

Freshness Calendar

PRODUCE AVAILABLE AT MCFM	TYPE	AVAILABILITY	APPLES	LATE JULY - NOVEMBER		
APRICOTS	JULY	ASPARAGUS	MAY	BEANS (GREEN & YELLOW)	JULY-SEPTEMBER	
BEETS	JUNE-NOVEMBER	BLUEBERRIES	MID JULY-SEPTEMBER	BROCCOLI	LATE JUNE-NOVEMBER	
	BRUSSEL SPROUTS	MID SEPTEMBER - NOVEMBER	CABBAGE	JULY - NOVEMBER		
CANTALOUPE	AUGUST -SEPTEMBER	CARROT	JULY -NOVEMBER	CAULIFLOWER	JULY-NOVEMBER	
	CELERY	JULY-OCTOBER	CELERY ROOT	SEPTEMBER - NOVEMBER	CHARD	
(SWISS & RED)	JULY-OCTOBER	CHERRIES(SWEET & SOUR)	JULY	CUCUMBERS	JULY-SEPTEMBER	
	DILL	JULY-SEPTEMBER	EGGPLANT	LATE JULY-OCTOBER	GARLIC	JULY-NOVEMBER
	GRAPES	SEPTEMBER	GREEN ONIONS	JUNE-SEPTEMBER	VARIOUS HERBS	
WHOLE SEASON	KALE	JULY-OCTOBER	KOHLRABI	JUNE-SEPTEMBER	LEEK	AUGUST-NOVEMBER
	LETTUCE	WHOLE SEASON	MUSHROOMS	WHOLE SEASON	ONIONS	LATE JUNE-NOVEMBER
	PARSNIPS	SEPTEMBER-NOVEMBER	PEACHES	LATE JULY-SEPTEMBER		
PEAS	JUNE-EARLY JULY	PEARS	AUGUST-SEPTEMBER	PARSLEY	JUNE-OCTOBER	
PEPPERS (SWEET & HOT)	JULY-OCTOBER	PLUMS	AUGUST-SEPTEMBER	POTATOES	JULY-NOVEMBER	
	PUMPKINS	MID-SEPTEMBER -OCTOBER	RADISH	JULY-SEPTEMBER		
RASPBERRIES	JULY-SEPTEMBER	RHUBARB	MAY-JUNE	ROMANESCO	SEPTEMBER-NOVEMBER	
	RUTABAGA	SEPTEMBER-OCTOBER	SPINACH	MAY-JUNE & SEPT-NOV		
STRAWBERRIES	MID JUNE -JULY	SQUASH, SUMMER	JULY-SEPTEMBER	SQUASH, WINTER	AUGUST-NOVEMBER	
	SWEET CORN	JULY-OCTOBER	TOMATOES	JULY-OCTOBER		
TURNIPS	SEPTEMBER-NOVEMBER	WATERMELON	AUGUST-OCTOBER	ZUCCHINI	JULY-SEPTEMBER	
	OTHER AVAILABLE ITEMS		BREAD	WHOLE SEASON	PIES	WHOLE SEASON
	COOKIES	WHOLE SEASON	MUFFINS	WHOLE SEASON	DONUTS	WHOLE SEASON
	HONEY & BEE PRODUCTS	WHOLE SEASON	MAPLE SYRUP	WHOLE SEASON		
FRUIT SYRUP	WHOLE SEASON	JAMS & JELLIES	WHOLE SEASON	HANDMADE SOAPS		
WHOLE SEASON	CUT FLOWERS	JULY-OCTOBER	INDIAN CORN	SEPTEMBER-NOVEMBER		
GOURDS	SEPTEMBER-NOVEMBER	CORNSTALKS	SEPTEMBER-NOVEMBER	EGGS	WHOLE SEASON	
SEASON	FISH	WHOLE SEASON	HOT DOGS	WHOLE SEASON		