

Kootenay Organic Growers Society's

SEASONAL PRODUCE GUIDE



Kootenay Organic Growers Society

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*KOGS members bringing
you good food year round.*



Apples Braeburn	Mid Aug - Late June	Kale	Early Sept- late Dec
Apples Fuji	Mid Aug - Late June	Leeks	Mid Aug - late May
Apples Gala	Mid Aug - Late June	Lettuce	Early Jun - late Oct
Apples generic	Mid Aug - Late June	Melons	Late Aug - late Sept
Apples Golden	Mid Aug - Late June	Mizuna	Early Jul - mid Sept
Apples Granny	Mid Aug - Late June	Mushrooms Oyster	Year round
Apples Green	Mid Aug - Late June	Mushrooms Shiitake	Year round
Apples Orin	Mid Aug - Late June	Onions Green	Early May - mid Oct
Apples Red	Mid Aug - Late June	Onions Red	Oct - Feb
Apples Spartan	Mid Aug - Late June	Onions White	Mid Aug - late Sept
Apples Sunrise	August	Onions Yellow	July - mid March
Apricots	Mid July - end Aug	Pasnips	Early Sept - late Mar
Arugula	Year round	Patty Pan/Sunburst Squash	Early Jul - mid Oct
Asparagus	Late May - late June	Peaches	Mid July - late Sept
Beans	Early July - beg Sept	Pears Bartlett	Late Aug - late Oct
Beets	Mid July - early Apr	Pears Generic	Late Aug - early Jan
Blueberries	Mid July - beg Nov	Peas English	Mid June - mid Sept
Bok Choy family	Beg May - beg Oct	Peas Snap	Mid June - mid Sept
Broccoli	Mid Jun - beg Nov	Peas Snow	Mid June - mid Sept
Burdock Root	Year round	Peppers Green	Late July - early Oct
Cabbage green	Early Jun - mid Feb	Peppers Red	Late July - early Oct
Cabbage red	Early Jun - mid Feb	Potatoes	Year round
Cabbage savoy	Early Jun - mid Feb	Prune Plums	Early Jul - beg Oct
Carrots bulk	Late Jul - beg April	Radish	Mid April - late Oct
Carrots bunch	Late Jul - late Sept	Raspberries	Early July - mid Oct
Cauliflower	Mid Jun - beg Dec	Rutabaga	Mid Jun - late March
Celery	Beg Jul - beg Nov	Salad Greens	Year round
Chard	Early Jul - beg Nov	Spinach	Year round
Chard greenhouse	Year round	Sprouts Deli	Year round
Cherries	Beg Jul - beg Nov	Sprouts Mixed Bean	Year round
Collards	Mid Aug - early Oct	Sprouts Mung	Year round
Corn	Late Aug - late Sept	Sprouts Pea Shoots	Year round
Cucumbers Field	Early Jul - beg Oct	Sprouts Sunflower	Year round
Cucumbers LE	Early Jul - beg Oct	Strawberries	Mid May - Oct (frost)
Dandelion	Mid Jun - early Oct	Sunchokes	Mid Aug - early Mar
Eggplant	Mid Aug - late Oct	Tomatoes Cherry	Early July - late Oct
Garlic bulbs	Early Jul - beg Feb	Tomatoes Field	Early July - late Oct
Garlic Greens	Late spring-Early Jul	Tomatoes generic	Early July - late Oct
Grapes	Mid Sept - lat Nov	Tomatoes Roma	Early July - late Oct
Herbs, Basil	Early Jun - early oct	Winter Squash	Early Sept - early Feb
Herbs, Cilantro	Early Jun - early oct	Zucchini	Early Jul - mid Oct
Herbs, Parsley	Early Jun - early oct		

