



# FRESHFARM FOOD HUB

Updated 2/24

Month	Available Produce
March	<p><b><u>Good Supply:</u></b> Apples, Onions, Potatoes, Sweet Potatoes</p> <p><b><u>Limited Availability:</u></b> Mushrooms, Microgreens, Carrots, Turnips, Arugula, Spinach, Kale, Herbs</p> <p><b><u>Specialty Items:</u></b> Sunchokes</p>
April	<p><b><u>Good Supply:</u></b> Apples, Onions</p> <p><b><u>Limited Availability:</u></b> Mushrooms, Microgreens, Arugula, Spinach, Kale, Chard, Carrots, Lettuce, Bok Choy, Spring Onions, Radishes, Cilantro</p> <p><b><u>Specialty Items:</u></b> Asparagus, Rhubarb, Strawberries, Kohlrabi</p>
May	<p><b><u>Good Supply:</u></b> Apples, Bok Choy, Chard, Chives, Cilantro, Collard Greens, Dill, Kale, Lettuce, Spring Onions, Parsley, Spring Radishes</p> <p><b><u>Limited Availability:</u></b> Arugula, Broccoli, Cabbage, Cauliflower, Celery, Mustard Greens, Snow Peas, Snap Peas, Spinach, Turnips</p> <p><b><u>Specialty Items:</u></b> Asparagus, Fennel, Garlic Scapes, Kohlrabi, Ramps, Rhubarb, Strawberries</p>
June	<p><b><u>Good Supply:</u></b> Basil, Beets, Bok Choy, Cabbage, Chard, Cilantro, Collard Greens, Dill, Kale, Lettuce, Mint, Spring Onions, Parsley</p> <p><b><u>Limited Availability:</u></b> Arugula, Green Beans, Carrots, Chives, Cucumbers, Mustard Greens, Snow Peas, Snap Peas, Spring Radishes, Summer Squash, Tomatoes, Turnips, Zucchini</p> <p><b><u>Specialty Items:</u></b> Apricots, Blackberries, Blueberries</p>
July	<p><b><u>Good Supply:</u></b> Basil, Green Beans, Yellow Wax Beans, Chard, Collard Greens, Cucumbers, Eggplant, Mint, Peaches, Sweet Peppers, Potatoes, Summer Squash, Tomatoes, Zucchini</p> <p><b><u>Limited Availability:</u></b> Beets, Cantaloupe, Corn, Garlic, Okra, Onions, Parsley, Plums, Watermelon</p> <p><b><u>Specialty Items:</u></b> Blackberries, Blueberries, Sweet Cherries, Tart Cherries, Nectarines, Raspberries</p>
August	<p><b><u>Good Supply:</u></b> Apples, Basil, Green Beans, Yellow Wax Beans, Cantaloupe, Corn, Cucumbers, Eggplant, Garlic, Mint, Okra, Onions, Peaches, Hot</p>



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	<p>Peppers, Sweet Peppers, Potatoes, Summer Squash, Tomatillos, Tomatoes, Watermelon, Zucchini</p> <p><b>Limited Availability:</b> Shelling Beans, Canary Melons, Chard, Collard Greens, Grapes, Honeydew, Nectarines, Plums, Sweet Potatoes</p> <p><b>Specialty Items:</b> Figs, Ground Cherries</p>
September	<p><b>Good Supply:</b> Apples, Cantaloupe, Cucumbers, Eggplant, Garlic, Onions, Hot Peppers, Sweet Peppers, Potatoes, Summer Squash, Sweet Potatoes, Tomatoes,</p> <p><b>Limited Availability:</b> Green Beans, Yellow Wax Beans, Shelling Beans, Canary Melons, Chard, Collard Greens, Corn, Grapes, Honeydew, Kale, Lettuce, Mint, Mustard Greens, Okra, Peaches, Pears, Plums, Tomatillos, Watermelon</p> <p><b>Specialty Items:</b> Figs, Pawpaws</p>
October	<p><b>Good Supply:</b> Apples, Beets, Bok Choy, Carrots, Chard, Cilantro, Collard Greens, Dill, Garlic, Kale, Lettuce, Onions, Pears, Potatoes, Sweet Potatoes, Turnips, Winter Squash</p> <p><b>Limited Availability:</b> Arugula, Broccoli, Cabbage, Cauliflower, Eggplant, Grapes, Mustard Greens, Parsley, Hot Peppers, Sweet Peppers, Summer Squash</p> <p><b>Specialty Items:</b> Ginger, Persimmons</p>
November	<p><b>Good Supply:</b> Apples, Beets, Bok Choy, Carrots, Chard, Collard Greens, Kale, Onions, Pears, Potatoes, Radishes, Sweet Potatoes, Turnips, Winter Squash</p> <p><b>Limited Availability:</b> Arugula, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Cilantro, Garlic, Lettuce, Mustard Greens, Parsley, Spinach</p> <p><b>Specialty Items:</b> Sunchokes</p>
December -February	<p><b>Good Supply:</b> Apples, Beets, Bok Choy, Carrots, Chard, Collard Greens, Kale, Onions, Potatoes, Radishes, Sweet Potatoes, Turnips, Winter Squash</p> <p><b>Limited Availability:</b> Arugula, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Cilantro, Garlic, Lettuce, Mustard Greens, Parsley, Pears, Spinach</p> <p><b>Specialty Items:</b> Sunchokes</p>