

OCT

CRANBERRIES	RASPBERRIES	STRAWBERRIES	APPLES	KIWI	PEARS	QUINCE
SUMMER SQUASHES	ZUCCHINI	CUCUMBERS	PUMPKINS	WINTER SQUASHES		
MACHE	ARUGULA	ASIAN & MUSTARD GREENS	BEET GREENS	CHARD	COLLARDS	
RADICCHIO	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	TOMATILLOS	PEPPERS			
		TOMATOES				
	CELERY					
	MUSHROOMS					
	SWEET CORN					
	DRIED BEANS					
STRING BEANS / SNAP BEANS						
BLACK WALNUTS						
CHESTNUTS						
	BEETS					
	CARROTS					
	CELERIAC					
	HORseradish Root					
	PARSNIPS					
		POTATOES				
	RADISHES					
		RUTABAGAS				
SUNCHOKES	SALAD TURNIPS					
	SWEET POTATOES					
		TURNIPS				
	GARLIC					
	GREEN ONIONS					
	LEeks					
	ONIONS					
	SCALLIONS					
	SHALLOTS					
	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					
	DOG FISH					
	FLOUNDERS					
	HADDOCK					
	HAKE					
	JONAH & PEEKYTOE CRAB					
	LOBSTER					
	MACKEREL					
	MONKFISH					
	POLLOCK					
	HONEY					
	MAPLE SYRUP					
	CANOLA OIL					
	SUNFLOWER OIL					

>>> CONTINUED AVAILABILITY AFTER HARVEST: STORAGE CROP / FROZEN MEAT / PACKAGED >>>