

# Locally Grown Produce

A wide variety of produce is grown in Arkansas, and the Arkansas Grown® trademark will help you spot it in retail outlets. If you see the trademark, you can be sure the food was grown or produced in Arkansas. For more information on buying Arkansas produce, go to [www.arkansasgrown.org](http://www.arkansasgrown.org), <http://littlerock.locallygrown.net/growers/list> and <http://www.uaex.edu/farm-ranch/economics-marketing/market-maker/>.

Below and on the next page you will find listings of fruits and vegetables grown in Arkansas and the months in which they are harvested.



	May	June	July	August	September	October
Apples						
Blackberries						
Blueberries						
Cantaloupes						
Grapes						
Muscadines						
Nectarines						
Peaches						
Plums						
Raspberries						
Strawberries						
Watermelons						

■ Indicates summer months.



# Arkansas Vegetable Harvest Calendar

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Asparagus												
Beans (Green)												
Beets												
Broccoli												
Butter Beans												
Cabbage												
Carrots												
Cauliflower												
Chard												
Collards												
Cucumbers												
Eggplant												
English Peas												
Greens, Leafy												
Kale												
Lettuce												
Okra												
Onions												
Peppers												
Pumpkins												
Radishes												
Black-Eyed Peas												
Spinach												
Summer Squash												
Sweet Corn												
Sweet Potatoes												
Tomatoes												
Turnip Greens												
White Potatoes												
Winter Squash												

 Indicates summer months.

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