

# MONTANA SEASONAL FOOD CHART

Below are many food items grown or raised in Montana that are available throughout the four seasons. For produce, the chart indicates when fresh items may be available and doesn't take into account fruits or vegetables that are available after the harvest seasons due to canning, freezing or dehydrating. This is not a complete list of all products grown and raised in the state. This chart is adapted from Missoula CFAC and Montana Team Nutrition Program.

The colored foods with a \* listed below are WIC eligible fresh fruits and vegetables through the Montana WIC Farm Direct program 2020 (see the approved food list).

WINTER	SPRING	SUMMER	FALL		
December—April	May—June	July—August	September—November		
Barley Beef * <u>Beets</u> Buffalo * <u>Carrots</u> Cheese Chicken Eggs Garbanzo Beans * <u>Garlic</u> Kamut Lentils Milk * <u>Mushrooms</u> * <u>Onions</u> Parsnips Pasta Pinto beans Pork * <u>Potatoes</u> Shallots Sprouts Sunflower Seed Tortillas Turkey Wheat * <u>Winter Squash</u> Yogurt	Barley Beef * <u>Broccoli</u> Buffalo * <u>Cabbage</u> * <u>Cauliflower</u> Chard Cheese Chicken * <u>Collards</u> Eggs Garbanzo Beans Kamut Herbs * <u>Kale</u> Lentils * <u>Lettuce</u> Milk Morels * <u>Mushrooms</u> * <u>Mustard Greens</u> Pasta * <u>Peas</u> Pinto beans Pork * <u>Spinach</u> Sprouts Sunflower Seed Tortillas Turkey Wheat Yogurt	* <u>Apricots</u> Barley Basil * <u>Beans</u> Beef * <u>Beets</u> * <u>Broccoli</u> Buffalo * <u>Carrots</u> * <u>Cabbage</u> * <u>Cantaloupe</u> * <u>Cauliflower</u> Chard Cheese * <u>Cherries</u> Chicken * <u>Collards</u> * <u>Corn</u> * <u>Cucumbers</u> Eggs Garbanzo Beans * <u>Garlic</u> Kamut Herbs * <u>Kale</u> Lentils * <u>Lettuce</u> Milk	* <u>Mushrooms</u> * <u>Mustard Greens</u> Pasta * <u>Peas</u> * <u>Peppers</u> Pinto beans Pork * <u>Raspberries</u> Scallions Shallots * <u>Spinach</u> Sprouts * <u>Strawberries</u> * <u>Summer Squash</u> Sunflower Seed Tomatillos * <u>Tomatoes</u> Tortillas Turkey Wheat Yogurt	* <u>Apples</u> Barley Basil Beans Beef * <u>Beets</u> * <u>Broccoli</u> Buffalo * <u>Carrots</u> * <u>Cabbage</u> * <u>Cantaloupe</u> * <u>Cauliflower</u> Chard Cheese * <u>Cherries</u> Chicken * <u>Collards</u> * <u>Corn</u> Eggs Garbanzo Beans * <u>Garlic</u> Kamut Herbs * <u>Kale</u> Leeks Lentils * <u>Lettuce</u> Milk	* <u>Mushrooms</u> * <u>Mustard Greens</u> * <u>Onions</u> Pasta * <u>Peas</u> * <u>Pears</u> * <u>Peppers</u> Pinto beans Pork * <u>Potatoes</u> * <u>Pumpkins</u> * <u>Raspberries</u> Scallions Shallots * <u>Spinach</u> Sprouts * <u>Strawberries</u> * <u>Summer Squash</u> Sunflower Seed Tomatillos * <u>Tomatoes</u> Tortillas Turkey Wheat * <u>Winter Squash</u> Yogurt

SOURCES: <http://www.montana.edu/mtfarmtoschool/documents/MT%20Seasonal%20Food%20Chart%20MTN%20Factsheet.pdf>  
<http://www.missoulacfac.org/images/toolsandresources/seasonalchart.pdf>