



Find What's in Season Near You!

The Seasonal Food Guide is a free online tool and app that helps you find out what produce is in season in your state year round.

Created by [GRACE Communications Foundation](#), [the Seasonal Food Guide](#) website and Seasonal Food Guide [iPhone®](#) and [Android™](#) apps include the most comprehensive national database of seasonal food available in the US, with seasonal food information for each of the 50 states.

How the Seasonal Food Guide Works

Use the Seasonal Food Guide to **learn when and where your favorite locally grown produce is in peak season** (and has maximum flavor). Want to know how long a produce item will be available at your local farmers market? Wondering what's in season at other times of the year or in other states? The answers are now right at your fingertips!

The Seasonal Food Guide includes links to recipes and in depth information on local, seasonal fruits, vegetables, herbs, legumes and nuts from our [Real Food Right Now series](#). Our app also lets you set a calendar invite to remind you when your favorite produce item can be found at a farmers' market near you.

Why Seasonal Food Is Important

Studies suggest that seasonal food is fresher, tastier and more nutritious than food consumed out of season. Plus, by buying food that's in season from local farms, you're **supporting both local farmers and the local economy**. Local, seasonal choices can also mean supporting food that spent less time traveling and in storage.

How the Seasonal Food Guide Was Built

Using data collected from the NRDC and state departments of agriculture and university extension programs across the US, **our team spent a year doing extensive research** to learn when and where produce items are at their peak here in the US.

Seasonal Food Guide Features

- Comprehensive US data on more than 140 types of fruits, veggies, legumes, nuts and herbs.
- Search what's in season at any time of year in each of the 50 states.
- Find out when your favorite produce is at peak freshness and tastes the best.
- Includes links to incredible recipes, fun facts and information about the environmental impact of growing each type of produce.
- Data sources: the Natural Resources Defense Council, USDA, state agriculture extension offices and state departments of agriculture.
- Seasonality data accurate to half-month increments.
- Free, food literacy resource developed by a nonprofit.
- Free apps available for download.