

WHAT'S IN SEASON AT



JANUARY

Apples
Beets
Cabbage
Carrots
Cucumbers *GH*
Peppers *GH*
Potatoes
Winter Squash



FEBRUARY

Apples
Beets
Cabbage
Carrots
Cucumbers *GH*
Peppers *GH*
Potatoes
Winter Squash

MARCH

Apples
Beets
Cabbage
Carrots
Cucumbers *GH*
Peppers *GH*
Potatoes

APRIL

Apples
Beets
Beans *GH*
Cucumbers *GH*
Eggplant *GH*
Fiddleheads
Lettuce
Peppers *GH*
Potatoes
Rhubarb
Tomatoes *GH*

WE ARE
WHAT YOU
EAT.

MAY

Apples
Asparagus
Beans *GH*
Cucumbers
Eggplant *GH*
Peppers *GH*
Potatoes
Rhubarb
Strawberries
Tomatoes *GH*

JUNE

Apples
Asparagus
Beans *GH*
Cherries
Cucumbers
Eggplant *GH*
Peas
Peppers *GH*
Potatoes
Rhubarb
Spinach
Strawberries
Tomatoes

JULY

Apples
Apricots
Artichokes
Beans
Blueberries
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cherries
Corn
Cucumbers
Eggplant *GH*
Peas
Peppers *GH*
Potatoes
Rhubarb
Strawberries
Spinach
Tomatoes
Raspberries
Zucchini



AUGUST

Apples
Apricots
Artichokes
Beans
Broccoli
Blackberries
Blueberries
Cabbage
Carrots
Cauliflower
Celery
Corn
Cucumbers
Eggplant *GH*
Onions
Peaches
Pears
Peas
Peppers *GH*
Potatoes
Plums
Strawberries
Spinach
Swiss Chard
Tomatoes
Winter Squash
Zucchini



SEPTEMBER

Apples
Artichokes
Beans *GH*
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Corn
Cucumbers
Eggplant *GH*
Onions
Pears
Peas
Peppers *GH*
Potatoes
Pumpkins
Strawberries
Spinach
Swiss Chard
Tomatoes
Winter Squash
Zucchini

OCTOBER

Apples
Beans *GH*
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cucumbers
Eggplant *GH*
Pears
Peppers *GH*
Potatoes
Pumpkins
Spinach
Swiss Chard
Tomatoes
Winter Squash

NOVEMBER

Apples
Brussels Sprouts
Beans *GH*
Cabbage
Carrots
Cucumbers *GH*
Eggplant *GH*
Peppers *GH*
Potatoes
Swiss Chard
Tomatoes
Winter Squash



DECEMBER

Apples
Brussels Sprouts
Cabbage
Carrots
Cucumbers *GH*
Eggplant *GH*
Peppers *GH*
Potatoes
Tomatoes *GH*
Winter Squash

GH = Green House

