

SEASONAL FOOD MAP

Eating Fresh, Putting Up, Putting By

From *Root Cellaring: Natural Cold Storage of Fruits & Vegetables* by Mike & Nancy Bubel

In the chapter titled “The Swing of the Seasons,” Mike & Nancy Bubel do a nice job of laying out their family’s “food map” for a year. Various preservation methods are used during the year, and fresh vegetables are eaten out of the garden when they’re ripe and ready to eat. The Bubel’s garden is a Northeastern garden where the winters are longer and colder and the summers are at least as short as ours here in the Pacific Northwest. Our Maritime climate is milder and so we could expect a “food map” in our region to be at least as varied throughout the year as theirs is, with some exceptions. This food map can be your introduction to what a more seasonally grounded diet might look like. Or try developing your own food map, recording the foods that you are producing in the garden and that you eat fresh, preserve, or store.

JANUARY

Fresh Vegetables:

Kale - Belgian endive (Witloof chicory) - leaf lettuce and Swiss chard grown in the greenhouse.

Frozen Vegetables:

Peas – beans – corn – broccoli – cauliflower – greens

Canned Vegetables:

Tomatoes – sauerkraut – pickled beets – pickled cucumbers – pickled beans – assorted other pickles and relishes

Root Cellar Vegetables:

Onions – Chinese cabbage – beets – carrots – potatoes – squash – garlic – sweet potatoes – leeks – parsnips – salsify – rutabagas – radishes – turnips – cabbage – celeriac

FEBRUARY

Same as January, plus Jerusalem Artichokes if there is a thaw, rhubarb if sprouted in cellar.

MARCH

Same as January and February, plus some wild greens and minus the winter radishes, leeks and rutabagas which are usually used up by now.

APRIL

Fresh Vegetables:

Asparagus – parsley – Swiss chard (new growth from last year’s plants) – wild dandelion, dock, winter cress

Frozen and Canned Vegetables: as above

Root Cellar Vegetables:

Potatoes – onions (unless used up) – carrots – beets (sometimes) – leeks (in the garden from last year) – parsnips (wintered over in the garden) – Jerusalem artichokes – sweet potatoes – garlic – salsify (in the garden from last fall)

MAY

Fresh Vegetables:

Asparagus – sugar peas – lettuce (leaf) – spinach – wild greens – comfrey – turnip greens

Frozen and Canned Vegetables: as above (use up the last frozen vegetables from previous year and clean out freezer)

JUNE

Fresh Vegetables:

Asparagus – beans – peppers – lettuce – peas – zucchini – New Zealand spinach – onions – broccoli – kohlrabi – cabbage

Frozen Vegetables: not used in summer

Canned Vegetables: seldom used, except for pickles

Root Cellar: emptied and cleaned out in June

JULY

Fresh Vegetables: all vegetables available in June, plus corn, tomatoes, cucumbers, carrots and beets

Root Cellar: not needed

AUGUST

Fresh Vegetables: all vegetables available in June and July except asparagus and peas

SEPTEMBER

Fresh Vegetables and Fruits:

Tomatoes – peppers – corn – lettuce – eggplant – broccoli – cabbage – spinach – zucchini – cucumbers – potatoes – apples – pears – escarole – Chinese cabbage – carrots – beets

Root Cellar Vegetables and Fruits:

Onions – garlic – potatoes – apples

OCTOBER

Fresh Vegetables: all of those available in September except corn and including

Winter squash – parsnips – salsify – Brussels sprouts – kale – collards – turnips – leeks – rutabagas – winter radishes – sweet potatoes – cauliflower – beans (sometimes)

Frozen and Canned Vegetables: as in January

Root Cellar Vegetables and Fruits:

Potatoes – onions – garlic – apples

NOVEMBER

Fresh Vegetables in Garden (some protected):

Parsnips – salsify – Brussels sprouts – kale – collards – turnips – leeks – head lettuce – spinach – winter radishes – rutabagas – broccoli (sometimes) – cauliflower (sometimes) – escarole – Chinese cabbage – cabbage – carrots

Root Cellar Vegetables:

Beets – peppers – white potatoes – sweet potatoes – onions – garlic – cauliflower – broccoli – ripening tomatoes

DECEMBER

Fresh Vegetables in Garden:

Leeks – kale – Chinese cabbage (early in month) – parsnips – carrots – salsify – Brussels sprouts

Frozen and Canned Vegetables: as in January

Root Cellar Vegetables:

Sweet potatoes – white potatoes – green and ripe tomatoes – Chinese cabbage – cabbage – onions – carrots – garlic – winter squash – escarole – turnips – winter radishes – rutabagas – parsnips – Jerusalem artichokes – beets

From *Root Cellaring* pp. 25-31