



# SPRING

March • April • May

# SUMMER

June • July • August

Asparagus  
Beets  
Bok Choy  
Broccoli  
Carrots  
Chard  
Fennel  
Garlic  
Herbs  
Kale  
Leeks  
Lettuce

Mushrooms  
Mustard Greens  
Onions  
Peas  
Potatoes  
Radish  
Rhubarb  
Salad Greens  
Scallions  
Spinach  
Turnips

Apples  
Apricots  
Artichokes  
Basil  
Green Beans  
Beets  
Berries  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard

Cherries  
Corn  
Cucumber  
Eggplant  
Garlic  
Grapes  
Herbs  
Kale  
Kohlrabi  
Lettuce  
Melons  
Mushrooms

Nectarines  
Peaches  
Plums  
Radish  
Rhubarb  
Salad Greens  
Shallots  
Spinach  
Summer Squash  
Tomatoes  
Turnips  
Zucchini

# FALL

September • October • November

# WINTER

December • January • February

Apples  
Bean Sprouts  
Beets  
Bok Choy  
Broccoli  
Brussels Sprouts  
Burdock  
Cabbage  
Carrots  
Cauliflower  
Celeriac  
Celery  
Chard  
Collards  
Corn  
Cucumber

Currants  
Eggplant  
Fennel  
Figs  
Garlic  
Grapes  
Herbs  
Kale  
Kohlrabi  
Leek  
Lettuce  
Melon  
Mushrooms  
Onion  
Parsnips  
Pears

Mustard Greens  
Peppers  
Potatoes  
Pumpkins  
Quince  
Radicchio  
Radish  
Romanesco  
Rutabaga  
Salad Greens  
Scallions  
Shallots  
Spinach  
Tomatoes  
Turnips  
Winter Squash

Apples  
Bean Sprouts  
Beets  
Bok Choy  
Broccoli  
Burdock  
Cabbage  
Carrots  
Cauliflower  
Chard  
Collards  
Garlic  
Kale  
Kohlrabi

Leek  
Mustard Greens  
Mushrooms  
Onions  
Parsnips  
Pears  
Potatoes  
Rutabaga  
Salad Greens  
Shallots  
Turnips  
Winter Squash



For more information on eating, sourcing and buying local, visit [www.gorgegrown.com](http://www.gorgegrown.com).