



Your Produce Shouldn't Have More Frequent Flyer Miles Than You Do

Louisiana Grown fruits and vegetables may come from places with exotic names like Ponchatoula, Dubach, and Keatchie, but they get to market fresh in a matter of hours, not days. No trip through customs. No layover in Atlanta. Just a breezy ride in the back of your farmer's truck.

Helpful Tips

- When washing vegetables such as greens, broccoli, brussel sprouts, or cauliflower, sprinkle a little salt into the water to draw out insects.
- Always wash hands thoroughly before handling or cutting fresh produce. And wash the produce before serving or cutting.
- In the grocery cart, separate fruits and vegetables from meat, poultry, and fish to avoid cross-contamination.



**LOUISIANA DEPARTMENT OF
AGRICULTURE AND FORESTRY**
MIKE STRAIN DVM, COMMISSIONER
OFFICE OF AGRO-CONSUMER SERVICES

47076 N. Morrison Blvd.
Hammond, LA 70401

(985) 345-9483

LouisianaGrown.com

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YOU DESERVE LOUISIANA GROWN. REAL. FRESH.

Harvest Calendar



Love Thy Farmer

Meet the folks behind your fruit. Greet the guy who grew your greens. Buying Louisiana Grown helps close the circle and strengthen our

state's economy. And it builds community through a vibrant network of farmers markets, roadside stands, and more.

Food, Food Everywhere

Louisiana Grown fruits and vegetables are all around us. They're easy to find at farmers markets or direct from the farm, but they're available at most grocery stores as well. Just look for the Louisiana Grown symbol or ask your grocer.



What's In Season, Louisiana?

When you shop, cook, and eat in season, you know that you always have the freshest food direct from harvest. Here are the best times to buy Louisiana Grown crops at farmers markets, roadside stands, and grocery stores.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
APPLES						•	•	•	•			
ARTICHOKES		•	•	•	•	•						
ASPARAGUS		•	•	•	•	•						
BELL PEPPERS					•	•	•			•	•	
BLACKBERRIES					•	•						
BLUEBERRIES					•	•						
BROCCOLI	•	•	•	•	•					•	•	•
BUTTER BEANS						•	•	•	•	•		
BUTTERNUT SQUASH						•	•	•	•	•		
CABBAGE	•	•	•	•	•					•	•	•
CANTALOUPE						•	•	•	•	•	•	
CAULIFLOWER	•	•	•	•	•					•	•	•
COLLARDS	•	•	•	•	•	•			•	•	•	•
CUCUMBERS					•	•	•	•	•	•	•	
EGGPLANT					•	•	•	•	•	•	•	
FIGS						•	•	•	•	•		
GARLIC			•	•	•	•	•					
GRAPEFRUIT	•	•	•									•
GRAPES (BUNCH)						•	•					
HOT PEPPERS					•					•	•	
KALE	•	•	•	•	•						•	•
LEMONS	•	•										•
LETTUCE	•	•	•	•	•					•	•	•
MANDARINS	•	•									•	•
MELONS						•	•	•	•	•	•	
MUSTARD GREENS	•	•	•	•	•	•			•	•	•	•
NECTARINES					•	•						
OKRA						•	•	•	•	•	•	
ONIONS			•	•	•	•	•					
ORANGES	•	•										•
PEACHES					•	•	•	•				
PEARS							•	•	•			
PLUMS						•	•	•				
POMEGRANATES										•		
PUMPKINS							•	•	•	•	•	
RADISHES	•	•	•	•	•					•	•	
SATSUMAS	•	•							•	•	•	•
SNAP BEANS					•	•	•			•	•	
SOUTHERN PEAS						•	•	•	•	•	•	
SPINACH	•	•	•	•	•					•	•	•
STRAWBERRIES		•	•	•	•							
SWEET CORN					•	•	•					
SWEET POTATOES	•	•	•	•	•	•		•	•	•	•	•
TANGERINES	•	•									•	•
TOMATOES					•	•	•	•	•	•	•	
YELLOW SQUASH					•	•	•	•	•	•	•	
ZUCCHINI SQUASH					•	•	•	•	•	•	•	
WATERMELONS						•	•	•	•	•	•	

Harvest seasons may vary based on weather and location. For a complete harvest calendar, visit LouisianaGrown.com.