

SEASONAL VEGETABLES

JANUARY-FEBRUARY-MARCH



BEETS



TURNIPS



BROCCOLI



CABBAGE



SPINACH



BABY ARUGULA



CAULIFLOWER



LETTUCE



ASPARAGUS

APRIL



SWEET CORN



GREENS BEANS



LEEKS

MAY



CILANTRO



PEPPERS



TOMATOES

JUNE



CUCUMBERS



PARSLEY



EGGPLANT

JULY



ZUCCHINI



FRESH PEAS



COUSA SQUASH

AUGUST



POTATOES



YELLOW SQUASH



BASIL

SEPTEMBER



CHERRY PEPPERS



RED POTATOES



ONIONS

OCTOBER



PUMPKINS



PECANS



BUTTERNUT SQUASH

NOVEMBER



ACORN SQUASH



SWEET POTATOES



RADISHES

DECEMBER



KALE



FENNEL



KABOCHA SQUASH

SEASONAL FRUITS

JANUARY-FEBRUARY-MARCH



CLEMENTINES



GRAPEFRUIT



KIWI



LEMONS



PASSION FRUIT



ORANGES



PINEAPPLE

APRIL



STRAWBERRIES



MANGO



BLACKBERRIES

MAY



BLUEBERRIES



PLUMS



CHERRIES

JUNE



WATERMELON



CANTALOUPE

JULY



PEACHES



HONEYDEW

AUGUST



PERSIMMONS



APRICOTS



RASPBERRIES

SEPTEMBER



FIGS



GRAPES

OCTOBER



CRANBERRIES



APPLES

NOVEMBER



PEARS



POMEGRANATES

DECEMBER



TANGERINES



PAPAYA