Cool Season Fruits and Vegetables to Grow

 Introduction
Did You Know?
Fall Harvest or Winter Harvest
When to Grow

Introduction

- Western Oregon Farmers grow some of the best produce in the country! Our Summers are short and dry and our winters are cool, but not too frosty.
- So, what are the Fruits and Vegetables that grow in Western Oregon Winters? Let's take a look!

Common Fruits to Harvest in Oregon

Fall Harvest

• When leaves start to change colors, we know it is time for fall harvesting. Tasty food like Hazelnuts, Apple are picked around this season. So, next time you go pumpkin searching, grab an apple while you're at it!

Winter Harvest

 Perfect produce for the winter season are apples, beets, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, chard, collards, garlic, kale, onions, potatoes, salad greens and shallots.

My Choice For Top Oregon Plants to Grow!

Carrots

Carrots can conquer weathers as low as 15 degrees! They have variety of colors!

Pears

Pears are Oregon's number one tree fruit crop, and Oregon's Official State Fruit!

Beets

Beets can grow in warm and cold season but, they grow sweeter in the colder seasons!

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Apples

Some apples are grown in three places: Willamette Valley, Mid-Columbia Valley, and Milton-Freewater area

When to look for them?

Carrots

June through January

Pears August through November



Apples

August through November



June through January

Now, It Is Your Turn...

Which one of the four fruits and vegetables that are grown in Oregon are your choice to eat?