

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

- Apples
- Beets
- Cabbage
- Carrots
- Carrots (Rainbow)
- Celery Root
- Collard Greens
- Fennel
- Garlic
- Kohlrabi
- Leeks
- Potatoes

- Radishes (Red, Watermelon, Purple Daikon)
- Rutabaga
- Salad mix (Hydroponic)
- Spinach
- Sunchokes
- Sweet Potatoes ★
- Swiss Chard
- Tomatoes (Hydroponic)
- Turnips
- Winter Squash

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

- Apples
- Beets
- Butternut Squash ★
- Carrots
- Carrots (Rainbow)
- Celery Root
- Fennel
- Garlic
- Kale
- Leeks
- Potatoes
- Radishes (Watermelon, Purple Daikon)
- Rutabaga
- Salad mix (Hydroponic)
- Spinach

- Sunchoke
- Sweet Potatoes
- Swiss Chard
- Tomatoes (Hydroponic)
- Turnips
- Winter Squash

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

- Apples
- Arugula
- Beets
- Carrots
- Carrots (Rainbow)
- Collard Greens
- Fennel
- Garlic Scapes
- Green Onions
- Kale ★
- Leeks
- Lettuce
- Mustard Greens

- Radishes (French Breakfast, Easter Egg)
- Salad mix (Hydroponic)
- Spinach
- Sweet Potatoes
- Swiss Chard
- Tomatoes (Hydroponic)

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

- Apples
- Arugula
- Asparagus
- Carrots
- Collard Greens
- Fennel
- Garlic Scapes
- Green Onions
- Kale
- Leeks
- Lettuce ★
- Mustard Greens
- Radishes (Red, French Breakfast, Easter Egg)

- Rainbow Carrots
- Salad mix
- Spinach
- Spring Onions
- Swiss Chard
- Tomatoes (Hydroponic)
- Turnips

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

- Arugula
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Carrots (Rainbow)
- Collard Greens
- Garlic Scapes
- Green Onions
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mustard Greens

- Radishes (Red, French Breakfast, Easter Egg)
- Salad mix
- Snow Peas
- Spinach
- Spring Onions
- Strawberries ★
- Sugar Snap Peas
- Swiss Chard
- Tomatoes (Slicing)
- Turnips

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

- Asparagus
- Baby Bok Choy
- Beets
- Blueberries
- Broccoli
- Cabbage
- Cherries
- Collard Greens
- Cucumbers ★
- Green Onions
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Onions

- Peas (Fresh)
- Peas (Sugar Snap, Snow)
- Potatoes (New)
- Radishes (Red, French Breakfast, Easter Egg)
- Raspberries
- Salad mix
- Spring Onions
- Strawberries
- Sunchokes
- Swiss Chard
- Tomatoes (Slicing)
- Turnips
- Yellow Summer Squash
- Zucchini

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit

★ Virginia Harvest of the Month

- | | | |
|-----------------------------------|-------------------|------------------------|
| ● Apples | ● Kale | ● Snack Peppers |
| ● Beets | ● Leeks | ● Strawberries |
| ● Bell Peppers (Green/
Yellow) | ● Lettuce | ● Sunchoke |
| ● Blackberries | ● Lima Beans | ● Swiss Chard |
| ● Blueberries | ● Melons | ● Tomatillos |
| ● Broccoli | ● Nectarines | ● Tomatoes |
| ● Cabbage | ● Okra | ● Watermelon |
| ● Cantaloupe | ● Onions | ● Yellow Summer Squash |
| ● Collard Greens | ● Peaches | ● Zucchini ★ |
| ● Corn | ● Peas (Fresh) | |
| ● Cucumbers | ● Peppers (Spicy) | |
| ● Eggplant | ● Plums | |
| ● Garlic | ● Potatoes (New) | |
| ● Green Onions | ● Raspberries | |
| | ● Salad mix | |

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit

★ Virginia Harvest of the Month

- Apples
- Asian Pears
- Baby Bok Choy
- Bell Peppers
- Blackberries
- Blueberries
- Cabbage
- Cantaloupe
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green Onions

- Kale
- Lettuce
- Lima Beans
- Melons
- Mushrooms
- Nectarines
- Okra
- Onions
- Peaches
- Peppers (Spicy)
- Plums
- Potatoes (New)
- Raspberries
- Salad mix
- Snack Peppers

- Sunchokes
- Swiss Chard
- Tomatillos
- Tomatoes ★
- Turnip Greens
- Watermelon
- Winter Squash
- Yellow Summer Squash
- Zucchini

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

● Apples	● Garlic	● Snack Peppers
● Arugula	● Grapes	● Spinach
● Asian Pears	● Green Beans	● Sunchoke
● Baby Bok Choy	● Kale	● Sweet Potatoes
● Beets	● Lettuce	● Swiss Chard
● Bell Peppers ★	● Mustard Greens	● Tomatillos
● Cabbage	● Okra	● Tomatoes
● Carrots	● Onions	● Turnip Greens
● Carrots (Rainbow)	● Peaches	● Turnips
● Cauliflower	● Peppers	● Watermelon
● Collard Greens	● Pie Pumpkins	● Winter Squash
● Corn	● Plums	● Yellow Summer Squash
● Cucumbers	● Radishes	● Zucchini
● Eggplant	● Raspberries	
● Fennel	● Salad mix	

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

- Apples ★
- Arugula
- Asian Pears
- Baby Bok Choy
- Beets
- Bell Peppers
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Carrots (Rainbow)
- Cauliflower
- Celery Root
- Collard Greens
- Cucumbers

- Eggplant
- Fennel
- Garlic
- Grapes
- Green Beans
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mustard Greens
- Onions
- Parsnips
- Pie Pumpkins
- Potatoes
- Raspberries

- Red Radishes
- Salad mix
- Snack Peppers
- Spinach
- Sunchokes
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Turnip Greens
- Turnips
- Winter Squash
- Yellow Summer Squash
- Zucchini

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

- Apples
- Arugula
- Asian Pears
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage ★
- Carrots
- Carrots (Rainbow)
- Cauliflower
- Celery Root
- Collard Greens
- Cucumbers
- Fennel
- Garlic

- Hydroponic Tomatoes
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mustard Greens
- Onions
- Parsnips
- Pie Pumpkins
- Potatoes
- Radishes (Red, Watermelon, Purple Daikon)
- Rutabaga
- Salad mix

- Spinach
- Sunchokes
- Sweet Potatoes
- Swiss Chard
- Turnip Greens
- Turnips
- Winter Squash

Year-Round

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

● Dark Green ● Red/Orange ● Starchy ● Other ● Fruit
★ Virginia Harvest of the Month

- Apples
- Arugula
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Carrots (Rainbow)
- Cauliflower
- Celery Root
- Collard Greens
- Fennel
- Garlic
- Kale
- Kohlrabi

- Leeks
- Mustard Greens
- Parsnips
- Potatoes
- Radishes (Red, Watermelon, Purple Daikon)
- Rutabaga
- Salad mix
- Spinach ★
- Sunchokes
- Sweet Potatoes
- Swiss Chard
- Tomatoes (Hydroponic)
- Turnip Greens

- Turnips
- Winter Squash

Year-Round

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



Virginia Farm To School

Virginia Harvest of the Month

January: Sweet Potato
February: Butternut Squash
March: Kale
April: Lettuce

May: Strawberries
June: Cucumbers
July: Zucchini
August: Tomato

September: Bell Peppers
October: Apples
November: Cabbage
December: Spinach

Yearly Farm to School Activities

Virginia
Farm to School Week:
First full week
in October each year

Crunch Heard 'Round the
Commonwealth:
During Virginia Farm to
School Week

National
Farm to School Month:
October



For resources and additional information, visit the Virginia Department of Education, Office of School Nutrition Programs' Farm to School Website.



#VAFarmtoSchool