

APR

MAY

JUN

HONEYBERRIES

STRAWBERRIES

(APPLES)

CUCUMBERS

SUMMER SQUASHES

(WINTER SQUASHES)

ZUCCHINI

ARUGULA

ASIAN & MUSTARD GREENS

BEEF GREENS

CHARD

COLLARDS

COLLARDS

ENDIVE

ESCAROLE

KALE

LETTUCES

MICRO GREENS, PEA SHOOTS, & POPCORN SHOOTS

RADICCHIO

SORREL

SALAD GREENS / MESCLUN / SPRING MIX

SPINACH

SUNFLOWER GREENS

TURNIP GREENS

BOK CHOY / PAC CHOI

BROCCOLI

BROCCOLI RABE

CABBAGES

CAULIFLOWER

CHINESE CABBAGES

KOHLRABI

PEPPERS

TOMATOES

ASPARAGUS

FIDDLEHEADS

MUSHROOMS

RHUBARB

BEAN SPROUTS

FAVA BEANS

(DRIED BEANS)

SHELLING PEAS

SNAP PEAS & SNOW PEAS

STRING BEANS / SNAP BEANS

(CARROTS)

CARROTS

BEETS

DAIKON

PARSNIPS

(POTATOES)

POTATOES

(RADISHES)

RADISHES

RUTABAGAS

(RUTABAGAS)

SALAD TURNIPS

SUNCHOKES

(TURNIPS)

TURNIPS

CHIVES

GARLIC SCAPES

GREEN ONIONS

(ONIONS)

SCALLIONS

ONIONS

LEEKs

(SHALLOTS)

BASIL

CILANTRO

DILL

MINT

OREGANO

PARSLEY

ROSEMARY

SAGE

SAVORY

(OATS)
(POPCORN)

(BEEF)
(BISON / BUFFALO)
(ELK)
(GOAT)
(LAMB)
(PORK)
(RABBIT)
(VEAL)
(VENISON)
(CHICKEN)
(DUCK)

(GUINEA FOWL)
(PHEASANT)
(QUAIL)
(TURKEY)

CHICKEN EGGS
DUCK EGGS
OUAIL EGGS

GOOSE EGGS

BUTTER
CHEESES
GOAT CHEESES
GOAT MILK
GOAT YOGURT
KEFIR
MILK, BUTTERMILK, & CREAM
YOGURT

BLUEFIN TUNA
BLUEFISH

FLOUNDERS
HADDOCK
HAKE

JONAH/PEEKYTOE CRAB

MACKEREL
MONKFISH
POLLOCK

(HONEY)

MAPLE SYRUP

(MAPLE SYRUP)

(CANOLA OIL)
(SUNFLOWER OIL)