

NHNOSSH

BERRIES →

BLACK RASPBERRIES
BLACKBERRIES
BLUEBERRIES
CRANBERRIES
CURRANTS
ELDERBERRIES
GOOSEBERRIES
HONEYBERRIES
MULBERRIES
RASPBERRIES
SASKATOONS
STRAWBERRIES

FRUITS →

APPLES
GRAPES
KIWI
NECTARINES
PEACHES
PEARS
PLUMS
QUINCE
SOUR CHERRIES
SWEET CHERRIES

MELONS →

CANTALOUPE & MUSKMELONS

SQUASHES →

WATERMELONS
CUCUMBERS
PUMPKINS
SUMMER SQUASHES
WINTER SQUASHES
ZUCCHINI

LEAFY GREENS →

ARUGULA
ASIAN & MUSTARD GREENS
BEET GREENS
CHARD
COLLARDS
ENDIVE
ESCAROLE
KALE
LETTUCES
MACHE
MICRO GREENS & PEA SHOOTS
RADICCHIO
SALAD GREENS & MESCLUN & SPRING MIX
SORREL
SPINACH
SUNFLOWER GREENS
TURNIP GREENS

COLE CROPS →

BOK CHOY / PAC CHOI
BROCCOLI
BROCCOLI RABE
BRUSSELS SPROUTS
CABBAGES
CAULIFLOWER
CHINESE CABBAGES
KOHLRABI

NIGHTSHADE VEGETABLES →

EGGPLANT
HOT PEPPERS
PEPPERS
TOMATILLOS
TOMATOES

OTHER VEGETABLES →

ASPARAGUS
CELERY
FIDDLEHEADS
MUSHROOMS
OKRA
RHUBARB
SWEET CORN

LEGUMES →

BEAN SPROUTS
EDAMAME / SOYBEANS
FAVA BEANS
SHELLING BEANS >> DRIED BEANS
SHELLING PEAS
SNAP PEAS & SNOW PEAS
STRING BEANS / SNAP BEANS

NUTS →

BLACK WALNUTS
CHESTNUTS

ROOT VEGETABLES →

BEETS
CARROTS
CELERIAC
DAIKON
HORSERADISH ROOT
PARSNIPS
POTATOES
RADISHES
RUTABAGAS
SALAD TURNIPS
SUNCHOKES
SWEET POTATOES
TURNIPS

ALLIUM →

CHIVES
GARLIC & GARLIC SCAPES
GREEN ONIONS
LEEKs
ONIONS
SCALLIONS
SHALLOTS

HERBS →

BASIL
CHERVIL
CILANTRO
DILL
FENNEL
MINT
OREGANO
PARSLEY
ROSEMARY
SAGE
SAVORY
TARRAGON
THYME

GRAINS →

CORNMEAL
OATS
POPCORN
RYE
WHEAT

MEATS →

BEEF
BISON / BUFFALO
ELK
GOAT
LAMB
PORK
RABBIT
VEAL
VENISON

POULTRY →

CHICKEN
DUCK
GOOSE
GUINEA FOWL
PHEASANT
QUAIL
TURKEY

EGGS →

CHICKEN EGGS
DUCK EGGS
QUAIL EGGS
GOOSE EGGS

DAIRY →

BUTTER
CHEESES
GOAT GHEESES
GOAT MILK
GOAT YOGURT
KEFIR
MILK & BUTTERMILK & CREAM
YOGURT

SEAFOOD →

BLUEFIN TUNA
BLUEFISH
COD
DOGFISH
FLOUNDERS
HADDOCK
HAKE
HERRING
JONAH & PEEKYTOE CRAB
LOBSTER
MACKEREL
MONKFISH
POLLOCK
SMELT

SWEETENERS →

HONEY
MAPLE SYRUP

OILS →

CANOLA OIL
SUNFLOWER OIL

→ A SEASONAL CALENDAR OF LOCAL FOODS -