

# Montana Seasonal Food Chart

The Montana Seasonal Food Chart shows many of the food items grown or raised in this state 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 season 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 <http://www.missoulacfac.org/images/toolsandresources/seasonalchart.pdf>

## Winter

Dec - April

Barley  
Beef  
Beets  
Bison  
Carrots  
Cheese  
Chicken  
Eggs  
Garbanzo Beans  
Garlic  
Kamut  
Lentils  
Milk  
Mushrooms  
Oats  
Onions  
Parsnips  
Pinto Beans  
Pork  
Potatoes  
Shallots  
Sprouts  
Sunflower  
Seed  
Turkey  
Wheat  
Winter Squash  
Yogurt

## Spring

May - June

Barley  
Beef  
Bison  
Broccoli  
Cabbage  
Cauliflower  
Chard  
Cheese  
Chicken  
Collards  
Eggs  
Garbanzo Beans  
Greens  
Herbs  
Kale  
Kamut  
Lentils  
Lettuce  
Milk  
Mushrooms  
Oats  
Onions  
Parsnips  
Peas  
Pinto Beans  
Pork  
Spinach  
Sprouts  
Sunflower  
Seeds  
Turkey  
Wheat

## Summer

July - Aug

Apricots  
Barley  
Basil  
Beans  
Beef  
Beets  
Bison  
Broccoli  
Carrots  
Cabbage  
Cantaloupe  
Cauliflower  
Chard  
Cheese  
Cherries  
Chicken  
Collards  
Corn  
Cucumbers  
Eggs  
Garbanzo  
Beans  
Garlic  
Herbs  
Kale  
Kamut  
Lentils  
Lettuce  
Milk  
Mushrooms

Oats  
Onions  
Peas  
Peppers  
Pinto Beans  
Pork  
Raspberries  
Scallions  
Shallots  
Spinach  
Sprouts  
Strawberries  
Summer  
Squash  
Sunflower  
Seeds  
Tomatillos  
Tomatoes  
Turkey  
Wheat  
Yogurt

## Fall

Sept - Nov

Apples  
Barley  
Basil  
Beans  
Beef  
Beets  
Bison  
Broccoli  
Carrots  
Cabbage  
Cantaloupe  
Cauliflower  
Chard  
Cheese  
Cherries  
Chicken  
Collards  
Corn  
Eggs  
Garbanzo  
Beans  
Garlic  
Kamut  
Herbs  
Kale  
Leeks  
Lentils  
Lettuce  
Milk  
Mushrooms  
Mustard  
Greens

Oats  
Onions  
Peas  
Pears  
Peppers  
Pinto Beans  
Pork  
Potatoes  
Pumpkins  
Raspberries  
Scallions  
Shallots  
Spinach  
Sprouts  
Strawberries  
Summer  
Squash  
Sunflower  
Seeds  
Tomatillos  
Tomatoes  
Turkey  
Wheat  
Winter Squash  
Yogurt

