

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples	◆	◆	◆	◆				●	●	●	◆	◆
Asparagus					●	●	●					
Asian vegetables					●	●	●	●	●			
Beans							●	●	●			
Beets	◆	◆	◆	◆	◆	◆	●	●	●	●	◆	◆
Blueberries							●	●	●			
Broccoli							●	●	●	●		
Brussel Sprouts								●	●	●		
Cabbage	◆	◆	◆				●	●	●	●	◆	◆
Carrots	◆	◆	◆	◆	◆		●	●	●	●	◆	◆
Cauliflower							●	●	●	●		
Chard							●	●	●	●		
Celery								●	●	●		
Corn							●	●	●	◆		
Cucumber							●	●	●	●	◆	
Eggplant							●	●	●			
Garlic	◆	◆	◆		●	●	●	●	●	◆	◆	◆
Grapes								●	●			
Herbs					●	●	●	●	●	●		
Honey	◆	◆	◆	◆	◆	●	●	●	●	◆	◆	◆
Huckleberries								●	●	●		
Kale								●	●	●	●	
Leeks								●	●	●	◆	◆
Lettuce					●	●	●	●	●	●		
Mushrooms	◆	◆	◆	◆	●	●	●	●	●	●	●	◆
Onions	◆	◆	◆				●	●	●	●	◆	◆
Parsnips	◆	◆	◆						●	●	◆	◆
Peas							●	●	●	●		
Peppers								●	●			
Potatoes	◆	◆	◆	◆	◆	◆	◆	●	●	●	◆	◆
Pumpkins	◆							●	●	●	◆	◆
Radishes					●	●	●	●	●			
Raspberries							●	●				
Rhubarb					●	●	●	●	●			
Rutabagas	◆	◆	◆	◆	◆	◆	●	●	●	●	◆	◆
Saskatoons							●	●				
Spinach					●	●	●	●	●			
Squash	◆							●	●	●	◆	◆
Strawberries							●	●				
Tomatoes					●	●	●	●	●	●		
Turnips							●	●	●	◆	◆	◆
Zucchini							●	●	●	●	◆	◆
Whole Grains	◆	◆	◆	◆	◆	◆	◆	●	●	●	◆	◆

◆ storage ● in season

Eggs • Beef • Pork • Lamb • Poultry • Fish • Bison • Rabbit • Wild Game • Other Meats

Available Year Round