

seasonal produce guide

spring

apricots, artichokes, asparagus, cherries, cilantro, fava beans, fiddleheads, garlic scapes, lettuce, morels, radicchio, spring onions, pea greens, romanesco, snap peas, snow peas, spinach, sweet onions



summer

basil, blackberries, beets, cantaloupes, carrots, celery, chile peppers, collard greens, corn, cucumbers, eggplant, figs, grapes, green beans, kale, leeks, limes, mangos, peaches, plums, pluots, raspberries, romanesco, strawberries, tomatillos, tomatoes, watermelon, yellow squash, zucchini

fall

apples, artichokes, beets, bok choy, broccoli raab, cauliflower, chard, collard greens, cranberries, delicata squash, edamame, fennel, kale, kohlrabi, leeks, lemongrass, lettuce, onion, pears, parsnips, pumpkin, quinces, turnips, sweet peppers, sweet potatoes



winter

belgian endive, bok choy, brussels sprouts, broccoli, cabbage, clementines, daikon, escarole, horseradish, kiwis, lemons, oranges, pomegranates, rutabagas, sunchokes, sweet potatoes, onions, grapefruit, winter celery root, squash

year round

arugala, avocados, bananas, beets, belgian endive, bok choy, broccoli, cabbage, carrots, celery, collard greens, garlic, herbs, cultivated mushrooms, green onions, potatoes, shallots, spinach, sprouts, watercress

