What's "In Season" and When

* = Just starting to be available, weather & farmer dependent

^ = End of season availability, weather & farmer dependent

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April

- Arugula
- Asparagus*
- Chives
- Cilantro
- GH Cucumbers*
- GH Tomatoes*
- Green Onions & Garlic
- Kale
- Kohlrabi*
- Overwintered Carrots & Leeks
- Lettuce
- Salad Mix & other leafy greens
- Microgreens
- Radishes
- Rhubarb*
- Spinach
- Swiss Chard
- Turnips

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May

- Arugula
- Asparagus
- Beets*
- Broccoli*
- Carrots*
- Chives & Cilantro
- Cucumbers**
- GH Cucumbers & Tomatoes
- Green Beans*
- Green Onions & Garlic
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Peas*
- Salad Mix & other leafy greens
- Radishes
- Rhubarb
- Spinach
- Strawberries*
- Turnips
- Zucchini**

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Spring Produce Meals

- Green salads (toppings: radishes, fennel, asparagus, gr. onions)
- Sautéed radishes (or turnips) with herbs
- Roasted asparagus
- Asparagus soup
- Crudité platter (radishes, turnips, etc.)
- Soups, stews, or braised greens
- Pickled radish (Viet. Noodle bowls w/veg)

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June

- Arugula^
- Beets
- Blueberries*
- Blackberries*
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Cherries, tart
- Cucumbers
- Daikon radish
- Fennel
- Garlic*
- Green Beans
- Herbs
- Kale
- Kohlrabi
- Leeks
- Lettuce^
- Onions*
- Potatoes*
- Peas (snow, snap)
- Peppers**
- Plums*
- Radishes^
- Rhubarb
- Spinach^
- Summer Squash & Zucchini
- Swiss Chard
- Tomatoes*
- Turnips^

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Late Spring/Early Summer Produce Meals

- Green salads (toppings: radishes, fennel, kohlrabi, gr. Onions, peas)
- Mixed root veg dishes – carrots, beets, fennel, kohlrabi, turnips
- Strawberries!
- Crudité platters (root veg)
- Snap peas, beans, etc – so many choices!
- Rice bowls with stir-fry vegetables
- Fresh pickled cucumbers, etc.
- New potatoes with herbs
- Roasted onions with early summer squash

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July

- Beets^
- Blueberries
- Blackberries
- Broccoli^
- Cabbage
- Carrots^
- Cantaloupe*
- Cauliflower^
- Cucumbers
- Daikon radish
- Eggplant
- Fennel^
- Garlic
- Green Beans
- Herbs
- Hydroponic lettuce
- Kale
- Kohlrabi^
- Okra*
- Onions
- Peaches*
- Peppers
- Plums
- Potatoes
- Rhubarb^
- Shallots
- Spaghetti Squash*
- Summer Applies*
- Summer Spinach
- Summer Squash & Zucchini
- Sweet Corn
- Swiss Chard
- Tomatoes
- Watermelon*

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August

- Blackberries^
- Cantaloupe
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Herbs
- Hydroponic Lettuce
- Kale
- Okra
- Onions
- Peaches
- Pears
- Peppers
- Potatoes^
- Spaghetti Squash
- Summer Apples
- Summer Spinach
- Summer Squash & Zucchini
- Sweet Corn^
- Swiss Chard
- Tomatoes
- Watermelon
- Winter Squash*

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High Summer Produce Meals

- Melon salads
- BLTs
- Caprese salad
- Roasted okra
- Zucchini fritters w/herb tzatziki
- Corn & Tomato Pie
- Peach anything… (if the weather cooperates!)
- Jalapeno Poppers
- Eggplant Curry

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September

- Apples
- Arugula
- Beets*
- Cantaloupe^
- Carrots*
- Cucumbers
- Eggplant
- Garlic
- Green Beans*
- Herbs
- Kale
- Lettuce
- Other leafy greens*
- Peppers
- Pumpkins*
- Radishes
- Spaghetti Squash
- Spinach*
- Summer Squash & Zucchini
- Swiss Chard
- Tomatoes
- Watermelon^
- Winter Squash

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October

- Apples
- Arugula
- Beets
- Broccoli*
- Cabbage*
- Carrots
- Cauliflower*
- Cucumbers^
- Eggplant^
- Garlic
- Green Beans^
- Herbs
- Kale
- Kohlrabi
- Lettuce
- Other leafy greens
- Parsnips
- Peppers^
- Pumpkins
- Radishes
- Spaghetti Squash^
- Summer Squash & Zucchini^
- Spinach
- Sweet Potatoes
- Swiss Chard
- Tomatoes^
- Winter Squash

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Fall Produce Meals

- Pumpkin pancakes
- Stuffed peppers
- Spaghetti squash carbonara
- Tomato soup
- Sausage & kale soup
- Leafy greens – cooked and salads
- Root vegetables

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November

- Apples
- Arugula
- Beets
- Broccoli^
- Carrots
- Cauliflower^
- Green Tomatoes
- Herbs
- GH Tomatoes & Cucumbers
- Kale
- Kohlrabi
- Lettuce
- Other Leafy Greens
- Parsnips
- Radishes
- Spinach
- Sweet Potatoes
- Swiss Chard
- Turnips
- Winter Squash & Pumpkins

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December-March

- Overwintered: carrots, turnips, parsnips, radishes
- Spinach
- Kale
- Stored: sweet potatoes, winter squash, root veg
- Microgreens
- Hydroponic lettuce
- (“Local” citrus is in season)

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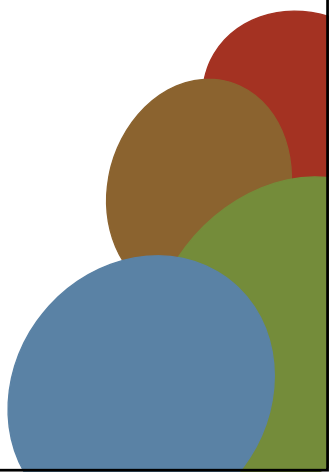
Winter Produce Meals

- Green salads
- Soups, stews, curries
- Roasted root vegetables
- Sweet potato pie
- Winter squash stir-fry
- (Citrusy things)



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