



This guide is for general information. Availability can change due to weather.

VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Artichokes												
Asparagus												
Beans-Fresh												
Beans-Dried												
Beets	●	●	●	●	●							
Broccoli												
Brussel Sprouts												
Cabbage-Green & Red	●	●	●	●								●
Cabbage-Savoy & Red				●								
Carrots		●	●	●	●							
Cauliflower												
Celery												
Chard-Swiss												
Corn												
Cucumbers		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Fennel-Bulb												
Garlic-Fresh												
Garlic-Dried												
Kale												
Leeks												
Lettuce												
Mustard Greens												
Onions-Green												
Onions-Red & Yellow				●	●	●	●					
Parsnips			●	●	●							
Peas												
Peppers			▲	▲	▲	▲	▲	▲	▲	▲	▲	
Potatoes-New												
Potatoes-Red/Russet/Yellow	●	●	●	●	●							
Potatoes-White												
Pumpkin												
Radishes												
Rhubarb-Field												
Rutabagas	●	●	●	●								
Salad Greens												
Shallots	●	●	●	●	●	●	●		●	●	●	●
Spinach												
Squash-Summer												
Squash-Winter	●											
Tomatoes			▲	▲	▲	▲						▲
Turnips-White	●	●	●									
Zucchini												
SEAFOOD	J	F	M	A	M	J	J	A	S	O	N	D
Clams												
Cod: Pacific												
Crab												
Crab: Dungeness												
Flounder/Sole: Pacific												
Halibut: Pacific												
Herring												
Lingcod												
Mussels												
Oysters: Pacific												
Prawns: Jumbo												
Prawns: Spot												
Sablefish: (Black Cod)												
Salmon: Chinook/King/Spring												
Salmon: Chum												
Salmon: Coho (Northern)												
Salmon: Pink												
Salmon: Sockeye												
Sardines: Pacific												
Scallops												
Shrimp: Side Stripe												
Shrimp: West Coast												
Spring Dogfish												
Tuna: Albacore												
Frozen Seafood Available year-round	→											

● Stored / Dried / Frozen

□ In Season

▲ Greenhouse Grown

FRUIT	J	F	M	A	M	J	J	A	S	O	N	D
Apples												
Apricots												
Blackberries												
Blueberries												
Cherries (pie)												
Crab Apples												
Cranberries												
Currants												
Gooseberries												
Grapes												
Kiwi												
Melons												
Nectarines												
Peaches												
Pears												
Plums												
Prunes												
Quince												
Raspberries												
Rhubarb - Field												
Saskatoon Berries												
Strawberries												
MEAT AND DAIRY	J	F	M	A	M	J	J	A	S	O	N	D
Dairy												
Eggs												
Beef												
Buffalo												
Chicken												
Duck												
Goat												
Lamb												
Ostrich												
Pheasant												
Pork												
Rabbit												
Turkey												
Frozen Meat Available year-round	→											
HERBS	J	F	M	A	M	J	J	A	S	O	N	D
Bay Leaves												
Basils												
Chives												
Chives - garlic												
Chervil												
Cilantro												
Dill - leaf												
Dill - seed												
Epazote												
Fennel - leaf												
Fennel - seed												
Lavender												
Lemon Grass												
Lemon verbena												
Marjoram - sweet												
Mints												
Oreganoes												
Parsleys												
Rosemarys												
Sages												
Savory - summer												
Savory - winter												
Shiso												
Sorrel												
Tarragon - french												
Thymes												
MISCELLANEOUS	J	F	M	A	M	J	J	A	S	O	N	D
Grains												● ●
Honey	●	●	●	●	●							
Mushrooms												
Nuts	●	●	●	●	●	●	●					● ●