |
| Winter Squash | Red/Orange Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts

December

| **Seasonal Produce Item** | **Fruit or Vegetable Subgroup** |
| --- | --- |
| Apples | Fruit |
| Arugula | Dark Green Vegetable |
| Beets | Other Vegetable |
| Broccoli | Dark Green Vegetable |
| Brussel Sprouts | Other Vegetable |
| Cabbage | Other Vegetable |
| Carrots | Red/Orange Vegetable |
| Carrots (Rainbow) | Other Vegetable |
| Cauliflower | Other Vegetable |
| Celery Root | Other Vegetable |
| Collard Greens | Dark Green Vegetable |
| Fennel | Other Vegetable |
| Garlic | Other Vegetable |
| Kale | Dark Green Vegetable |
| Kohlrabi | Other Vegetable |
| Leeks | Other Vegetable |
| Mustard Greens | Dark Green Vegetable |
| Parsnips | Starch Vegetable |
| Potatoes | Starchy Vegetable |
| Radishes (Red, Watermelon, Purple Daikon) | Other Vegetable |
| Rutabaga | Other Vegetable |
| Salad mix | Dark Green Vegetable |
| Spinach, Virginia Harvest of the Month | Dark Green Vegetable |
| Sunchokes | Other Vegetable |
| Sweet Potatoes | Red/Orange Vegetablew |
| Swiss Chard | Dark Green Vegetable |
| Tomatoes (Hydroponic) | Red/Orange Vegetable |
| Turnip Greens | Dark Green Vegetable |
| Turnips | Other Vegetable |
| Winter Squash | Red/Orange Vegetable |

Year-Round Items

* Dairy: Milk, Cheese, Yogurt
* Protein: Beef, Pork, Chicken, Turkey, Catfish, Goat, Lamb, Eggs, Peanuts
* Mushrooms: Lion’s Mane, Oyster, Shiitake
* Grains: Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Oats
* Beverages: Apple Cider
* Herbs: Cilantro, Parsley, Basil, Chives, etc.
* Microgreens: Pea Shoots, Watercress, Sprouts