



WHAT'S IN SEASON?

This is a guide showing general availability in our region...
Please visit our market for the freshest and tastiest produce!

WINTER

Arugula	Cilantro	Parsley
Beets	Fennel	Radishes
Bok Choy	Greens	Spinach
Broccoli	Leeks	Sweet Potatoes
Cabbage	Lettuces	Tomatoes (Hot House)
Cauliflower	Napa Cabbage	Turnips

SPRING

Asparagus	Cilantro	Parsley
Arugula	Cucumbers	Peas, Green
Beans, Green	Culinary Herbs	Radishes
Beets	Fennel	Potatoes
Blackberries	Garlic	Shallots
Broccoli	Greens	Spinach
Cabbage	Leeks	Squash
Carrots	Lettuces	Strawberries
Cauliflower	Onions	Turnips

SUMMER

Basil	Garlic	Potatoes
Beans, Green	Melons	Shallots
Carrots	Okra	Summer Squash
Cucumbers	Onions	Sweet Corn
Culinary Herbs	Peaches	Sweet Potatoes
Eggplant	Pears	Tomatoes
Figs	Peas, Black-Eyed	Watermelon
Fresh Peas	Peppers, Sweet & Hot	

FALL

Arugula	Fresh Peas	Persimmons
Beans, Green	Garlic	Pumpkins
Beets	Greens	Radishes
Broccoli	Leeks	Potatoes
Cabbage	Lettuces	Shallots
Cauliflower	Onions, Green	Spinach
Cilantro	Parsley	Summer Squash
Cucumbers	Pears	Sweet Potatoes
Culinary Herbs	Peas, Black-Eyed	Tomatoes
Eggplant	Pecans	Turnips
Fennel	Peppers, Sweet & Hot	Winter Squash