

Year Round Ingredients

Butter

Cheese

Cherries - frozen or dried

Cream

Dry beans

Eggs

Granola

Honey

Ice cream

Maple syrup

Meats

Beef inside rounds or ground beef, summer or other sausages

Chicken - whole

Pork shoulders, hams, ground or sausage

Juices - cranberry, apple cider

Milk

Mushrooms Button

Crimini

Oyster

Portobello

Shitake

Oats

Popcorn

Potato chips

Potatoes

Poultry

Sorghum

Vegetables (dried, frozen or canned)

Wheat (whole and flour)

Yogurt.

January

Apples
Beets
Cabbage
Carrots
Celery Root
Cranberries
Daikon
Garlic
Horseradish
Leeks
Onions
Parsnips
Potatoes Fingerling
 Blue
 German Butterball
 Reds
 Whites
 Yukon
Pears
Pie Pumpkin
Rutabaga
Radish (Beauty Heart and Black)
Shallots
Sweet Potatoes
Turnips
Winter Squash
 Acorn
 Kabocho
 Spaghetti
 Butternut
 Hubbard

Also see year round ingredients

February

Apples
Beets
Cabbage
Carrots
Celery Root
Daikon
Garlic
Horseradish
Leeks
Onions
Parsnips
Potatoes Fingerling
 Blue
 German Butterball
 Reds
 Whites
 Yukon
Pears
Pie Pumpkin
Rutabaga
Radish (Beauty Heart and Black)
Shallots
Sweet Potatoes
Turnips
Winter Squash
 Acorn
 Kabocho
 Spaghetti
 Butternut
 Hubbard

Also see year round ingredients

March

Apples

Beets

Cabbage

Carrots

Celery Root

Garlic

Onions

Parsnips

Potatoes Fingerling

Blue

German Butterball

Reds

Whites

Yukon

Rutabaga

Shallots

Spinach - hoop house

Sweet Potatoes

Turnips

Winter Squash

Acorn

Kabocha

Spaghetti

Butternut

Hubbard

Also see year round ingredients

April

Apples - seconds

Beets

Cabbage

Carrots

Celery Root

Garlic

Onions

Parsnips

Potatoes Fingerling

Blue

German Butterball

Reds

Whites

Yukon

Radishes - hoop house

Rutabaga

Shallots

Spinach - hoop house

Turnips

Watercress - wild

Winter Squash

Acorn

Kabocha

Spaghetti

Butternut

Hubbard

Also see year round ingredients

May

Arugula
Asparagus
Braising Mix
Edible Flowers
Frisee
Herbs
Leaf Lettuce
Morel Mushrooms
Parsnips
Radishes
Ramps
Rhubarb
Salad Mix
Saute Mix
Spinach
Sunchokes
Watercress

June

Arugula
Asparagus
Beets
Bok Choy
Broccoli
Chard
Cucumber
Currants
Dandelion Greens
Edible Flowers
Fennel
Frisee
Green Garlic
Herbs
Kale
Kohlrabi
Leaf Lettuce
Mustard Greens
Peas
Radishes
Raspberries
Rhubarb
Ripini
Scallions
Spinach
Strawberries
Summer Squash
Zucchini

July

Basil
Beans
Beets
Blueberries
Bok Choy
Braising Mix
Broccoli
Cantaloupe
Carrots
Cauliflower
Chard
Cherries
Collards
Corn
Cucumber
Currants
Edible Flowers
Eggplant
Fennel
Frisee
Gooseberries
Green Garlic
Herbs
Kale
Kohlrabi
Leaf Lettuce
Leeks
Mulberries
Mustard Greens
Okra
Peppers
Potatoes
Summer Squash
Raspberries
Ripini
Salad Mix
Saute Mix
Scallions
Shallots
Spinach
Strawberries

Tomatillo

August

Apples
Apricots
Basil
Beans
Beets
Blackberries
Blueberries
Bok Choy
Braising Mix
Broccoli
Cabbage
Carrots
Cauliflower
Celeriac
Chard
Cherries (Sweet and Tart)
Collards
Corn
Cucumbers
Daikon
Pears (Early)
Edamame
Eggplant
Elderberries
Fennel
Garlic
Ground Cherries
Herbs
Huckleberries
Kale
Kohlrabi
Leeks
Melons
Mustard Greens
Okra
Onions
Summer Squash
Peaches
Peppers
Plums
Potatoes

Raspberries
Ripini
Salad Mix
Shallots
Tomatillos
Tomatoes
Zucchini

September

Apples
Basil
Beans
Beets
Black Radish
Braising Mix
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Chard
Corn
Cucumbers
Daikon
Dandelion Greens
Edamame
Eggplant
Fennel
Garlic
Grapes
Ground Cherries
Herbs
Kale
Leeks
Melons
Mizuna
Mustard greens
Okra
Onions
Summer Squash
Pears
Peppers
Potatoes
Pumpkins
Raspberries
Ripini
Salad Mix
Saute Mix
Shallots

Spinach
Winter Squash
Tomatillos
Tomatoes
Turnips
Watercress
Zucchini

October

Apples
Beans
Beets
Bok Choy
Broccoli
Braising Mix
Brussels Sprouts
Burdock Root
Cabbage
Carrots
Cauliflower
Celery Root
Chard
Cranberries
Cucumbers
Daikon
Fennel
Garlic
Kale
Kohlrabi
Leaf Lettuce
Leek
Melons
Onions
Parsley
Parsnips
Peppers
Potatoes
Pumpkins (Pie)
Raspberries
Rutabaga
Salad Mix
Shallots
Spinach
Summer Squash
Sunchokes
Sweet Potatoes
Tomatoes
Turnips

Winter Squash
Zucchini

November

Apples
Beets
Broccoli
Brussels Sprouts
Burdock Root
Cabbage
Carrots
Cauliflower
Celery Root
Cranberries
Daikon
Garlic
Horseradish
Kohlrabi
Leeks
Onions
Parsnips
Potatoes
Pie Pumpkin
Rutabaga
Radish (Beauty Heart)
Shallots
Sunchokes
Sweet Potatoes
Turnips
Winter Squash

December

Apples
Beets
Cabbage
Carrots
Celery Root
Cranberries
Daikon
Garlic
Horseradish
Leeks
Onions
Parsnips
Potatoes
Pears
Pie Pumpkin
Rutabaga
Radish (Beauty Heart and Black)
Shallots
Sweet Potatoes
Turnips
Winter Squash