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# Fresh Fruits & Vegetables

availability in Oregon



R. H. Groder  
*Extension Marketing Specialist*  
*Oregon State University*

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.

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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	%												
<i>Asparagus</i>	0												
<i>Beans</i>	44							■	■	■			
<i>Beets</i>	50						■	■	■	■	■	■	
<i>Broccoli</i>	34						■	■	■	■	■	■	■
<i>Brussels Sprouts</i>	60	■	■	■						■	■	■	■
<i>Cabbage</i>	54	■	■	■			■	■	■	■	■	■	■
<i>Carrots</i>	20	■	■					■	■	■	■	■	■
<i>Cauliflower</i>	60				■	■	■	■	■	■	■	■	■
<i>Celery</i>	4								■	■	■	■	■
<i>Corn</i>	23								■	■	■	■	■
<i>Cucumbers</i>	27							■	■	■	■	■	■
<i>Endive - Escarole</i>	38						■	■	■	■	■	■	■
<i>Lettuce - Romaine</i>	12					■	■	■	■	■	■	■	■
<i>Onions - dry</i>	28	■	■	■	■				■	■	■	■	■
<i>Onions - green</i>	35				■	■	■	■	■	■	■	■	■
<i>Parsnips</i>	93	■	■	■	■	■			■	■	■	■	■
<i>Peas</i>	0						■		■				
<i>Peppers</i>	10								■	■	■		
<i>Potatoes - white</i>	40	■	■	■	■	■	■	■	■	■	■	■	■
<i>Radishes</i>	51				■	■	■	■	■	■	■	■	■
<i>Spinach</i>	45	■	■	■	■	■	■	■	■	■	■	■	■
<i>Squash</i>	60			■	■		■	■	■	■	■	■	■
<i>Tomatoes</i>	0.5								■	■			
<i>Turnips, Rutabagas</i>	74	■	■	■	■	■	■	■	■	■	■	■	■

Plentiful
  Moderate
  Light
  Little or none

## Availability of Fresh Vegetables in Oregon Markets

VEGETABLES	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
<i>Artichokes</i>	Light	Light	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light	Light	Light	Light
<i>Asparagus</i>	Little or none	Light	Plentiful	Plentiful	Light	Light	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none
<i>Beans</i>	Little or none	Little or none	Little or none	Little or none	Little or none	Light	Plentiful	Light	Light	Little or none	Little or none	Little or none
<i>Beets</i>	Light	Light	Light	Light	Light	Plentiful	Plentiful	Light	Light	Light	Light	Little or none
<i>Broccoli</i>	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful
<i>Brussels Sprouts</i>	Plentiful	Plentiful	Light	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Light	Plentiful	Plentiful
<i>Cabbage</i>	Plentiful	Light	Light	Light	Light	Plentiful	Light	Light	Light	Plentiful	Plentiful	Plentiful
<i>Carrots</i>	Light	Light	Light	Light	Light	Plentiful	Plentiful	Light	Light	Light	Light	Little or none
<i>Cauliflower</i>	Light	Light	Light	Light	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Light
<i>Celery</i>	Light	Light	Plentiful	Light	Light	Light	Light	Light	Light	Light	Plentiful	Plentiful
<i>Corn</i>	Light	Little or none	Light	Light	Light	Plentiful	Plentiful	Light	Light	Light	Light	Light
<i>Cucumbers</i>	Light	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light
<i>Egg Plant</i>	Plentiful	Light	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Light	Light	Light
<i>Endive - Escarole</i>	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Plentiful	Light
<i>Lettuce - Romaine</i>	Plentiful	Plentiful	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light	Light	Light
<i>Onions - Dry</i>	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light
<i>Onions - Green</i>	Light	Light	Plentiful	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light	Plentiful	Plentiful	Plentiful
<i>Parsnips</i>	Plentiful	Plentiful	Plentiful	Light	Light	Little or none	Little or none	Light	Light	Light	Plentiful	Light
<i>Peas</i>	Little or none	Light	Light	Light	Light	Light	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none
<i>Peppers</i>	Plentiful	Plentiful	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light
<i>Potatoes - White</i>	Light	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light
<i>Radishes</i>	Light	Light	Light	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light	Light
<i>Spinach</i>	Light	Plentiful	Plentiful	Light	Plentiful	Plentiful	Light	Light	Light	Light	Plentiful	Light
<i>Squash</i>	Plentiful	Light	Light	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Plentiful	Plentiful
<i>Sweet Potatoes</i>	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Plentiful	Plentiful
<i>Tomatoes</i>	Light	Light	Light	Light	Light	Light	Plentiful	Plentiful	Light	Light	Light	Light
<i>Turnips, Rutabagas</i>	Plentiful	Light	Light	Light	Light	Light	Light	Light	Light	Light	Plentiful	Light

Plentiful
  Moderate
  Light
  Little or none

## Availability of Fresh Fruits in Oregon Markets

FRUITS	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
<i>Apples</i>	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Plentiful
<i>Apricots</i>	Little or none	Little or none	Little or none	Little or none	Light	Light	Plentiful	Light	Little or none	Little or none	Little or none	Little or none
<i>Avocadoes</i>	Light	Light	Plentiful	Plentiful	Light	Light	Light	Light	Light	Light	Plentiful	Plentiful
<i>Bananas</i>	Light	Light	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light	Light	Plentiful
<i>Berries *</i>	Little or none	Little or none	Little or none	Little or none	Little or none	Light	Light	Light	Little or none	Little or none	Little or none	Little or none
<i>Cantaloupes</i>	Little or none	Little or none	Light	Light	Light	Plentiful	Plentiful	Plentiful	Light	Light	Light	Little or none
<i>Cherries</i>	Little or none	Little or none	Little or none	Little or none	Light	Plentiful	Plentiful	Little or none	Little or none	Little or none	Little or none	Little or none
<i>Cranberries</i>	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Plentiful	Light	Light
<i>Grapefruit</i>	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light	Light	Light	Light	Light
<i>Grapes, Table</i>	Light	Light	Light	Little or none	Little or none	Light	Light	Plentiful	Plentiful	Light	Light	Light
<i>Honeydews</i>	Little or none	Little or none	Little or none	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Plentiful	Plentiful
<i>Lemons</i>	Light	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Light	Light	Light	Plentiful
<i>Nectarines</i>	Little or none	Little or none	Little or none	Little or none	Light	Light	Plentiful	Plentiful	Light	Light	Little or none	Little or none
<i>Oranges</i>	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light	Light	Light	Light	Plentiful
<i>Peaches</i>	Little or none	Little or none	Little or none	Little or none	Light	Light	Plentiful	Plentiful	Light	Light	Little or none	Little or none
<i>Pears</i>	Light	Light	Light	Light	Light	Little or none	Light	Plentiful	Plentiful	Plentiful	Light	Light
<i>Pineapples</i>	Light	Light	Light	Plentiful	Plentiful	Plentiful	Plentiful	Light	Light	Light	Light	Light
<i>Persimmons</i>	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Light	Light	Light
<i>Plums, Prunes</i>	Little or none	Little or none	Little or none	Little or none	Light	Light	Plentiful	Plentiful	Light	Light	Little or none	Little or none
<i>Pomegranates</i>	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Light	Light	Plentiful	Light	Little or none
<i>Rhubarb</i>	Light	Light	Light	Plentiful	Plentiful	Light	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none
<i>Strawberries</i>	Little or none	Little or none	Light	Plentiful	Plentiful	Plentiful	Light	Light	Light	Little or none	Little or none	Little or none
<i>Tangerines</i>	Light	Light	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none	Light	Light	Plentiful
<i>Watermelons</i>	Light	Light	Light	Light	Light	Plentiful	Plentiful	Plentiful	Light	Light	Little or none	Little or none

\* Includes Blackberries, Boysenberries, Loganberries and Raspberries

 Plentiful
  Moderate
  Light
  Little or none

## Availability of Oregon-grown Fruits in the Markets

FRUITS		Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
	Oregon grown %												
<i>Apples</i>	38												
<i>Berries</i>	100												
<i>Cantaloupes</i>	3												
<i>Cherries</i>	43												
<i>Grapes</i>	1												
<i>Peaches</i>	7												
<i>Pears</i>	56												
<i>Plums - Prunes</i>	16												
<i>Rhubarb</i>	64												
<i>Strawberries</i>	9												
<i>Watermelons</i>	12												



Plentiful



Moderate



Light



Little or none