

WHAT'S IN SEASON?



SPRING

Apples	Pears
Apricots	Peas
Artichokes	Peppers
Arugula	Radishes
Asparagus	Rhubarb
Beets	Strawberries
Broccoli	Spinach
Cabbage	Spring Onions
Celery	Swiss Chard
Cherries	Turnips
Endive	Variety Grapes
Kale	Variety Melons
Lettuce	



SUMMER

Avocados	Eggplant	Stone Fruits (Apricots, Peaches, Nectarines, Plums & Pluots)
Arugula	Figs	Summer Squash
Beans	Garlic	Swiss Chard
Beets	Kale	Sweet Corn
Broccoli	Lettuce	Tomatoes
Cabbage	Onions	Turnips
Carrots	Okra	Variety Berries (Blackberries, Blueberries, Boysenberries, Raspberries, Strawberries)
Cauliflower	Peas	Variety Grapes
Celery	Peppers	Variety Melons
Cherries	Potatoes	Watermelons
Collards	Radishes	
Cucumber	Spinach	
Currants		



FALL

Apples	Figs	Potatoes
Arugula	Garlic	Pumpkins
Beets	Gourds	Pomegranates
Beans	Grapes	Spinach
Broccoli	Italian Plums	Squash
Cabbage	Kale	Summer
Carrots	Leeks	Sweet Corn
Cauliflower	Lettuce	Swiss Chard
Celery	Onions	Tomatoes
Citrus	Pears	Turnips
Collards	Peas	Winter Squash
Cucumber	Peppers	Zucchini
Eggplant	Persimmons	



WINTER

Apples	Pears
Arugula	Peppers
Brussels Sprouts	Potatoes
Cabbage	Pumpkins
Carrots	Radishes
Celery	Spinach
Citrus	Swiss Chard
Collards	Sweet Potatoes
Eggplant	Turnips
Kale	Tomatoes - Heirlooms
Leeks	Winter Squash
Lettuce	
Onions	