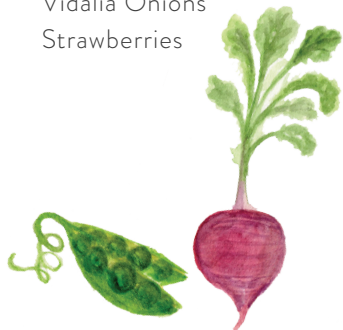


Seasonal Produce Guide

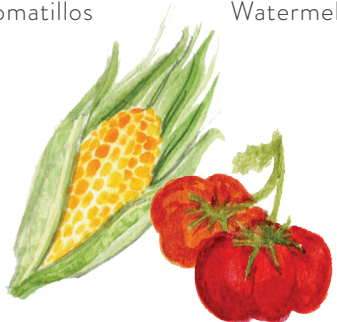
SPRING

Artichokes
 Arugula
 Asparagus
 Broccoli
 Bibb Lettuce
 Chard
 Cauliflower
 Fennel
 Fiddleheads
 Green Beans
 Pea pods
 Radicchio
 Radishes
 Rhubarb
 Salad Greens
 Spinach
 Sugar Snap Peas
 Vidalia Onions
 Strawberries



SUMMER

Broccoli
 Cherry Tomatoes
 Cucumbers
 Corn
 Eggplant
 Endive
 Green Beans
 Green Peppers
 Herbs
 Hot Peppers
 Kale
 Kohlrabi
 Okra
 Radishes
 Salad Greens
 Snow Peas
 Sugar Snap Peas
 Summer Squash
 Tomatillos



Tomatoes
 Turnips
 Zucchini
 Apricots
 Blackberries
 Blueberries
 Boysenberries
 Cantaloupe
 Cherries
 Currants
 Figs
 Grapes
 Gooseberries
 Honeydew Melon
 Nectarines
 Peaches
 Plums
 Raspberries
 Watermelon

FALL

Broccoli
 Broccoli Rabe
 Brussels Sprouts
 Cauliflower
 Fennel
 Kale
 Peppers
 Pumpkins
 Salad Greens
 Cranberries
 Grapes
 Pears
 Pomegranates
 Quince



WINTER

Acorn Squash
 Brussels Sprouts
 Butternut Squash
 Collard Greens
 Kale
 Sweet Potatoes
 Winter Squash
 Clementines
 Grapefruit
 Kiwi
 Oranges
 Pears
 Pomegranate
 Tangerines



YEAR-ROUND

Beets
 Broccolini
 Cabbage
 Carrots
 Celery
 Garlic
 Leeks
 Lettuce and micro-greens
 Mushrooms
 Onions
 Parsnip
 Potatoes
 Shallots
 Sprouts
 Turnips
 Apples

