

# SEASONALITY GUIDE

## Late November to Mid-March

**What's coming:** arugula, beets, broccoli, brussel sprouts, bok choy, carrots, chard, celery, collard greens, cauliflower, cabbage, daikon, green onions, i'toi onions, kohlrabi, kale, leeks, mustard greens, parsnips, radishes, rutabagas, turnips, spinach, snap and snow peas, sunchokes, and sweet potatoes.

Winter

Spring

Summer

Monsoon

Fall

## Late March to Mid-May

**What's leaving:** arugula, beets, broccoli, brussel sprouts, bok choy, carrots, chard, celery, collard greens, cauliflower, cabbage, daikon, green onions, i'toi onions, kohlrabi, kale, leeks, mustard greens, parsnips, radishes, rutabagas, turnips, spinach, snap and snow peas, sunchokes, and sweet potatoes.

**What's coming:** artichokes, asparagus, fava beans, onions, and potatoes.



Produce available year-round includes: microgreens, mushrooms, lettuces, dry beans, nuts, and some seeds.

## Late May to Mid-July

**What's leaving:** arugula, broccoli, bok choy, carrots, chard, celery, collard greens, daikon, green onions, i'toi onions, kale, leeks, mustard greens, onions, potatoes, radishes, spinach, and sweet potatoes.

**What's coming:** cucumbers, chiles, eggplant, garlic\*, green beans, onions\*, peppers, purslane/verdolagas, summer squash, tomatoes, and tomatillos.

## October and November

**What's leaving:** amaranth greens, corn, cucumbers, chiles, eggplant, garlic\*, green beans, okra, onions\*, peppers, purslane/verdolagas, summer squash, tomatoes, and winter squash.

**What's coming:** beets, beet greens, carrots, chard, collard greens, mustard greens, parsnips, radishes, turnips, turnip greens.

## Late July through September

**What's leaving:** beets, cucumbers, chiles, eggplant, garlic\*, green beans, onions\*, peppers, purslane/verdolagas, summer squash (zucchini, crookneck, straightneck, scalloped), tomatoes, and tomatillos.

**What's coming:** amaranth greens, corn, okra, and winter squash.



# VEGETABLES



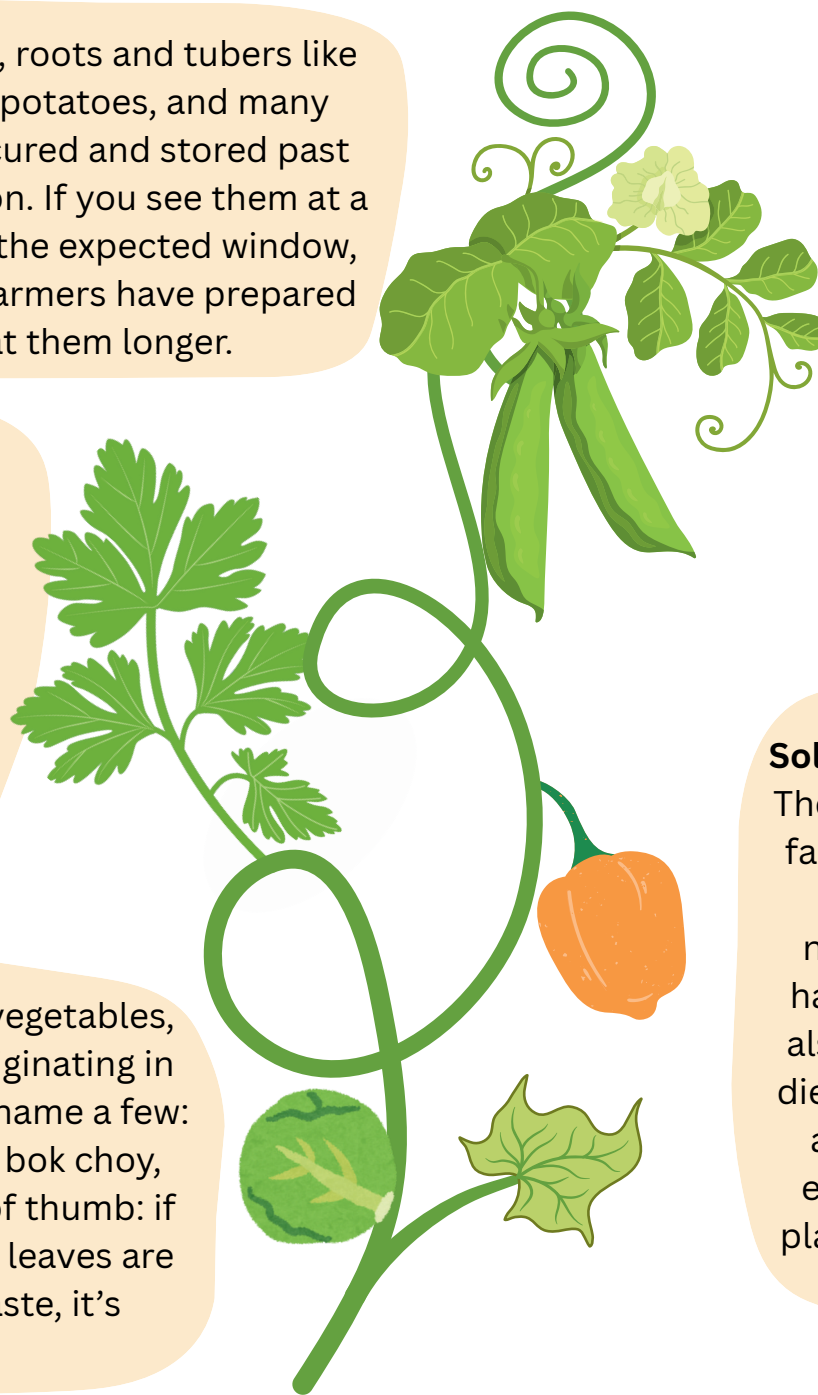
Seasonality isn't a perfect predictor of what you will find at our markets. Although we can make our best guesses for what will be available, our farmers grow from low desert to tundra, which affects what grows and when it's ripe. Expect to be surprised!



\*Onions and garlic, roots and tubers like carrots or sweet potatoes, and many squashes can be cured and stored past their growing season. If you see them at a market outside of the expected window, don't worry! Our farmers have prepared for us to eat them longer.

**Apiaceae** (ay-pee-ay-see-ee): Often called the carrot family, this is a large plant family which includes many of our favorite herbs. In addition to carrots and parsnips, the apiaceae family includes caraway, celery, cilantro, chervil, coriander seed, cumin, dill, fennel, and parsley. Look for feathery, aromatic, edible leaves.

**Brassicas:** Often called cruciferous vegetables, this is a group of flowering plants originating in Eurasia. We eat tons of brassicas! To name a few: kale, cauliflower, broccoli, mustard, bok choy, radishes, and cabbage. A good rule of thumb: if we eat it in the winter and either the leaves are waxy or it has a bitter, peppery taste, it's probably a brassica.



**Fabaceae** (fah-bay-see-ee): The pea and bean family. Think of anything edible that grows in a two-sided pod; these are all relatives! The fabaceae family includes young mesquite, palo verde, and even ironwood pods. Whether domesticated or wild, cooked or raw, beans are an awesome addition to any meal.

**Solanaceae** (soh-leh-nay-see-ee): The nightshades are a large plant family that originates in Central and South America. Some nightshades are poisonous or have poisonous parts, but they also make up a large part of our diet. Tomatoes, eggplants, sweet and spicy chile peppers, and even potatoes are part of this plant family. Solanaceae tend to be ripe all summer!