

JANUARY

Beets
Bok Choy
Broccoli
Brussels Sprouts
Cauliflower
Chard
Collards
Grapefruit
Kale
Leeks
Lemons
Mandarins
Onions
Oranges
Radishes
Spinach



FEBRUARY

Arugula
Beets
Bok Choy
Broccoli
Cauliflower
Chard
Collards
Kale
Leeks
Lemons
Mandarins
Onions
Oranges
Radishes
Spinach



MARCH

Artichokes
Arugula
Asparagus
Beets
Bok Choy
Cauliflower
Chard
Collards
Green Garlic
Kale
Leeks
Lemons
Lettuce
Onions
Oranges



APRIL

Artichokes
Arugula
Asparagus
Avocados
Beets
Bok Choy
Carrots
Cauliflower
Chard
Collards
Garlic
Green Garlic
Kale
Leeks
Lettuce
Strawberries



MAY

Apricots
Artichokes
Arugula
Asparagus
Avocados
Beets
Cabbage
Carrots
Cherries
Collards
Garlic
Green Garlic
Kale
Leeks
Lettuce
Rhubarb
Strawberries



JUNE

Apricots
Avocados
Basil
Blueberries
Cabbage
Carrots
Cherries
Collards
Corn
Garlic
Leeks
Lettuce
Nectarines
Raspberries
Strawberries
Summer Squash
Tomatoes



JULY

Apricots
Avocados
Basil
Blueberries
Cherries
Corn
Cucumbers
Eggplant
Figs
Garlic
Melons
Nectarines
Peaches
Plums
Potatoes
Raspberries
Summer Squash
Tomatoes



AUGUST

Avocados
Blackberries
Blueberries
Corn
Cucumbers
Eggplant
Figs
Grapes
Melons
Nectarines
Peaches
Peppers
Plums
Potatoes
Raspberries
Summer Squash
Tomatoes



SEPTEMBER

Apples
Avocados
Blackberries
Corn
Cucumbers
Eggplant
Figs
Grapes
Melons
Nectarines
Peaches
Pears
Peppers
Plums
Potatoes
Tomatoes
Zucchini



OCTOBER

Apples
Artichokes
Cucumbers
Eggplant
Figs
Grapes
Kiwi
Mushrooms
Pears
Peppers
Persimmons
Plums
Pomegranates
Potatoes
Pumpkin
Winter Squash



NOVEMBER

Apples
Artichokes
Beets
Brussels Sprouts
Grapes
Kiwi
Mushrooms
Oranges
Pears
Peppers
Persimmons
Pomegranates
Potatoes
Pumpkin
Radishes
Winter Squash



DECEMBER

Artichokes
Beets
Broccoli
Brussels Sprouts
Grapefruit
Kale
Kiwi
Lemons
Mandarins
Mushrooms
Oranges
Persimmons
Pomegranates
Radishes
Spinach
Winter Squash



— eat well —

Seasonable Fruits & Vegetables

SHEN GENERATION