Year Round Ingredients

Butter
Cheese
Cherries - frozen or dried
Cream
Dry beans
Eggs
Granola
Honey
Ice cream
Maple syrup
Meats
  Beef inside rounds or ground beef, summer or other sausages
  Chicken - whole
  Pork shoulders, hams, ground or sausage
Juices - cranberry, apple cider
Milk
Mushrooms Button
  Crimini
  Oyster
  Portobello
  Shitake
Oats
Popcorn
Potato chips
Potatoes

Poultry
Sorghum
Vegetables (dried, frozen or canned)
Wheat (whole and flour)
Yogurt.
January

Apples
Beets
Cabbage
Carrots
Celery Root
Cranberries
Daikon
Garlic
Horseradish
Leeks
Onions
Parsnips
Potatoes  Fingerling
          Blue
          German Butterball
          Reds
          Whites
          Yukon

Pears
Pie Pumpkin
Rutabaga
Radish (Beauty Heart and Black)
Shallots
Sweet Potatoes
Turnips
Winter Squash
          Acorn
          Kabocha
          Spaghetti
          Butternut
          Hubbard

Also see year round ingredients
February

Apples
Beets
Cabbage
Carrots
Celery Root
Daikon
Garlic
Horseradish
Leeks
Onions
Parsnips
Potatoes  Fingerling
          Blue
          German Butterball
          Reds
          Whites
          Yukon

Pears
Pie Pumpkin
Rutabaga
Radish (Beauty Heart and Black)
Shallots
Sweet Potatoes
Turnips
Winter Squash
    Acorn
    Kabocha
    Spaghetti
    Butternut
    Hubbard

Also see year round ingredients
March

Apples
Beets
Cabbage
Carrots
Celery Root
Garlic
Onions
Parsnips
Potatoes
  Fingerling
  Blue
  German Butterball
  Reds
  Whites
  Yukon
Rutabaga
Shallots
Spinach - hoop house
Sweet Potatoes
Turnips
Winter Squash
  Acorn
  Kabocha
  Spaghetti
  Butternut
  Hubbard

Also see year round ingredients
April

Apples - seconds
Beets
Cabbage
Carrots
Celery Root
Garlic
Onions
Parsnips
Potatoes
Fingerling
Blue
German Butterball
Reds
Whites
Yukon
Radishes - hoop house
Rutabaga
Shallots
Spinach - hoop house
Turnips
Watercress - wild
Winter Squash
Acorn
Kabocha
Spaghetti
Butternut
Hubbard

Also see year round ingredients
May

- Arugula
- Asparagus
- Braising Mix
- Edible Flowers
- Frisee
- Herbs
- Leaf Lettuce
- Morel Mushrooms
- Parsnips
- Radishes
- Ramps
- Rhubarb
- Salad Mix
- Saute Mix
- Spinach
- Sunchokes
- Watercress
June

Arugula
Asparagus
Beets
Bok Choy
Broccoli
Chard
Cucumber
Currants
Dandelion Greens
Edible Flowers
Fennel
Frisée
Green Garlic
Herbs
Kale
Kohlrabi
Leaf Lettuce
Mustard Greens
Peas
Radishes
Raspberries
Rhubarb
Ripini
Scallions
Spinach
Strawberries
Summer Squash
Zucchini
July

Basil
Beans
Beets
Blueberries
Bok Choy
Braising Mix
Broccoli
Cantaloupe
Carrots
Cauliflower
Chard
Cherries
Collards
Corn
Cucumber
Currants
Edible Flowers
Eggplant
Fennel
Frisée
Gooseberries
Green Garlic
Herbs
Kale
Kohlrabi
Leaf Lettuce
Leeks
Mulberries
Mustard Greens
Okra
Peppers
Potatoes
Summer Squash
Raspberries
Ripini
Salad Mix
Saute Mix
Scallions
Shallots
Spinach
Strawberries
August

Apples
Apricots
Basil
Beans
Beets
Blackberries
Blueberries
Bok Choy
Braising Mix
Broccoli
Cabbage
Carrots
Cauliflower
Celeriac
Chard
Cherries (Sweet and Tart)
Collards
Corn
Cucumbers
Daikon
Pears (Early)
Edamame
Eggplant
Elderberries
Fennel
Garlic
Ground Cherries
Herbs
Huckleberries
Kale
Kohlrabi
Leeks
Melons
Mustard Greens
Okra
Onions
Summer Squash
Peaches
Peppers
Plums
Potatoes
Raspberries
Ripini
Salad Mix
Shallots
Tomatillos
Tomatoes
Zucchini
September

Apples
Basil
Beans
Beets
Black Radish
Braising Mix
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Chard
Corn
Cucumbers
Daikon
Dandelion Greens
Edamame
Eggplant
Fennel
Garlic
Grapes
Ground Cherries
Herbs
Kale
Leeks
Melons
Mizuna
Mustard greens
Okra
Onions
Summer Squash
Pears
Peppers
Potatoes
Pumpkins
Raspberries
Ripini
Salad Mix
Saute Mix
Shallots
Spinach
Winter Squash
Tomatillos
Tomatoes
Turnips
Watercress
Zucchini
### October

- Apples
- Beans
- Beets
- Bok Choy
- Broccoli
- Braising Mix
- Brussels Sprouts
- Burdock Root
- Cabbage
- Carrots
- Cauliflower
- Celery Root
- Chard
- Cranberries
- Cucumbers
- Daikon
- Fennel
- Garlic
- Kale
- Kohlrabi
- Leaf Lettuce
- Leek
- Melons
- Onions
- Parsley
- Parsnips
- Peppers
- Potatoes
- Pumpkins (Pie)
- Raspberries
- Rutabaga
- Salad Mix
- Shallots
- Spinach
- Summer Squash
- Sunchokes
- Sweet Potatoes
- Tomatoes
- Turnips
Winter Squash
Zucchini
November

Apples
Beets
Broccoli
Brussels Sprouts
Burdock Root
Cabbage
Carrots
Cauliflower
Celery Root
Cranberries
Daikon
Garlic
Horseradish
Kohlrabi
Leeks
Onions
Parsnips
Potatoes
Pie Pumpkin
Rutabaga
Radish (Beauty Heart)
Shallots
Sunchokes
Sweet Potatoes
Turnips
Winter Squash
December

Apples
Beets
Cabbage
Carrots
Celery Root
Cranberries
Daikon
Garlic
Horseradish
Leeks
Onions
Parsnips
Potatoes
Pears
Pie Pumpkin
Rutabaga
Radish (Beauty Heart and Black)
Shallots
Sweet Potatoes
Turnips
Winter Squash