



Seasonal Availability

FARM.FRESH.FLAVOUR

MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	
Asparagus												
					Jerusalem Artichokes							
		Beets										
		Carrots										
		Garlic Scapes										
			Garlic Bulbs									
					Celeriac							
					Rutabaga							
	LEAFY GREENS: Asian Mustard Greens, Arugula, Mixed Lettuce											
			Onions									
			Leeks									
			Parsnips									
			Parsley Root									
			Potatoes									
		Cherry Tomatoes										
				Winter Radish: Black, Green, Valentine & Purple								
				Winter Turnip: Amber & Purple Top								
MICROGREENS - available year-round												
				Winter Squash								