

## Produce Availability & Price Guide 2024

The [FRESHFARM Pop-Up Food Hub \(PUFH\)](#) works directly with the small- and mid-sized farmers in our network to aggregate and deliver local produce, at wholesale prices with no markup, to our community partners in the Washington DC region so that their clients have access to the healthy local produce they need to thrive. Twenty-five percent of the farmers we source from identify as Black and Brown, and 29% are first-generation farmers.

The following chart displays the types of produce, example varieties, units of sale, estimated cost, and months of availability for the Pop Up Food Hub. For the winter months, from December through March, a majority of the crops listed below are “storage” crops. Storage crops are harvested from the fall and put into storage for sale over the winter. Prices listed are based on historical purchasing data and are subject to change. Some items may be limited and only available in small quantities.

To partner with the FRESHFARM Pop-Up Food Hub and place orders, please email: [wholesale@ffm.org](mailto:wholesale@ffm.org)

\*We currently have grant funding to offer produce at 50% off of our listed prices, to partners in Virginia, through July 2025 or until funding runs out.

| Produce Item     | Example Varieties                                      | Units of Sale | Estimated Cost                        | Jan/<br>Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|------------------|--|---------------|---------------------------------------|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>Apples</b>    | Cameo, Fuji, Gala, Granny Smith, Honeycrisp, Pink Lady | pounds        | \$1.10-1.50 per pound                 | ✓           | ✓   | ✓   | ✓   |     |     | ✓   | ✓   | ✓   | ✓   | ✓   |
| <b>Arugula</b>   | Baby, Rocket   | pounds, bags  | \$3.50-4 per bag<br>\$10-12 per pound |             |     |     | ✓   |     |     |     | ✓   | ✓   | ✓   |     |
| <b>Asparagus</b> | Green, Purple  | pounds        | \$5-6 per pound                       |             |     |     | ✓   |     |     |     |     |     |     |     |

| Produce Item        | Example Varieties                    | Units of Sale         | Estimated Cost  | Jan/<br>Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|---------------------|--------------------------------------|-----------------------|---|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>Beans</b>        | Fava, Green, Purple Roma, Yellow Wax | pounds, pints, quarts | \$3.5-5 per pound<br>\$3.50-4 per pint<br>\$5-6 per quart |             |     |     |     | ✓   | ✓   | ✓   | ✓   |     |     |     |
| <b>Beets</b>        | Chioggia, Gold, Red                  | bunches, pounds       | \$2.50-3 per bunch<br>\$1.75-2.50 per pound               | ✓           | ✓   | ✓   | ✓   | ✓   | ✓   |     |     | ✓   | ✓   | ✓   |
| <b>Blackberries</b> | N/A                                  | half-pints, pints     | \$3.50-\$4.00 half-pint<br>\$5-7 pint                     |             |     |     |     | ✓   | ✓   |     |     |     |     |     |
| <b>Blueberries</b>  | N/A                                  | half-pints, pints     | \$3.50-4 half-pint<br>\$4-6 pint                          |             |     |     |     | ✓   | ✓   |     |     |     |     |     |
| <b>Bok Choy</b>     | N/A                                  | eaches                | \$2-3 each  |             |     | ✓   | ✓   | ✓   |     |     |     | ✓   | ✓   |     |
| <b>Broccoli</b>     | N/A                                  | pounds, eaches        | \$2.50-3 per pound<br>\$3.50-4.5 per eaches               |             |     |     | ✓   |     |     |     |     | ✓   | ✓   |     |
| <b>Cabbage</b>      | Green, Napa, Red                     | eaches                | \$2.5-\$3.00 each   |             |     |     | ✓   | ✓   |     |     |     | ✓   | ✓   |     |
| <b>Carrots</b>      | Orange                               | bunches               | \$2.50-\$3.00 per bunch                                   |             |     |     |     | ✓   |     |     |     | ✓   | ✓   |     |

| Produce Item       | Example Varieties          | Units of Sale     | Estimated Cost                       | Jan/<br>Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--------------------|----------------------------|-------------------|--------------------------------------|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>Cauliflower</b> | White                      | eaches            | \$3-\$4 each                         |             |     |     | ✓   |     |     |     |     | ✓   | ✓   |     |
| <b>Celery</b>      | N/A                        | eaches            | \$2.50 each                          |             |     |     | ✓   |     |     |     |     |     | ✓   |     |
| <b>Chard</b>       | Swiss(Rainbow)             | bunches           | \$2-\$2.50 per bunch                 |             |     | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |     |
| <b>Cherries</b>    | Sweet Red                  | pints             | \$4-\$7 per pint                     |             |     |     |     | ✓   | ✓   |     |     |     |     |     |
| <b>Collards</b>    | N/A                        | bunches           | \$2-\$2.50 per bunch                 |             |     |     | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |     |
| <b>Corn</b>        | Bicolor, Sweet             | each              | \$.75-\$1.00 each                    |             |     |     |     |     | ✓   | ✓   | ✓   |     |     |     |
| <b>Cucumbers</b>   | Persian, Pickling, Slicing | pounds,<br>eaches | \$1.75-\$2 per pound<br>\$1 per each |             |     |     |     | ✓   | ✓   | ✓   | ✓   |     |     |     |
| <b>Eggplant</b>    | Italian, Japanese, Mixed   | pounds            | \$1.75-\$2.25 per<br>pound           |             |     |     |     |     | ✓   | ✓   | ✓   | ✓   | ✓   |     |

| Produce Item         | Example Varieties  | Units of Sale        | Estimated Cost                               | Jan/<br>Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|----------------------|--|----------------------|--|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>Figs</b>          | Mission  | half-pints,<br>pints | \$5 per half-pint<br>\$8 per pint            |             |     |     |     |     |     | ✓   | ✓   |     |     |     |
| <b>Garlic-Bulb</b>   | N/A  | eaches               | \$1.50-\$3.00 each                           |             |     |     |     |     | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |
| <b>Garlic-Scapes</b> | N/A  | bunches              | \$2 per bunch                                |             |     |     | ✓   |     |     |     |     |     |     |     |
| <b>Grapes</b>        | Seedless Red, Globe<br>Green   | pounds,<br>quarts    | \$3.50-\$4 per<br>pound<br>\$5-\$6 per quart |             |     |     |     |     |     | ✓   | ✓   |     |     |     |
| <b>Greens</b>        | Mustard, Turnip  | bunches              | \$1.75-\$2.50                                |             |     |     | ✓   | ✓   |     |     | ✓   | ✓   | ✓   |     |
| <b>Herbs</b>         | Basil, Chives, Cilantro,<br>Dill, Fennel, Mint,<br>Parsley, Rosemary | bunches              | \$1.25-\$3 per bunch                         |             |     |     | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |     |
| <b>Kale</b>          | Curly, Tucson, Lacinato,<br>Red                                      | bunches              | \$1.75-\$2.50 per<br>bunch                   |             |     |     | ✓   | ✓   |     |     | ✓   | ✓   | ✓   | ✓   |
| <b>Kohlrabi</b>      | Green  | eaches               | \$1.50-\$2.00 each                           |             |     |     | ✓   |     |     |     | ✓   | ✓   | ✓   | ✓   |

| Produce Item              | Example Varieties                               | Units of Sale | Estimated Cost                             | Jan/<br>Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|---------------------------|---|---------------|--|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>Lettuce-Heads</b>      | Bib, Romaine, Tokyo Bekana, Mixed               | eaches        | \$1.75-\$3.00 each                         |             |     | ✓   | ✓   | ✓   |     | ✓   | ✓   | ✓   | ✓   |     |
| <b>Lettuce-Loose Leaf</b> | Spicy, Sweet & Spicy, Spring Mix, Baby Salanova | pounds, bags  | \$6-10 per pound<br>\$2.50-\$4 per bag     | ✓           | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |
| <b>Melons</b>             | Canary, Cantaloupe, Sugar Cube                  | eaches        | \$2.00-\$3.00 each                         |             |     |     |     | ✓   | ✓   | ✓   | ✓   |     |     |     |
| <b>Mushrooms</b>          | Portabella, Shiitake, Crimini ,Oyster, Maitake  | pounds        | \$6.00-10 per pound                        | ✓           | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |
| <b>Nectarines</b>         | Yellow  | pounds        | \$1.50-\$2.00                              |             |     |     |     | ✓   | ✓   | ✓   |     |     |     |     |
| <b>Okra</b>               | Green, Purple                                   | pints, pounds | \$2.50-\$3 per pints<br>\$3- \$4 per pound |             |     |     |     | ✓   | ✓   | ✓   | ✓   |     |     |     |
| <b>Onion-Cured</b>        | White, Yellow, Sweet, Red                       | pounds        | \$1-\$1.50 per pound                       | ✓           | ✓   | ✓   | ✓   |     | ✓   | ✓   | ✓   | ✓   | ✓   |     |
| <b>Onion-Other</b>        | Ramps, Scallions, Spring                        | bunches       | \$1.50-\$2.50 per bunch                    |             |     |     | ✓   | ✓   |     |     |     |     | ✓   |     |

| Produce Item             | Example Varieties   | Units of Sale  | Estimated Cost                            | Jan/<br>Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--------------------------|---|----------------|---|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>Peaches</b>           | White, Yellow, Donut  | pounds         | \$1.50-\$2.00 per pound                   |             |     |     |     |     | ✓   | ✓   | ✓   |     |     |     |
| <b>Pears</b>             | Bartlett, Bosc, Asian   | pounds         | \$1.75-\$2.50 per pound                   | ✓           |     |     |     |     |     |     | ✓   | ✓   | ✓   | ✓   |
| <b>Peas</b>              | English Shelling, Snow, Sugar Snap  | pounds         | \$5-\$8 per pound                         |             |     |     | ✓   | ✓   | ✓   |     |     |     |     |     |
| <b>Peppers-Bell</b>      | Green, Purple, Yellow   | Eaches, pounds | \$1 each, \$2-\$3 per pound               |             |     |     |     |     | ✓   | ✓   | ✓   | ✓   |     |     |
| <b>Peppers-Specialty</b> | Fresno, Jalapeno, Mixed Sweet, Poblano, Serrano, Shishito, Sweet Banana, Yummy Snacking | pounds         | \$3-\$6 per pound                         |             |     |     |     |     | ✓   | ✓   | ✓   | ✓   | ✓   |     |
| <b>Plums</b>             | Methley, Red, Damson, Shiro, prune  | pints, pounds  | \$3-\$4.50 per pint, \$2-\$2.50 per pound |             |     |     |     |     | ✓   | ✓   | ✓   |     |     |     |
| <b>Pluots</b>            | N/A   | pounds         | \$2.15-\$2.50 per pound                   |             |     |     |     |     | ✓   | ✓   | ✓   |     |     |     |
| <b>Potatoes</b>          | Eva, Red, Yukon Gold, White   | pounds, quarts | \$1.75-2.5 per pound \$2-\$3 per quart    | ✓           | ✓   | ✓   |     |     | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |

| Produce Item          | Example Varieties   | Units of Sale      | Estimated Cost  | Jan/<br>Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-----------------------|---|--------------------|---|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>Radishes</b>       | Red Easter, Daikon,<br>Watermelon                                 | bunches,<br>pounds | \$2-3 bunches,<br>\$2-\$2.50 per<br>pound             | ✓           | ✓   | ✓   | ✓   |     |     | ✓   | ✓   | ✓   | ✓   |     |
| <b>Spinach</b>        | n/a   | Per pound          | \$6-\$8 per pound                                     |             |     | ✓   | ✓   |     |     |     |     |     |     |     |
| <b>Squash-Summer</b>  | Zucchini(Yellow, Green),<br>Yellow Squash, Pattypan,<br>EightBall | pounds             | \$1.75-\$2 per pound                                  |             |     |     |     | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |     |
| <b>Squash-Fall</b>    | Acorn, Butternut,<br>Delicata, Honeynut,<br>Spaghetti, Tetsu      | Pounds,<br>eaches  | \$2.25-\$4 eaches,<br>\$1.50-\$2.00 per<br>pound      |             |     |     |     |     |     |     | ✓   | ✓   | ✓   | ✓   |
| <b>Strawberries</b>   | N/A   | Pints, Quarts      | \$3.25-\$4 pints,<br>\$5-\$8 quarts                   |             |     |     | ✓   | ✓   |     |     |     |     |     |     |
| <b>Sunchokes</b>      | aka Jerusalem Artichokes  | pounds             | \$5.00 per pound                                      |             |     |     |     |     |     |     |     | ✓   | ✓   |     |
| <b>Sweet Potatoes</b> | Garnet, Japanese,<br>Burgundy                                     | pounds             | \$1.75-\$2.50 per<br>pound                            | ✓           | ✓   | ✓   | ✓   |     |     | ✓   | ✓   | ✓   | ✓   | ✓   |
| <b>Tomatillos</b>     | N/A   | pints, pounds      | \$2.50-\$3.00 per<br>pint, \$2.50-\$3.00<br>per pound |             |     |     |     |     |     | ✓   | ✓   | ✓   |     |     |

| Produce Item          | Example Varieties                 | Units of Sale                | Estimated Cost                                 | Jan/<br>Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-----------------------|-----------------------------------|------------------------------|--|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>Tomatoes-Small</b> | Cherry, Grape, Sungold, Baby Roma | pints                        | \$2.50-\$3.00 per pint                         |             |     |     |     | ✓   | ✓   | ✓   | ✓   |     |     |     |
| <b>Tomatoes-Large</b> | Roma, Red Slicer, Green           | pounds                       | \$2.00-\$3.50 per pound                        |             |     |     |     | ✓   | ✓   | ✓   | ✓   | ✓   |     |     |
| <b>Turnips</b>        | Hakurei, Purple Top               | bunches, topped/loose pounds | \$1.75-\$3 bunches<br>\$1.75-\$2.00 per pound  |             |     |     | ✓   | ✓   |     |     |     | ✓   | ✓   | ✓   |
| <b>Watermelon</b>     | Small, Large, Seedless, Yellow    | eaches                       | \$3-\$4 each for small, \$5-\$6 each for large |             |     |     |     |     | ✓   | ✓   | ✓   | ✓   |     |     |