

Seasonal Shopping Guide

When to BUY Fruits & Vegetables at the
Co-Operative Farmer's Market



Apple Cider.....	Aug • Sept • Oct • Nov	Lettuce (Hydroponic).....	July • Aug • Sept • Oct • Nov
Apples.....	July • Aug • Sept • Oct • Nov	Lettuce (Mesclun).....	July • Aug • Sept • Oct • Nov
Beans, Shell.....	Aug • Sept	Lettuce.....	July • Aug • Sept • Oct • Nov
Beans, Snap.....	July • Aug • Sept • Oct	Lima Beans.....	Mid- Aug • Sept • Early -Oct
Beets.....	July • Aug • Sept • Oct • Nov	Melons.....	July • Aug • Sept • Oct • Nov
Berries.....	July • Aug • Sept • Oct • Nov	Nectarines.....	Aug • Mid-Sept
Broccoli.....	July • Aug • Sept • Oct • Nov	Onions.....	July • Aug • Sept • Oct • Nov
Brussel Sprouts.....	Sept • Oct • Nov	Parsnips.....	Sept • Oct • Nov
Cabbage.....	July • Aug • Sept • Oct • Nov	Peaches.....	Aug • Sept
Carrots.....	July • Aug • Sept • Oct • Nov	Pears.....	Mid-Aug • Sept • Mid-Oct
Cauliflower.....	July • Aug • Sept • Oct • Nov	Pears (Asian).....	July • Aug • Sept • Oct • Nov
Celery.....	Aug • Sept • Oct	Peas, snap.....	July • Aug • Oct
Chinese Cabbage.....	Aug • Sept • Oct	Peas, snow.....	July • Aug • Oct
Collards.....	July • Aug • Sept • Oct • Nov	Peppers.....	Aug • Sept • Oct
Cucumbers.....	July • Aug • Sept • Oct	Plums.....	Aug • Mid-Sept
Eggplant.....	Aug • Sept • Oct	Potatoes.....	July • Aug • Sept • Oct • Nov
Garlic.....	Aug • Sept • Oct • Nov	Pumpkins.....	Sept • Oct • Nov
Garlic, scapes.....	July	Radish.....	July • Aug • Sept • Oct • Nov
Ginger, fresh.....	Nov	Rutabaga.....	Oct • Nov
Gourds.....	July • Aug • Sept • Oct • Nov	Sour Cherries.....	July
Grapes.....	Sept	Sprouts.....	July • Aug • Sept • Oct • Nov
Greens, arugula.....	July • Aug • Sept • Oct • Nov	Spinach.....	Sept
Greens, Asian.....	Sept • Oct • Nov	Strawberries.....	Aug • Sept
Greens, broccoli raab.....	July • Oct • Nov	Summer Squash.....	July • Aug • Sept • Oct
Greens, Swiss chard.....	July • Aug • Sept • Oct • Nov	Sweet Corn.....	July • Aug • Sept • Oct
Herbs, basil.....	July • Aug • Sept • Oct	Tomatillo.....	Aug • Sept • Oct
Herbs, cilantro.....	July • Aug • Sept • Oct	Tomatoes.....	July • Aug • Sept • Oct
Herbs, dill.....	July • Aug • Sept • Oct • Nov	Tomatoes (Heirloom).....	Aug • Sept • Oct
Herbs, mint.....	July • Aug • Sept • Oct	Turmeric, fresh.....	Nov
Herbs, oregano.....	July • Aug • Sept • Oct	Turnips.....	Sept • Oct • Nov
Herbs, parsley.....	Aug • Sept • Oct • Nov	Weatgrass.....	July • Aug • Sept • Oct • Nov
Kale.....	July • Aug • Sept • Oct • Nov	Winter Squash.....	Sept • Oct • Nov
Kohlrabi.....	July • Aug • Sept • Oct • Nov		
Leeks.....	Sept • Oct • Nov	Fresh Cut & Potted Flowers.....	July • Aug • Sept • Oct

Eggs, Baked Goods, Jams & Jellies, Poultry & Pork are available throughout the market season. Availability of Fruits & Vegetables may vary depending on weather & growing conditions. Please inquire with the growers for details.

Shop By Month

When to BUY Fruits & Vegetables at the
Co-Operative Farmer's Market

July

Apples
Beets
Berries
Broccoli
Cabbage
Carrots
Cauliflower
Collards
Cucumbers
Garlic, scapes
Gourds
Greens, arugula
Greens, broccoli raab
Greens, swiss chard
Kale
Kohlrabi
Lettuce (Hydroponic)
Lettuce (mesclun)
Lettuce
Melons
Onions
Potatoes
Peas, snap
Peas, snow
Pears, asian
Radish
Snap Beans
Sour Cherries
Sprouts
Summer Squash
Sweet Corn
Tomatoes
Fresh Cut & Potted
Flowers
Herbs, Basil & Oregano
Herbs, dill
Herbs, cilantro
Herbs, mint
Wheatgrass

August

Apple Cider
Apples
Beets
Berries
Broccoli
Cabbage
Carrots
Cauliflower
Celery

Chinese Cabbage
Collards
Cucumbers
Eggplant
Garlic
Gourds
Greens, arugula
Greens, swiss chard
Kale
Kohlrabi
Lettuce (Hydroponic)
Lettuce (mesclun)
Lettuce
(Mid) Lima Beans
Melons
Nectarines
Onions
Peaches
(Mid) Pears
Peas, snap
Peas, snow
Pears, asian
Peppers
Plums
Potatoes
Radish
Shell Beans
Snap Beans
Sprouts
Summer Squash
Sweet Corn
Tomatoes
Tomatoes, heirloom
Tomatillo
Fresh Cut & Potted
Flowers
Herbs, Basil & Oregano
Herbs, dill
Herbs, cilantro
Herbs, mint
Herbs, parsley
Wheatgrass

September

Apple Cider
Apples
Beets
Berries
Broccoli
Brussel Sprouts
Cabbage
Carrots

Cauliflower
Celery
Chinese Cabbage
Collards
Cucumbers
Eggplant
Garlic
Gourds
Grapes
Greens, arugula
Greens, asian
Greens, swiss chard
Kale
Kohlrabi
Leeks
Lettuce (Hydroponic)
Lettuce (mesclun)
Lettuce
Lima Beans
Melons
(Mid) Nectarines
Onions
Parsnips
Peaches
Pears
Pears, asian
Peppers
(Mid) Plums
Potatoes
Pumpkins
Radish
Shell Beans
Snap Beans
Spinach
Sprouts
Strawberries
Summer Squash
Sweet Corn
Tomatoes
Tomatoes, heirloom
Tomatillo
Turnips
Winter Squash
Fresh Cut & Potted
Flowers
Herbs, Basil & Oregano
Herbs, dill
Herbs, cilantro
Herbs, mint
Herbs, parsley
Wheatgrass

October

Apple Cider
Apples
Beets
Berries
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chinese Cabbage
Collards
Cucumbers
Eggplant
Garlic
Gourds
Greens, arugula
Greens, Asian
Greens, broccoli raab
Greens, swiss chard
Kale
Kohlrabi
Leeks
Lettuce (Hydroponic)
Lettuce (mesclun)
Lettuce
(Early) Lima Beans
Melons
Onions
Parsnips
Peas, snap
Peas, snow
(Mid) Pears
Pears, asian
Peppers
Potatoes
Pumpkins
Radish
Rutabaga
Snap Beans
Sprouts
Summer Squash
Sweet Corn
Tomatillo
Tomatoes
Tomatoes, heirloom
Turnips
Winter Squash
Fresh Cut & Potted
Flowers
Herbs, Basil & Oregano

Herbs, dill
Herbs, cilantro
Herbs, mint
Herbs, parsley
Wheatgrass

November

Apple Cider
Apples
Beets
Berries
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Collards
Garlic
Ginger, fresh
Gourds
Greens, arugula
Greens, Asian
Greens, broccoli raab
Greens, swiss chard
Kale
Kohlrabi
Leeks
Lettuce
Lettuce (Hydroponic)
Lettuce (mesclun)
Melons
Onions
Parsnips
Potatoes
Pumpkins
Radish
Rutabaga
Snap Beans
Sprouts
Turmeric
Turnips
Winter Squash
Herbs, dill
Herbs, parsley
Wheatgrass

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