



Linking Edible Arizona Forests

## Growing Edible Arizona Forests, An Illustrated Guide

Excerpt from *leafnetworkaz.org*

### Edible Tree Guide

#### HARVEST the Abundance

- When to Pick

### When to Pick

This harvest calendar provides general guidelines for harvest periods. However, ripening times could differ due to weather, sun and wind exposure, slope, elevation, fruit variety and other factors. Keep your eyes on the trees to judge when to harvest. Mature soft fruits should be harvested right away to avoid decay and beat the birds to them.

GENERAL RANGE OF HARVEST PERIODS FOR ARIZONA EDIBLE TREES

Tree Species	JAN	FEB	MAR	APR	MAY	JUNE	JUL	AUG	SEPT	OCT	NOV	DEC
Almond								NUT				
Apple						FRUIT						
Apricot					FRUIT							
Carob								DRY POD				
Cherry					FRUIT			WILD FRUIT				
Citrus, Many	FRUITS											
Date Palm							FRUIT		DRIED FRUIT			
Elderberry					FLOWER			FRUIT				
Fig						FRUIT						
Hawthorn									FRUIT			
Ironwood					FLOWER	GREEN SEED	DRY SEED					
Jujube									FRUIT			
Juniper										FRUIT		
Loquat			FRUIT									
Medlar										FRUIT		
Mesquite						DRY POD						
Mulberry						FRUIT						
Oak									SEED			
Olive										FRUIT		
Palo Verde				FLOWER	GREEN SEED	DRY SEED						
Peach						FRUIT						
Pear (Asian)							FRUIT					
Pecan	NUT										NUT	
Persimmon									FRUIT			
Pinyon Pine									NUT			
Pistachio								NUT				
Plum					FRUIT							
Pomegranate								FRUIT				
Quince								FRUIT				
Saquaro						FRUIT						
Sapote									FRUIT			
Walnut										NUT		

In general, harvesting at the time of optimum maturity will produce the best tasting fruit. Harvest in the early morning when the fruit is cool and chill the fruit as soon as possible to make your fruit last longer. Many types of citrus fruit can stay on trees until you are ready to use them, and some continue to sweeten and get tastier on the tree. Keep an eye on the weather to avoid damage to citrus and other tropical trees due late freezes or rainstorms. Risk of frost could make it worth harvesting early.

Some fruits and pods are vulnerable to mold after summer rains, such as mesquite and dates, so protect them from the rain or harvest early. Some fruits, such as persimmon and medlar need to over-ripen on the trees before they can be eaten and should be harvested late in the season. Different varieties of the same species may have very different ripening times—early summer apples may ripen in June while late winter varieties can stay on the tree until December. Check the **Edible Tree Directory** at [leafnetworkaz.org](http://leafnetworkaz.org) for specific harvest recommendations.



Abundant harvest of quince fruit at Mission Garden in Tucson.