



# Buying Guide

## for Kansas-Grown Fruits and Vegetables

Choosing fresh, seasonal, Kansas-grown fruits and vegetables offers many benefits. Fresh fruits and vegetables are a healthy way to add more variety to your diet. Shopping for locally grown produce also supports your local farmers and economy.

Seasonal produce can be purchased at farmers markets, roadside or farm stands, you-pick operations, or through community supported agriculture programs. Some local grocery stores also source local produce.

### Finding Local Produce

To find a local farmers market, you can visit the Kansas Department of Agriculture’s Farmers Market directory: <https://www.fromthelandofkansas.com/market/list> Your local extension office may also know of local markets, farm stands, or other sources of local produce.

The Kansas Local Foods website lists various directories that can help you find local food sources: <https://www.ksre.k-state.edu/kansaslocalfoods/find-local-food/source-local-food/directories.html>

### What’s In Season

As a consumer, it is important to know what is likely to be available locally at a given time of year. This allows you to plan your meals, manage your grocery budget, and find peak quality produce. Although a

wide range of fruits and vegetables are available in the grocery store year-round, it’s important to know what’s actually in season locally, taking into consideration the local climate and conditions. The calendar provided in this guide gives an average range of when to expect different crops to be available in Kansas.

Kansas is a large state, with significant differences in climate from north to south and east to west. The typical timing and availability of each crop may vary by a few weeks in your area and may also vary from year to year. Certain crops may not be well-adapted to your location and are not available at all.

### Know Your Farmer, Know Your Food

Farmers also use a range of techniques to provide produce at different times of the year than you may be used to expecting from your garden. By using new cultivars, succession planting, row covers, and high tunnels, farmers can produce fruits or vegetables earlier or later in the season than you might expect. Some farmers grow produce in greenhouses using hydroponics or other technologies that make their produce available for much of the year.

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## What's in Season in Kansas?

All seasonality windows are approximate and may need to be adjusted earlier or later depending on the weather each season, your location in Kansas, and the practices of your local producers. The green bar indicates the window of availability.

	April	May	June	July	August	September	October	November	
Apples					apples (storage through February)				
Asparagus	asparagus								
Beets			beets (storage through January)						
Blackberries			blackberries						
Blueberries			blueberries						
Bok Choy		bok choy					bok choy		
Broccoli			broccoli				broccoli		
Brussels Sprouts						brussel sprouts			
Cabbage			cabbage						
Chicories		chicories				chicories			
Chinese Cabbage		chinese cabbage				chinese cabbage			
Carrots			carrots (storage through February)						
Cauliflower				cauliflower				cauliflower	
Cherries, Tart			cherries						
Collards		collards							
Cucumbers			cucumbers						
Currants			currants						
Eggplant				eggplant					
Elderberry					elderberry				
Fennel		fennel					fennel		
Figs					figs				
Garlic			garlic (storage through winter)						
Grapes				grapes					
Green Beans			green beans						
Herbs, fresh cut		herbs							
Horseradish							horseradish		
Kale	kale								
Kohlrabi		kohlrabi					kohlrabi		
Leeks		leeks						leeks	
Lettuce		lettuce				lettuce			
Melons				melons					
Mustard		mustard				mustard			
Okra				okra					
Onions		onions							
Parsnip							parsnip (storage through Feb.)		
Peaches				peaches					
Pears				pears, asian and european					
Peas		peas							
Peppers				peppers					
Plums				plums					
Potatoes			potatoes (storage through Jan.)						
Pumpkin						pumpkins			
Radish	radish					radish			
Raspberries			raspberries						
Rhubarb	rhubarb								
Rutabaga						rutabaga (storage through Feb.)			
Spinach		spinach							
Squash — Summer			summer squash						
Squash — Winter				winter squash (storage through Feb.)					
Strawberries		strawberries							
Sweet Corn				sweet corn					
Sweet Potatoes						sweet potatoes (storage through Feb.)			
Swiss Chard	swiss chard								
Tomatillo				tomatillos					
Tomato				tomatoes					
Turnips		turnip					turnip (storage through Feb.)		
Watermelon				watermelon					
	April	May	June	July	August	September	October	November	