Purdue Extension

FoodLink℠

www.purdue.edu/FoodLink

FoodLink

Purdue Extension FoodLink℠ helps you select fresh fruits and vegetables.

Scan the QR code with your smart phone, and:

- Get fast, reliable **Purdue Extension expertise**.
- Learn how to select the **best fresh produce**.
- **Browse flavorful recipes** for healthy meals for each fruit or vegetable.

Use your smart phone's QR code reader app, and scan the code for information that's fast, fresh, and flavorful.

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Seasonal Chart for Indiana Fresh Produce

	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
VEGETABLES												
asparagus												
beet												
broccoli												
Brussel sprouts												
cabbage												
carrot												
cauliflower												
cucumber												
eggplant												
green pea												
kale, collard greens												
kohlrabi												
lettuce (leaf)												
onion (bulb)												
onion (green)												
peppers (hot and sweet)												
potato												
pumpkin												
radish												
snap bean												
spinach												
summer squash												
sweet corn												
sweet potato												
tomato												
turnip and turnip greens												
winter squash												
FRUIT												
apple												
blackberry												
blueberry												
cherry												
grape												
melons (cantaloupe, watermelon)												
peach												
pear												
raspberry												
strawberry												

harvest season extended season storage season

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