

RUNNING OUT OF FRESH IDEAS? PLAN YOUR MENU BY SEASON.

(Greenhouse Grown ~ Storage Available) Please note: this list is general. Availability may change due to weather and other factors. Please visit our web-site's HOW page for updated information.

JANUARY/FEBRUARY

Apples, Beets, Cabbage, Garlic, Honey, Kale, Kiwis, Pears, Oilseeds, Yellow Onions, Parsnips, Potatoes, Shittake Mushrooms, Spinach, Sprouts, Red Fife Wheat, Winter Squash, Eggs, Dairy Products, Beef, Chicken, Turkey, Pork, Ostrich, Sablefish, Herring, Pacific Cod, Dungeness Crab, Clams, Oysters, Mussels.

MARCH/APRIL

Apples, Beets, Cabbage, Honey, Yellow Onions, Kale, Parsnips, Pea Shoots, Potatoes, Rhubarb, Shittake Mushrooms, Spinach, Sunflower Sprouts, Red Fife Wheat, Cucumbers, Eggplant, Peppers, Tomatoes, Eggs, Dairy Products, Beef, Chicken, Turkey, Pork, Ostrich, Pacific Halibut, Sablefish, Lingcod, Pacific Cod, Dungeness Crab, Side Stripe Shrimp, Spot Prawns, Clams, Oysters, Mussels.

MAY/JUNE

Asparagus, Artichokes, Bean Sprouts, Broccoli, Cauliflower, Cherries, Chinese Vegetables, Cut Flowers, Fava Beans, Fresh Herbs, Garlic Scapes, Gooseberries, Green Onions, Fresh Honey, Lettuce, Morel Mushrooms, Mustard Greens, New Potatoes, Oilseeds, Peas, Pea Shoots, Porcini Mushrooms, Radishes, Rhubarb, Salad Greens, Shittake Mushrooms, Spinach, Strawberries, Sunflower Sprouts, Turnips, Red Fife Wheat, Tomatoes, Cucumbers, Eggplant, Peppers, Eggs, Dairy Products, Beef, Chicken, Turkey, Pork, Ostrich, Sockeye Salmon, Albacore Tuna, Pacific Halibut, Sablefish, Lingcod, Pacific Cod, Dungeness Crab, Side Stripe Shrimp, Spot Prawns.

JULY

Apricots, Basil, Bean Sprouts, Beets, Blueberries, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cherries, Chinese Veggies, Cilantro, Corn, Cucumbers, Currants, Cut Flowers, Fresh Honey, Garlic, Gooseberries, Green Beans, Green Onions, Herbs, Honey, Lettuce, Nectarines, Oilseeds, Peaches, Peas, Peppers, New Potatoes, Radishes, Raspberries, Rhubarb, Salad Greens, Salmonberries, Shittake Mushrooms, Spinach, Strawberries, Summer Squash, Sunflower Sprouts, Swiss Chard, Tomatoes, Turnips, Red Fife Wheat, Yellow Onions, Zucchini, Eggplant, Eggs, Dairy Products, Beef, Chicken, Turkey, Pork, Ostrich, Lamb, Sockeye, Coho, Pink, Chum Salmon, Albacore Tuna, Pacific Halibut, Sablefish, Lingcod, Pacific Cod, Dungeness Crab, Side Stripe Shrimp, Spot Prawns.

AUGUST

Apples, Apricots, Artichokes, Basil, Bean Sprouts, Beets, Blackberries, Blueberries, Broccoli, Buart Nuts, Butter Nuts, Cabbage, Carrots, Cauliflower, Celery, Chanterelles, Chestnuts, Chinese Veggies, Cilantro, Corn, Cucumbers, Currants, Cut Flowers, Eggplant, Fresh Honey, Garlic, Green Beans, Hazelnuts, Heart Nuts, Herbs, Leeks, Lettuce, Lobster Mushrooms, Melons, Nectarines, Oilseeds, Peaches, Pears, Peppers, Plums, Potatoes, Radishes, Raspberries, Salad Greens, Shallots, Shittake Mushrooms, Spinach, String Beans, Summer Squash, Swiss Chard, Tomatoes, Truffles, Turnips, Walnuts, Red Fife Wheat, Yellow Onions, Zucchini, Eggs, Dairy Products, Beef, Chicken, Turkey, Pork, Ostrich, Lamb, Sockeye, Coho, Pink, Chum Salmon, Albacore Tuna, Pacific Halibut, Sablefish, Lingcod, Pacific Cod, Dungeness Crab, Side Stripe Shrimp, Spot Prawns, Pacific Sardines.

SEPTEMBER

Apples, Basil, Bean Sprouts, Beets, Blackberries, Broccoli, Brussel Sprouts, Buart Nuts, Butter Nuts, Cabbage, Carrots, Cauliflower, Celery, Chanterelles, Chestnuts, Chinese Vegetables, Chives, Cilantro, Corn, Cucumbers, Cut Flowers, Eggplant, Fresh Honey, Garlic, Grapes, Green Beans, Hazelnuts, Heart Nuts, Kale, Leeks, Lobster Mushrooms, Melons, Red and Yellow Onions, Oilseeds, Parsnips, Pears, Peas, Peppers, Plums, Potatoes, Pumpkins, Radishes, Raspberries, Shallots, Shittake Mushrooms, Swiss Chard, Sunflower Sprouts, Tomatoes, Truffles, Turnips, Walnuts, Red Fife Wheat, Winter Squash, Zucchini, Eggs, Dairy Products, Beef, Chicken, Turkey, Pork, Ostrich, Sockeye, Coho, Chum Salmon, Albacore Tuna, Pacific Halibut, Sablefish, Lingcod, Pacific Cod, Dungeness Crab, Side Stripe Shrimp, Spot Prawns, Pacific Sardines.

OCTOBER

Apples, Beets, Blackberries, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chanterelles, Chard, Cilantro, Corn, Cranberries, Garlic, Grapes, Green Beans, Herbs, Honey, Kale, Leeks, Lobster Mushrooms, Melons, Onions, Oilseeds, Parsnips, Pears, Peppers, Potatoes, Pumpkins, Radishes, Shittake Mushrooms, Tomatoes, Truffles, Turnips, Winter Squash, Buart Nuts, Butter Nuts, Chestnuts, Hazelnuts, Heart Nuts, Walnuts, Red Fife Wheat, Eggs, Dairy Products, Beef, Chicken, Turkey, Pork, Ostrich, Coho, Chum Salmon, Albacore Tuna, Pacific Halibut, Sablefish, Lingcod, Pacific Cod, Dungeness Crab, Side Stripe Shrimp, Spot Prawns, Pacific Sardines, Clams, Oysters, Mussels.

NOVEMBER/DECEMBER

Apples, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Chanterelles, Chard, Garlic, Honey, Kale, Kiwis, Lobster Mushrooms, Yellow Onions, Oilseeds, Parsnips, Pears, Potatoes, Shittake Mushrooms, Spinach, Sprouts, Truffles, Winter Squash, Red Fife Wheat, Cucumbers, Eggplant, Peppers, Tomatoes, Eggs, Dairy Products, Beef, Chicken, Turkey, Pork, Ostrich, Pacific Halibut, Pacific Cod, Dungeness Crab, Side Strip Shrimp, Spot Prawns, Pacific Sardines, Clams, Oysters, Mussels.