



In Season

Fruits

Apples
Pears
Plums
Grapes
Berries
Melons
Cranberries
Figs
Asian Pear
Nectarine
Persimmons (late sept)
Pomegranates (late sept)

September

Veggies

Broccoli
Sweet Potatoes
Potatoes
Corn (early sept)
Cabbage
Carrots
Beets
Garlic, Onions
Turnips
Tomatoes
Radishes
Peppers
Eggplant
Zucchini
Summer Squash
Cucumber
Pumpkin
Winter Squash
Leeks
Kale, Spinach
Swiss Chard