




VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Artichokes	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️				🗓️	🗓️
Arugula												
Asparagus												
Beans	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️
Beets	🗓️	🗓️	🗓️	🗓️	🗓️							
Bok Choy												
Broccoli												
Brussel Sprouts												
Cabbage (Green)	🗓️											
Cabbage (Savoy & Red)	🗓️	🗓️	🗓️									
Carrots	🗓️	🗓️										
Cauliflower												
Celery												
Chard, Swiss												
Chicories												
Corn												
Cucumbers		🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠		
Eggplant					🏠	🏠	🏠	🏠	🏠	🏠	🏠	
Endives, Belgian	🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠
Fennel												
Fiddleheads												
Garlic (Fresh)	🏠	🏠	🏠	🏠	🏠						🏠	🏠
Ginseng												
Kale												
Leeks												
Lettuce												
Mache (Lamb's Lettuce)												
Mustard Green												
Onions, Green												
Onions, Red & Yellow	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️	🗓️					
Parsnip	🗓️	🗓️	🗓️									
Peas												
Peppers, Bell					🏠	🏠	🏠	🏠	🏠	🏠		
Peppers, Hot			🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠		
Potatoes, New												
Potatoes, Red, Russet	🗓️	🗓️	🗓️	🗓️								
Potatoes, White	🗓️	🗓️	🗓️									
Pumpkin												🗓️
Radishes												
Rhubarb												
Rutabagas	🗓️	🗓️	🗓️	🗓️								

LEGEND		
		
Fresh	Stored/Dried/Frozen	Greenhouse

VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Salad Greens												
Shallots	🗓️	🗓️	🗓️	🗓️					🗓️	🗓️	🗓️	🗓️
Spinach												
Squash, Summer									🗓️	🗓️		
Squash, Winter	🗓️	🗓️										
Sunflower Shoots												
Tomatoes			🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠	🏠
Turnips	🗓️	🗓️										
Zucchini												
Zucchini Blossoms												

FUNGHI	J	F	M	A	M	J	J	A	S	O	N	D
Button												
Chanterelle												
Lobster												
Morel												
Pine (Matsutake)												
Truffle, Black Périgord												

FRUITS	J	F	M	A	M	J	J	A	S	O	N	D
Apples	🗓️	🗓️	🗓️	🗓️								
Apricots												
Blackberries												
Blueberries												
Boysenberry												
Cherries												
Crab Apples											🗓️	🗓️
Cranberry												
Currants												
Gooseberry												
Grapes												
Haskap (Honeyberry)												
Kiwi												
Loganberry												
Melons												
Nectarines												
Peaches												
Pears												

FRUITS	J	F	M	A	M	J	J	A	S	O	N	D
Plums												
Quince												
Raspberries												
Rhubarb												
Saskatoon Berries												
Strawberries												
Tayberry												

HERBS	J	F	M	A	M	J	J	A	S	O	N	D
Bay Leaf												
Basil												
Chervil												
Chives												
Chives - Garlic												
Cilantro												
Dill Leaf												
Dill Seed												
Epazote												
Fennel Leaf												
Fennel Seed												
Lavender												
Lemon Grass												
Lemon Verbena												
Marjoram, Sweet												
Mint												
Oregano												
Parsley												
Rosemary												
Sage												
Savory, Summer												
Savory, Winter												
Shiso												
Sorrel												
Tarragon												
Thyme												
Watercress												

Note: Dried herbs are available year round

MEAT & DAIRY	J	F	M	A	M	J	J	A	S	O	N	D
Dairy Products												
Eggs												
Beef												
Buffalo												
Chicken												
Duck												

LEGEND		
		
Fresh	Stored/Dried/Frozen	Greenhouse

MEAT & DAIRY	J	F	M	A	M	J	J	A	S	O	N	D
Goat												
Lamb												
Ostrich												
Pheasant												
Pork												
Rabbit												
Squab												
Turkey												

Note: Frozen meat products are available year round

SEAFOOD	J	F	M	A	M	J	J	A	S	O	N	D
Clams												
Cod												
Crab												
Crab - Dungeness												
Geoduck												
Founder/Sol - Pacific												
Halibut - Pacific												
Herring Roe												
Lingcod												
Mussels												
Oysters - Pacific												
Prawns - Spot												
Sablefish (Black Cod)												
Salmon - Chinook												
Salmon - Chum												
Salmon - Coho												
Salmon - Pink												
Salmon - Sockeye												
Sardines - Pacific												
Scallops												
Sea Urchin												
Shrimp - Side Stripe												
Shrimp - West Coast												
Tuna - Albacore												

Note: Frozen seafood is available year round

ETC.	J	F	M	A	M	J	J	A	S	O	N	D
Grains												
Honey												
Nuts												