



Produce

Peak Seasons for Produce



WINTER STORAGE (JAN-MAR)

- Apples
- Beets
- Cabbage
- Carrots
- Frozen cranberries
- Frozen wild blueberries
- Garlic
- Kale
- Leeks
- Mushrooms
- Onion
- Parsnips
- Pears
- Potatoes
- Rutabaga
- Shallots
- Winter squash

SPRING (APR-JUN)

- Arugula
- Asparagus
- Beet greens
- Cucumber (greenhouse)
- Fiddleheads
- Lettuce
- Mushrooms
- Peas
- Radish
- Rhubarb
- Salad mix
- Spinach
- Spring Turnips
- Tomatoes (greenhouse)
- Storage:**
- Apples
- Cabbage
- Carrots
- Onions
- Rutabaga
- Winter squash

SUMMER (JUL-SEP)

- Apples (storage, early varieties)
- Asian greens
- Beans
- Beets (and their greens)
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherries
- Cucumbers (field)
- Cucumbers (greenhouse)
- Eggplant
- Endive
- Fennel
- Fresh herbs
- Fresh wild blueberries
- Garlic
- Highbush Blueberries
- Kale
- Lettuce
- Mushrooms
- Melons
- Onions
- Peaches
- Peas
- Peppers
- Plums
- Potatoes (new)
- Radish
- Raspberries
- Salad mix
- Spinach
- Spring Turnips
- Strawberries
- Sweet corn
- Swiss chard
- Tomatoes (field, roma, cherry)
- Tomatoes (greenhouse)
- Zucchini

AUTUMN (OCT-DEC)

- Apples
- Asian greens
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Cranberries
- Fresh herbs
- Frozen wild blueberries
- Garlic
- Highbush blueberries
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Pears
- Peppers
- Potatoes
- Pumpkins
- Radish
- Raspberries
- Rutabaga
- Shallots
- Spinach
- Strawberries
- Sweetcorn
- Swiss chard
- Tomatoes (field, roma, cherry)
- Winter squash
- Zucchini

Seafood



Year-round

- Arctic Charr
- Clams (Quahog, Soft Shell)
- Cod
- Haddock
- Halibut
- Jonah Crab
- Lobster
- Mussels
- Oysters
- Pollock
- Salmon
- Scallops

Seasonal

- Gaspereau/Alewives (May – Jun)
- Herring (Jan, Mar, Jul – Sep)
- Mackerel (May – Sep)
- Rock crab (Aug – Dec)
- Shrimp, Northern (Jun – Nov)
- Snow crab (Jul – Aug)
- Swordfish (Jul – Oct)
- Tuna (Jun – Nov)

BY PRODUCE	SPRING	SUMMER	AUTUMN	WINTER
Arugula	•			
Apples			•	•
Asian greens		•	•	
Asparagus	•			
Beans		•		
Beet greens	•	•		
Beets			•	•
Beets (and their greens)		•		
Broccoli		•	•	
Brussels sprouts			•	
Cabbage		•	•	•
Carrots		•	•	•
Cauliflower		•	•	
Celeriac			•	•
Celery		•	•	
Cherries		•		
Cranberries			•	
Cucumber (greenhouse)	•	•	•	
Cucumbers (field)		•		
Eggplant		•		
Endive		•		
Fennel		•		
Fiddleheads	•			
Fresh herbs		•	•	
Fresh wild blueberries		•		
Frozen wild blueberries			•	•
Garlic		•	•	•
Highbush Blueberries		•	•	
Kale		•	•	•
Kohlrabi			•	•
Leeks			•	•
Lettuce	•	•	•	
Melons		•		
Mushrooms	•	•	•	•
Onions		•	•	•
Parsnips			•	•
Peaches		•		
Pears	•	•	•	
Peas	•	•		
Peppers		•	•	
Plums		•		
Potatoes			•	•
Potatoes (new)		•		
Pumpkins			•	
Radish	•	•	•	
Raspberries		•	•	
Rhubarb	•			
Rutabaga			•	•
Salad mix	•	•		
Shallots			•	•
Spinach	•	•	•	
Spring Turnips	•	•		
Strawberries		•	•	
Sweet corn		•	•	
Swiss chard		•	•	
Tomatoes (field, roma, cherry)		•	•	
Tomatoes (greenhouse)	•	•	•	
Winter squash			•	•
Zucchini		•	•	
	APR-JUN	JUL-SEP	OCT-DEC	JAN-MAR