

Pick Now!™

A seasonal freshness calendar to inspire all of your Pick, Mix & Serve adventures!

MAY

Wild Blueberry is the official fruit of Maine, with good reason. The state grows 25% of the world's "low bush" or wild blueberries, which are the smaller, dark blue or purplish berries.



blueberries

Even though rhubarb is known as the "pie plant" and the base for many desserts, it's a vegetable and not a fruit. However, in 1947, a New York court deemed it a fruit in order to reduce rhubarb tariffs, which were higher for vegetables.

rhubarb

fava beans

Sicilian immigrants brought these legumes to the US in the late 1800's not only for nourishment, but also for luck. It wasn't unusual to carry a fava bean in your pocket or purse for good fortune.



strawberries

With its sunshine days and foggy nights, California produces over 85% of the nation's strawberries. Over 2 billion pounds are harvested annually, all picked by hand.



Pick Now!™



produce



flowers

Apricots

Artichokes

Arugula

Asparagus

Beets

Blackberries

Blueberries

Cabbage

Chard

Cherries

Collards

Fava Beans

Green Garlic

Green Onions

Hass Avocado

Kale

Lettuce

Mushrooms

New Potatoes

Onions

Peaches

Peas

Peppers

Plums

Potatoes

Radishes

Raspberries

Rhubarb

Scallions

Spinach

Strawberries

Turnips

Vidalia Onions

Alstromeria

Agapanthus

Amaryllis

Apple Blossom

Bird of Paradise

Brodea

Calla Lily

Casablanca Lily

Cherry Blossom

Cornflower

Cosmos

Cymbidium

Delphinium

Freesia

Heather

Hellebores

Hyacinth

Iris

Larkspur

Lilac

Lisanthus

Narcissus

Peach Blossom

Poppy

Ranunculus

Roses

Snap Dragon

Stock

Sunflowers

Sweet Pea

Tulips

Wax Flower

Zinnia

Find more seasonal insights, fresh recipes and exclusive tips at eat-drink-garden.com.