

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



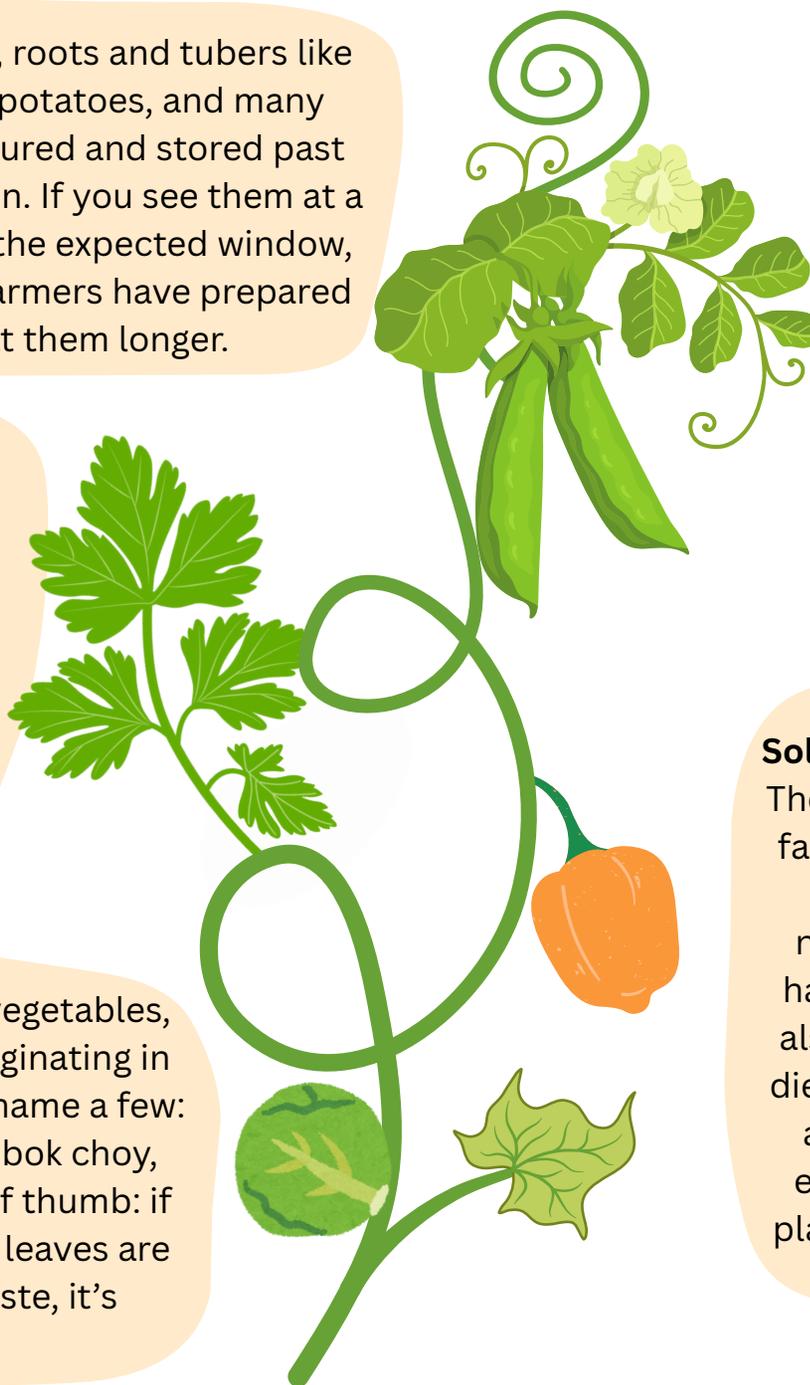
Seasonality isn't a perfect predictor of what you will find at our markets. Although we can make our best guesses for what will be available, our farmers grow from low desert to tundra, which affects what grows and when it's ripe. Expect to be surprised!



*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!

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Fresh herbs available year-round include: epazote, lavender, lemongrass, lemon balm, mint, oregano, rosemary, sage, and thyme.

Late November through Mid-March

Fruits: clementines, grapefruits, kumquats, lemons, limes, oranges, persimmons, tangerines.

Herbs: anise, cilantro, parsley, dill, fennel, chives, garlic chives, ginger, lime leaves, turmeric.

Late May to Mid-July

Fruits: apricots, dates, figs, grapes, melons, nectarines, and peaches.

Herbs: basil.

October and November

Fruits: apples, dates, key limes, pomegranates.

Herbs: basil, chives, dill, fennel, garlic chives, ginger, parsley, and turmeric.

Late March to Mid-May

Fruits: apricots, dates, strawberries.

Herbs: cilantro, parsley, dill, fennel, chives, garlic chives.

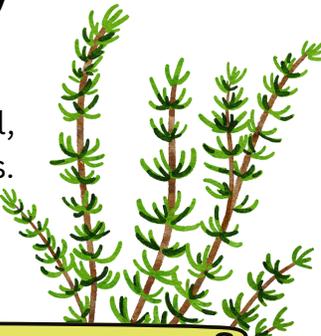
Late July through September

Fruits: apples, apricots, dates, grapes, jujubes, melons, nectarines, peaches, pears, pomegranates, plums, watermelons.

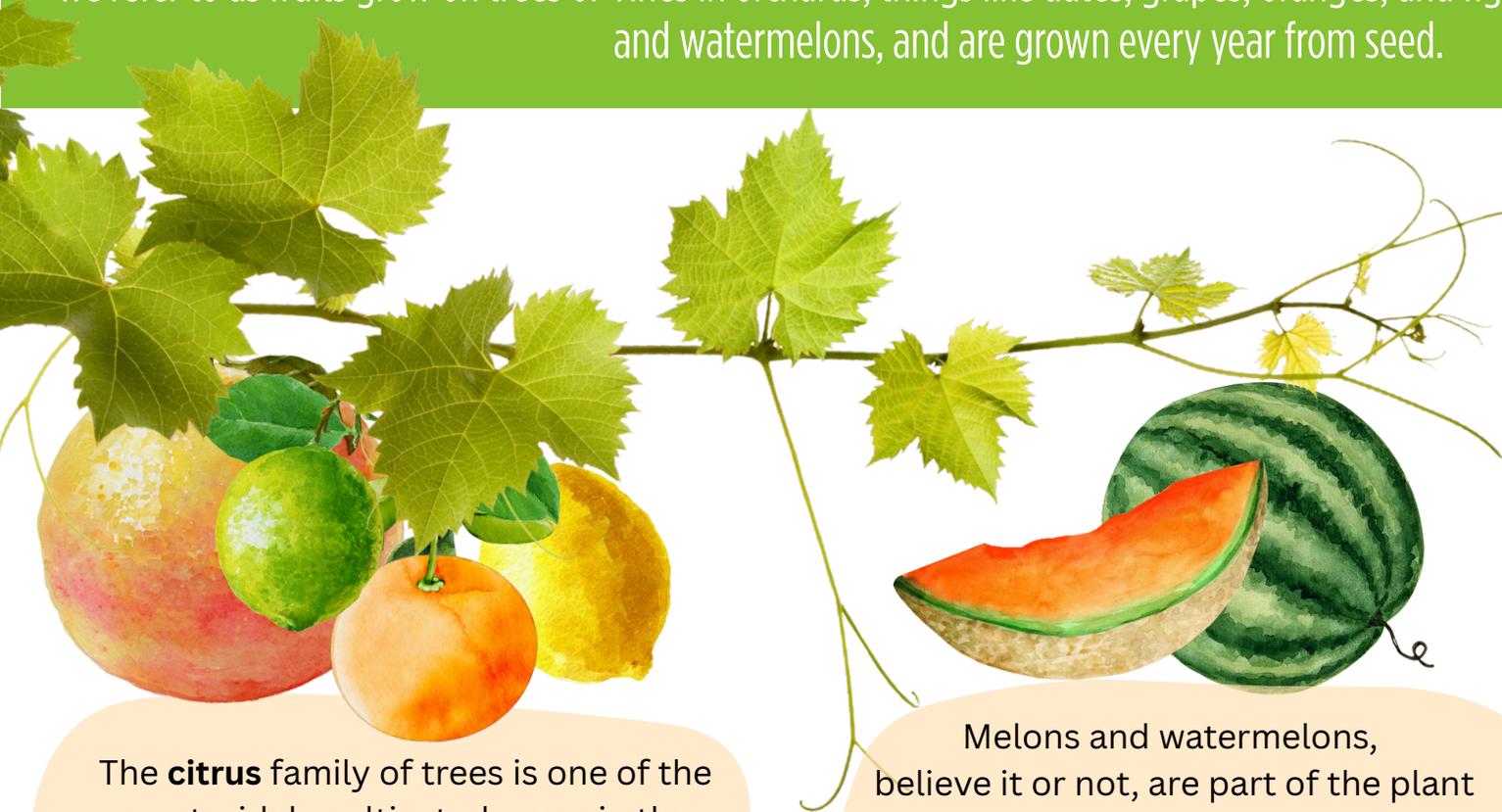
Herbs: basil, turmeric, and ginger.



FRUIT AND HERBS



A lot of what we call ‘vegetables’ are botanically considered fruits because they contain seeds. We’ve chosen to use the common understanding of ‘fruit’ for our guide to make it easier, but as you will see, there’s more here than meets the eye. Many of the plants we refer to as fruits grow on trees or vines in orchards; things like dates, grapes, oranges, and figs. Others are annuals, like melons and watermelons, and are grown every year from seed.



The **citrus** family of trees is one of the most widely cultivated crops in the world. It is also one of Arizona’s main industries, as citrus trees thrive in low-humidity regions without hard freezes.

All parts of citrus fruits are edible (except the seeds). Whether it’s a dash of zest, half a grapefruit sprinkled with sugar, a preserved lemon, orange juice, marmalade, ceviche, or kaffir lime leaves in a curry, we never get bored during citrus season!



Melons and watermelons, believe it or not, are part of the plant family that gives us summer and winter squash, cucumbers, pumpkins, and gourds! There are at least six distinct species of cucurbits that people regularly eat today. **Cucurbitaceae** (cue-kur-bit-ay-see-ee) is a massive plant family used in human civilizations for over 10,000 years.

Because of their close relation, cucumbers can cross-breed with many of our common melons, especially cantaloupes.



From the genus **prunus**, these are often called stone fruits due to their hard, pitted centers.

Plums, peaches, apricots, nectarines, and even cherries and almonds belong to this genus! All stone fruit trees need a certain number of ‘chilling hours’ to produce fruit so most of our stone fruit farmers grow at the cooler, higher elevations.