

WHAT'S IN SEASON: JUNE



STRAWBERRIES
ARUGULA
BEETS
BOK CHOY
CABBAGE
CAULIFLOWER
CUCUMBERS
LETTUCE & GREENS

MUNG BEANS
SHITAKE MUSHROOMS
GREEN AND SNAP PEAS
BAKING POTATOS
RADISHES
SCALLIONS
SPINACH
SPROUTS



VISIT BOSTONLOCALFOOD.ORG FOR MORE INFO



WHAT'S IN SEASON: JULY



APPLES
BLUEBERRIES
RASPBERRIES
ARUGULA
GREEN BEANS
BEETS
BOK CHOY
BROCCOLI
CABBAGE
CARROTS
CAULIFLOWER
CHARD
CORN ON THE COB
CUCUMBERS
EGGPLANT

GARLIC
LETTUCE & GREENS
MUNG BEANS
SHITAKE MUSHROOMS
ONIONS
GREEN AND SNAP PEAS
PEPPERS
BAKING POTATOS
RADISHES
SCALLIONS
SPINACH
SPROUTS
SUMMER SQUASH
TOMATOES
ZUCCHINI



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WHAT'S IN SEASON: AUGUST



APPLES
BLUEBERRIES
CANTALOUPE
PEACHES
RASPBERRIES
STRAWBERRIES
WATERMELON
ARUGULA
GREEN BEANS
BEETS
BOK CHOY
BROCCOLI
CABBAGE
CARROTS
CELERY
CHARD
CORN ON THE COB
CUCUMBERS

EGGPLANT
GARLIC
LEEK
LETTUCE & GREENS
MUNG BEANS
SHITAKE MUSHROOMS
ONIONS
GREEN AND SNAP PEAS
PEPPERS
BAKING POTATOES
RADISHES
SCALLIONS
SPINACH
SPORTS
SUMMER SQUASH
ZUCCHINI
TURNIPS



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WHAT'S IN SEASON: SEPTEMBER



APPLES

CRANBERRIES

PEACHES

PEARS

RASPBERRIES

STRAWBERRIES

WATERMELON

ARUGULA

BEETS

BOK CHOY

BROCCOLI

CABBAGE

CARROTS

CAULIFLOWER

CELERY

CHARD

CORN ON THE COB

EGGPLANT

GARLIC

LEEKs

LETTUCE & GREENS

MUNG BEANS

SHITAKE MUSHROOMS

ONIONS

GREEN AND SNAP PEAS

PEPPERS

BAKING POTATOES

NEW POTATOS

PUMPKINS

RADISHES

SCALLIONS

SPINACH

SPROUTS

SUMMER SQUASH

WINTER SQUASH

ZUCCHINI

TOMATOES



TURNIPS

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WHAT'S IN SEASON: OCTOBER



APPLES
CRANBERRIES
PEARS
STRAWBERRIES
WATERMELON
ARUGULA
BOK CHOY
BROCCOLI
CABBAGE
CARROTS
CELERY
CHARD
CORN ON THE COB
GARLIC
LEEKS

LETTUCE & GREENS
MUNG BEANS
SHIITAKE MUSHROOMS
ONIONS
PEPPERS
BAKING POTATOES
NEW POTATOES
PUMPKINS
SPINACH
SPROUTS
SUMMER SQUASH
WINTER SQUASH
TOMATOES
TURNIPS



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WHAT'S IN SEASON: NOVEMBER



APPLES

CRANBERRIES

PEARS

BOK CHOY

BROCCOLI

CABBAGE

CARROTS

GARLIC

LEEKs

LETTUCE & GREENS

MUNG BEANS

SHIITAKE MUSHROOMS

ONIONS

BAKING POTATOES

NEW POTATOES

PUMPKINS

SPROUTS



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WHAT'S IN SEASON: DECEMBER



APPLES

CRANBERRIES

MUNG BEANS

SHIITAKE

MUSHROOMS

BAKING POTATOES

NEW POTATOES

SPROUTS



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WHAT'S IN SEASON: JANUARY



APPLES
MUNG BEANS
SHIITAKE MUSHROOMS
BAKING POTATOES
SPROUTS



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WHAT'S IN SEASON: FEBRUARY



APPLES

MUNG BEANS

SHIITAKE MUSHROOMS

BAKING POTATOES

SPROUTS



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WHAT'S IN SEASON: MARCH



APPLES
MUNG BEANS
SHIITAKE MUSHROOMS
BAKING POTATOES
SPROUTS



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WHAT'S IN SEASON: APRIL



APPLES
MUNG BEANS
SHIITAKE MUSHROOMS
BAKING POTATOES
SPROUTS



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WHAT'S IN SEASON: MAY



ASPARAGUS
LETTUCE & GREENS
MUNG BEANS
SHITAKE MUSHROOMS
BAKING POTATOS
SCALLIONS
SPINACH
SPROUTS



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