



What's In Season - Locally Grown

April

New Jersey Asparagus
Baby Lettuce
Arugula

May

Baby Bok Choy
Long Island Asparagus
Arugula
Dandelion Greens
Leaf Lettuce
Butter Lettuce
Romaine
Radishes
Swiss Chard
Mesclun Blends
Spinach

June

All Lettuces
Rocket Arugula
Mesclun Blends
Spinach
Swiss Chard
Radishes
Dandelion Greens
Baby Bok Choy
Turnip Greens
Herbs
Summer Squash
Beets

June (continued)

Kirby Cucumbers
Kale
String Beans

July

Anise
All Lettuces
Rocket Arugula
Mesclun Blends
Collard Greens
Sunflowers
Baby Carrots
Spinach
Swiss Chard
Bok Choy
Herbs
Summer Squash
Long Island Corn
Escarole
Cabbage
String Beans
Kale
Kirby Cucumbers
Stone Fruit
Jersey Tomatoes
Heirloom Tomatoes
Blueberries
Eggplant
Turnips
Broccoli Rabe

August

Baby Beets
Sugar Baby Watermelon
Long Island Tomatoes
Sun Gold Cherry Tomatoes
Summer Squash
Stone Fruit
Peppers
Cantaloupe
Chef Potatoes
Blueberries
Eggplant
Leeks
Broccoli Rabe
Collard Greens
Chickory
Cabbage
Baby Carrots
Long Island Corn
String Beans

Sourced From Local Farms Including:

LONG ISLAND

Satur Farms
Sang Lee Farms
Schmitt Farms
Fox Hollow Farms
McBride Farms
Deer Run Farms
Latham Farms
Flora Nurseries
Koppert Cress
Zilnicki Farms
Wells Farms

NJ/UPSTATE NY:

Red Jacket Orchards
Laning Farms
Cassidy Farms
Ploch Farms
Pontano Farms
ARC Greenhouses
Berenato Farms
Arrow Farms

September

Fall Squash
Pears
New Crop Apples
Cauliflower (Romanesco)
All Lettuces
Arugula
Spinach
Pumpkins
Baby Carrots
Long Island Tomatoes
Blueberries
Eggplant
Broccoli Rabe
Cucumbers
Chef Potatoes
Peppers
Long Island Corn
Stone Fruit
Cabbage
Escarole
Turnips
String Beans

October

Baby Bok Choy
String Beans
Pumpkins
Fall Squash
Pears
Apples
Broccoli Rabe

October (continued)

Cauliflower
Long Island Corn
Cucumbers
Baby Beets
Eggplant
Baby Carrots
Beefsteak Tomatoes
Heirloom Tomatoes
Mesclun Blends
Turnips
Kale
Leeks
Long Island Potatoes

November

Fall Squash
Spinach
Arugula
Baby Carrots
Baby Beets
Leeks
Kale
LI Potatoes
Collards

December-March

Apples
Chef Potatoes
White Sweet Potatoes
Assorted Root Vegetables