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More than 50 different kinds of fresh fruits and fresh vegetables appear in Oregon food stores during the year. This variety of Oregon-grown and shipped-in produce makes interesting meals possible. This circular shows by months when each fruit and vegetable is in plentiful, moderate, and light supply. During plentiful-supply months, produce is often lower priced and of higher quality. Total supply and Oregon-grown supply are shown on separate fruit and vegetable charts.

Here's how to use this circular. Using strawberries as an example, look at the chart, "Availability of Fresh Fruits in Oregon Markets." It includes both Oregon-grown and shipped-in fruits. Strawberries are in plentiful supply during April, May, and June, in moderate supply during March, and light in supply in September. The other fruit chart shows that 9 percent of the year's strawberry supply sold in Oregon is also grown in the state, and these strawberries are most plentiful in June.

The charts can also be used to see which fresh fruits or vegetables are available each month. For example, in January apples, oranges, and grapefruit are in plentiful supply and avocados, lemons, pears, and tangerines are in moderate supply. Add bananas to this list since they come to the market in fairly steady amounts year around, as do several vegetables—lettuce and potatoes. Remember that buying in season is one way to stretch your food dollars.

Extension Circular 696

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Availability of Oregon-grown Vegetables in the Markets

VEGETABLES		Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Oregon grown	%												
Asparagus	0_												
Beans	44							<u> </u>		8888			
Beets	50						***		***	***	***		
Broccoli	. 34								****				888
Brussels Sprouts	60	****	***	****						****			
Cabbage	54	8888						***	8888				888
Carrots	20	****	*****		y =				***				
Cauliflower	60						***	***	***				
Celery	4							Bell	*****	***			
Corn	23										***		
Cucumbers	27										***		
Endive - Escarole	38		7.5.7	7.7	33.0		*****		8888	***	8888	***	
Lettuce - Romaine	12								Ŀ		8888	****	
Onions - dry	28	****		***	888					***			888
Onions – green	35				8888	***				***	***		
Parsnips	93	****			***				****	***			
Peas	0								*****				
Peppers	10								****		***		
Potatoes - white	40				***								
Radishes	51				*****					****	****		
Spinach	45	***						****					
Squash	60							***	****			****	888
Tomatoes	0.5	5											
Turnips, Rutabaga <u>s</u>	74		8000						****				

Availability of Fresh Vegetables in Oregon Markets

VEGETABLES	Jan	Feb	Mar	Apr	Моу	June	July	Aug	Sept	Oct	Nov	Dec
Artichokes								8888		***	8888	
Asparagus					8888	::::::::::::::::::::::::::::::::::::::						
Beans						****		*****	*******		10	100
Beets	*******				XXXX			****	****	8888	****	
Broccoli					****	8888 8	8888		8888			
Brussels Sprouts _												
Cabbage		****	***	****			****	****	*****			
Carrots	******							88888	388888	****	****	
Cauliflower				****	8888	****	****	****				888
Celery	*****	****		****	8888	****	****	****	3666			
Corn	******		*******	******	8888			88888	88888			8888
Cucumbers				\$33365 533665	****				8888	****		
Egg Plant		****	****	***	8888	*******				2000	****	XXX
Endive - Escarole		38888	****	2000	8888		******		88888	8		888
Lettuce - Romaine							8888	****	88888		*****	
Onions - Dry				88888							8888	***
Onions - Green	****	88888						****	****			8888
Parsnips					******			*******	****	****		***
Peas		88888	33333	88888	****							
Peppers			****		8888	8888					****	***
Potatoes - White _	XXXX	38888	8888	88888	8888				88888	88888	8888	8888
Radishes	******		****					****	****	8888	8888	
Spinach	88888			****				******	*******	****		8888
Squash		*****	888888		******	*****	*****	*****				8888
Sweet Potatoes _	8888	****	*****	*****		********		******	88888	****		
Tomatoes	******		****	****	****	****						****
Turnips, Rutabagas		38888	*****	****	8888	88888		*******	8888	88888		****

Plentiful	Moderate	********	Light	Little or none
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Availability of Fresh Fruits in Oregon Markets

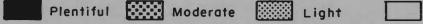
FRUITS	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples				******		88888						
Apricots					*****	******						
Avocadoes					****							
Bananas	****	*****						****		******	*****	
Berries *							88888					
Cantaloupes _									****			
Cherries					*******							
Cranberries _											*****	
Grapefruit _					88888	*****				88888	****	***
Grapes, Table	*******					****				****	****	888
Honeydews _						******	*****					
Lemons	****	****	*****	*****					****			
Nectarines					*******	****			88888	*****		
Oranges					****		******			*****	****	
Peaches					*****	*****			*****	***************************************		
Pears	*****	****	8888	*****			*****				****	***
Pineapples	****							****				***
Persimmons										********		
Plums, Prunes_						****			****			
Pomegranates								***************************************			***************************************	
Rhubarb			****									
Strawberri <u>es</u>			88888	{			****	****				
Tangerines	****	*******					H					
Watermelons									*****			

* Includes Blackberries, Boysenberries, Loganberries and Raspberries

Plentiful	38888	Moderate	*******	Light		Little	or	none
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Availability of Oregon-grown Fruits in the Markets

FRUITS		Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Oregon grown	%												
Apples	_38_							91					
Berries	_100_							***					
Cantaloupes	3_								***				
Cherries	43_						****						
Grapes	_ 1_									<u></u>			
Peaches	7_												
Pears	56_									***************************************			****
Plums - Prunes	16_								***				
Rhubarb	64_						******						
Strawberries	9_												
Watermellons	_ 12_												







Little or none