

Food That Grows Here

The Willamette Valley's fertile soil, long growing season, and talented farmers produce an amazing array of vegetables, tree fruits, berries, melons, nuts, edible seeds, grains, and legumes. Every season offers delicious opportunities. Eat local all year!

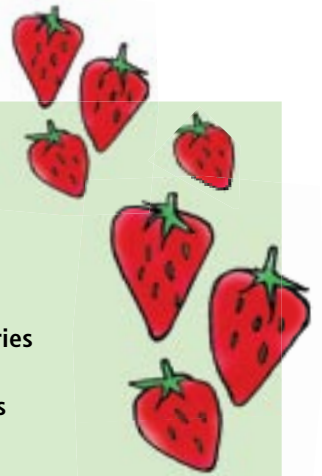
Spring

Asparagus	Leeks
Basil	Mushrooms
Beets	Onions
Bok choy/Pak choi	Peas
Carrots	Potatoes
Cauliflower	Radishes
Chard	Rhubarb
Collards	Salad greens
Garlic	Spinach
Herbs	Strawberries
Kale	Turnips



Summer

Apples	Fennel	
Apricots	Garlic	
Artichokes	Herbs	
Basil	Kale	
Beans	Kohlrabi	
Beets	Leeks	
Blackberries	Marionberries	
Blueberries	Melons	
Bok choy/Pak choi	Mushrooms	
Broccoli	Nectarines	
Cabbage	Onions	
Carrots	Peas	
Cauliflower	Peaches	
Celery	Pears	Shallots
Chard	Peppers	Spinach
Cherries	Plums	Strawberries
Collards	Potatoes	Summer squash
Corn	Radishes	Tomatillos
Cucumbers	Raspberries	Tomatoes
Eggplant	Salad greens	Turnips



Fall

Apples	Kohlrabi
Basil	Leeks
Beans	Melons
Beets	Mushrooms
Bok choy/Pak choi	Onions
Broccoli	Parsnips
Brussels sprouts	Pears
Cabbage	Peppers
Carrots	Potatoes
Cauliflower	Pumpkins
Celery/Celeriac	Radishes
Chard	Salad greens
Collards	Shallots
Corn	Spinach
Cucumbers	Strawberries
Eggplant	Summer squash
Herbs	Sweet potatoes
Fennel	Tomatillos
Garlic	Tomatoes
Ginger	Turnips
Grapes	Winter squash
Kale	



Winter

Apples	Kale
Beets	Kohlrabi
Bok choy/Pak choi	Leeks
Broccoli	Onions
Cabbage	Parsnips
Brussels sprouts	Potatoes
Carrots	Radishes
Cauliflower	Salad greens
Celeriac	Shallots
Chard	Spinach
Collards	Turnips
Garlic	Winter squash



Looking for animal products? Eggs, meat, and milk are generally available year-round. Locally grown grains, legumes, seeds, dried corn, honey, and value-added products are also available throughout the year. Use this guide to find what you're after. Search by product or farm using WFFC's online searchable directory.