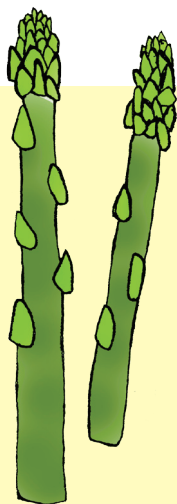


Foods That Grow Here

The Willamette Valley's fertile soil and long growing season support a diverse array of vegetables, orchard fruits, berries, nuts, edible seeds, grains and legumes. As you can see, every season offers delicious opportunities!

Spring

Asparagus	Onions
Basil	Peas
Beets	Potatoes
Bok Choy	Radishes
Carrots	Rhubarb
Cauliflower	Salad Greens
Chard	Turnips
Collards	
Garlic	
Herbs	
Kale	
Leeks	
Mushrooms	



Summer

Apples	Eggplant	
Apricots	Garlic	
Artichokes	Herbs	
Basil	Kale	
Beans	Kohlrabi	
Beets	Leeks	
Blackberries	Marionberries	
Blueberries	Melons	
Bok Choy	Mushrooms	
Broccoli	Nectarines	
Cabbage	Onions	
Carrots	Peas	
Cauliflower	Peaches	
Celery	Peppers	Shallots
Chard	Plums	Strawberries
Cherries	Potatoes	Summer Squash
Collards	Radishes	Tomatillos
Corn	Raspberries	Tomatoes
Cucumbers	Salad Greens	Turnips



Fall

Apples	Kale
Basil	Kohlrabi
Beans	Leeks
Beets	Melons
Bok Choy	Mushrooms
Broccoli	Onions
Brussel Sprouts	Parsnips
Cabbage	Pears
Carrots	Peppers
Cauliflower	Potatoes
Chard	Pumpkins
Collards	Salad Greens
Corn	Shallots
Cucumbers	Tomatillos
Eggplant	Tomatoes
Garlic	Turnips
Grapes	Winter Squash
Herbs	



Winter

Apples	Garlic
Beets	Kale
Bok Choy	Kohlrabi
Broccoli	Leeks
Brussel Sprouts	Onions
Cabbage	Parsnips
Carrots	Potatoes
Cauliflower	Salad Greens
Celeriac	Shallots
Chard	Turnips
Collards	Winter Squash



Locally grown whole grains, legumes, seeds and dried corn are typically harvested in the late summer or early fall, but are now available for purchase year-round.