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

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

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