

## 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  
              Kabocho  
              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  
              Kabocho  
              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  
Frisee  
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  
Frisee  
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



Tomatillo

## 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