

# Summer Produce Guide

richlyrooted.com

## June

## July

## August

blackberries  
blueberries  
cherries  
rhubarb  
strawberries

blackberries  
black raspberries  
blueberries  
cantaloupes  
cherries  
grapes  
nectarines  
peaches  
raspberries

apples  
blackberries  
blueberries  
cantaloupes  
figs  
grapes  
nectarines  
peaches  
pears  
raspberries  
watermelons

asparagus  
beans  
broccoli  
cabbage  
carrots  
greens  
onions  
peas  
potatoes  
summer squash

beans  
beets  
cabbage  
carrots  
cucumbers  
eggplant  
greens  
onions  
peas  
peppers  
potatoes  
summer squash  
tomatoes

beans  
beets  
broccoli  
cabbage  
carrots  
cauliflower  
cucumbers  
eggplant  
greens  
onions  
peppers  
potatoes  
summer squash  
sweet corn  
tomatoes

Fruits

Vegetables

Region:

MIDWEST