

In
Season



October

Fruits

Apples
Pears
Plums
Kiwi
Grapes
Cranberries
Blackberries
Figs
Dates
Pomegranates
Oranges
Lemons
Limes

Veggies

Butternut
Acorn
Pumpkins
Winter Squash
Sweet Potatoes
Yams
Broccoli
Cauliflower
Cabbage
Brussel Sprouts
Beets
Carrots
Parsnips
Kale
Spinach
Arugula
Leeks