

JAN

FEB

MAR

(APPLES)

(PUMPKINS)

(WINTER SQUASHES)

BEET GREENS
CHARD
COLLARDS

KALE
LETTUCES

MICRO GREENS, PEA SHOOTS, & POPCORN SHOOTS

SALAD GREENS / MESCLUN / SPRING MIX

SPINACH

TOMATOES

MUSHROOMS

(DRIED BEANS)

(BEETS)

(CARROTS)
(CELERIAC)

(PARSNIPS)

PARSNIPS

(POTATOES)
(RADISHES)
(RUTABAGAS)

(SWEET POTATOES)

(TURNIPS)

(GARLIC)

(LEEKS)

LEEKS

(ONIONS)

(SHALLOTS)

(CORNMEAL)

(OATS)
(POPCORN)

(RYE)
(WHEAT)

(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

HAKE

POLLOCK

SMELT

(MAPLE SYRUP)

(HONEY)

MAPLE SYRUP

(CANOLA OIL)
(SUNFLOWER OIL)