

· MAY ·

APPLES

CUCUMBERS

SUMMER SQUASHES

ARUGULA

ASIAN & MUSTARD GREENS

BEET GREENS

CHARD

ENDIVE

ESCAROLE

KALE

LETTUCES

MICRO GREENS & PEA SHOOTS

RADICCHIO

SALAD GREENS & MESCLUN & SPRING MIX

SORREL

SPINACH

BOK CHOY / PAC CHOI

BROCCOLI RABE

TOMATOES

ASPARAGUS

FIDDLEHEADS

MUSHROOMS

RHUBARB

DRIED BEANS

BEETS

CARROTS

POTATOES

RADISHES

SALAD TURNIPS

CHIVES

LEEKs

SCALLIONS

MINT

OATS

POPCORN

BEEF

BISON / BUFFALO

ELK

GOAT

LAMB

PORK

RABBIT

VEAL

VENISON

CHICKEN

DUCK

GUINEA FOWL

PHEASANT

QUAIL

TURKEY

CHICKEN EGGS

DUCK EGGS

GOOSE EGGS

QUAIL EGGS

BUTTER

CHEESES

GOAT GHEESES

GOAT MILK

GOAT YOGURT

KEFIR

MILK & BUTTERMILK & CREAM

YOGURT

HONEY

MAPLE SYRUP

CANOLA OIL

SUNFLOWER OIL