

Seasonal Shopping

Spring

Asparagus, lettuces, new potatoes, peas, radishes, rhubarb, spinach, strawberries

Summer

Apricots, blueberries, cherries, eggplant, green beans, melons, peaches, plums, corn, peppers, tomatoes, zucchini

Fall

Apples, broccoli, brussel sprouts, cauliflower, grapes, pears, pumpkins, winter squash,

Winter

Beets, cabbage, carrots, citrus fruits, onions, turnips, winter squash

Produce Shelf-Life

Fruits

LONG

Apples

Oranges

Grapefruit

Lemons/Limes

Melons - uncut

SHORT

Grapes

Peaches

Pears

Cherries

Berries

Veggies

LONG

Carrots

Radishes

Celery

SHORT

Lettuce

Cauliflower

Cucumbers

Peppers

Broccoli

Asparagus

Corn