

- SEP -

BLUEBERRIES

ELDERBERRIES

RASPBERRIES

STRAWBERRIES

APPLES

GRAPES

NECTARINES

PEACHES

PEARS

CANTALOUPE & MUSKMELONS

WATERMELONS

CUCUMBERS

PUMPKINS

SUMMER SQUASHES

WINTER SQUASHES

ZUCCHINI

ARUGULA

ASIAN & MUSTARD GREENS

BEET GREENS

CHARD

COLLARDS

KALE

LETTUCES

MICRO GREENS & PEA SHOOTS

SALAD GREENS & MESCLUN & SPRING MIX

SPINACH

TURNIP GREENS

BOK CHOY / PAC CHOI

BROCCOLI

BRUSSELS SPROUTS

CABBAGES

CAULIFLOWER

CHINESE CABBAGES

KOHLRABI

EGGPLANT

HOT PEPPERS

PEPPERS

TOMATILLOS

TOMATOES

CELERY

MUSHROOMS

OKRA

SWEET CORN

EDAMAME / SOYBEANS

SHELLING BEANS

SHELLING PEAS

SNAP PEAS & SNOW PEAS

STRING BEANS / SNAP BEANS

BLACK WALNUTS

CHESTNUTS

BEETS

CARROTS

CELERIAC

DAIKON

HORSERADISH ROOT

PARSNIPS

POTATOES

RADISHES

RUTABAGAS

SALAD TURNIPS

SWEET POTATOES

TURNIPS

GARLIC

GREEN ONIONS

LEEKs

ONIONS

SCALLIONS

SHALLOTS

BASIL

CHERVIL

CILANTRO

DILL

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