



Buying Guide

for Kansas-Grown Fruits and Vegetables

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Introduction

Choosing fresh and nutritious seasonal fruits and vegetables from a farmers market offers many benefits. It can be a great way to add more variety to your diet or to try new foods. It can provide social contacts that help you stay connected to your community, too.

Getting out to shop and interact with others at open-air markets can be especially beneficial if you live alone or have little contact with others. Social

contact at farmers markets during the selling season can foster friendships.

Finding a Market

To find a Kansas community farmers market near you, call your local K-State Research and Extension office or visit: <https://seasonalandsimple.info/map.aspx>

Use this guide throughout the year to know which fresh, Kansas-grown fruits and vegetables are likely to be available at your local open-air market. Please remember that some fruits and vegetables may not be grown by the farmers in your area.



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Availability Guide

Mid to late April – arugula, asparagus, lettuce, plants, radish, salad mix, spinach, scallions, mushrooms

Early to mid-May – asparagus, brussels sprouts, lettuce, scallions, spinach, radish

Mid to late May – brussels sprouts, arugula, gooseberries, collards, onions, peas, rhubarb, lettuce, scallions, spinach

Early to mid-June – cauliflower, arugula, collards, green onions, kohlrabi, rhubarb, turnips, endive, gooseberries, apricots, arugula, bok choy, cherries.

Mid to late June – apricots, beets, cabbage, carrots, cauliflower, cherries, kohlrabi, strawberries, broccoli, potatoes, turnips, chard

Early to mid-July – apricots, beets, broccoli, blueberries, carrots, cauliflower, summer squash, chard, tomatoes, elderberry, fennel, broccoli, leeks, bok choy, cantaloupe, cabbage, cucumbers, eggplant, nectarines, peaches, pears, peppers, plums, potatoes, raspberries, strawberries, honey, kohlrabi, turnip

Mid to late July – blackberries, blueberries, raspberries, apple, grape, basil, bean (lima), bean (snap), bitter melon, grapes, mushrooms, cantaloupe, nectarines, garlic, okra, peaches, peppers, plums, summer squash, sweet corn, tomatoes, watermelon, elderberry, fennel, honey, leeks, strawberries

Early to mid-August – basil, blackberries, cucumbers, eggplant, grapes, melon, mushrooms, cantaloupe, nectarines, okra, peaches, peppers, plums, summer squash, watermelon, bitter melon, honey, raspberries, strawberries, sweet corn, tomato

Mid to late August – apples, bean (snap), bean (lima), bitter melon, basil, blackberries, cucumbers, pawpaw, eggplant, grapes, melon, mushrooms, cantaloupe, nectarines, okra, onions, peaches, pears, sweet corn, tomatoes, watermelon, zucchini, horseradish, peppers, plums, raspberries

Early to mid-September – apples, bok choy, grapes, melons, mushrooms, cantaloupe, nectarines, basil, bitter melon, popcorn, okra, onions, peaches, pears, peppers, plums, pawpaw, raspberries, squash (winter), sweet corn, tomatoes, watermelon, cucumber, eggplant, garlic, grapes, horseradish

Mid to late September – apples, basil, beets, bean (snap), bean (lima), bok choy, broccoli, cabbage, cauliflower, carrot, chestnut, cucumber, eggplant, garlic, gourd, grape, horseradish, kohlrabi, lettuce, nectarine, pawpaw, peaches, pears, peppers, plants, plums, popcorn, potato, pumpkin, radish, raspberries, salsify, shallots, squash (winter), sweet potatoes, watermelon, zucchini, mushrooms

Early to mid-October – apples, basil, beets, broccoli, bean (snap), bean (lima), bok choy, cabbage, carrots, cauliflower, endive, gourd, grape, horse radishes, kale, kohlrabi, pawpaw, potato, pumpkin, peaches, pears, peppers, plants, plums, popcorn, salsify, shallots, squash (winter), spinach, sweet potato, tomato, turnips, mushrooms

Mid to late-October – broccoli, cabbage, carrots, cauliflower, chestnuts, endive, gourds, kale, lettuce, plants, popcorn, pumpkins, salad mix, sweet potatoes, radish, potatoes, spinach

Early to mid-November – broccoli, carrot, cauliflower, chestnut, honey, mushroom, kale, lettuce, spinach, sweet potatoes, turnips, tomato

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