

# JUL

BLACK RASPBERRIES

BLACKBERRIES

BLUEBERRIES

CURRANTS

ELDERBERRIES

GOOSEBERRIES

HONEYBERRIES

MULBERRIES

RASPBERRIES

SASKATOONS

STRAWBERRIES

PEACHES

PLUMS

SOUR CHERRIES

SWEET CHERRIES

CUCUMBERS

SUMMER SQUASHES

ZUCCHINI

ARUGULA

ASIAN & MUSTARD GREENS

BEET GREENS

CHARD

COLLARDS

ENDIVE

ESCAROLE

KALE

LETTUCES

MICRO GREENS & PEA SHOOTS

RADICCHIO

SALAD GREENS & MESCLUN & SPRING MIX

SPINACH

TURNIP GREENS

BOK CHOY / PAC CHOI

BROCCOLI

CABBAGES

CAULIFLOWER

CHINESE CABBAGES

KOHLRABI

EGGPLANT

HOT PEPPERS

PEPPERS

TOMATOES

ASPARAGUS

CELERY

MUSHROOMS

SWEET CORN

FAVA BEANS

SHELLING BEANS

SHELLING PEAS

SNAP PEAS & SNOW PEAS

BEETS

CARROTS

POTATOES

RADISHES

RUTABAGAS

SALAD TURNIPS

TURNIPS

CHIVES

GARLIC + GARLIC SCAPES

LEEKs

ONIONS

SCALLIONS

BASIL

CILANTRO

DILL

FENNEL

MINT

OREGANO

PARSLEY

ROSEMARY

SAGE

SAVORY

TARRAGON

THYME

CORNMEAL

OATS

POPCORN

RYE

WHEAT

BEEF

BISON / BUFFALO

ELK

GOAT

LAMB

PORK

RABBIT

VEAL

VENISON

CHICKEN

DUCK

GUINEA FOWL

PHEASANT

QUAIL

TURKEY

CHICKEN EGGS

DUCK EGGS

QUAIL EGGS

BUTTER

CHEESES

GOAT GHEESES

GOAT MILK

GOAT YOGURT

KEFIR

MILK & BUTTERMILK & CREAM

YOGURT

BLUEFIN TUNA

BLUEFISH

COD

DOGFISH

FLOUNDERS

HADDOCK

HAKE

HERRING

JONAH & PEEKYTOE CRAB

LOBSTER

MACKEREL

MONKFISH

POLLOCK

HONEY

MAPLE SYRUP

CANOLA OIL

SUNFLOWER OIL