

What's in season?

The following list is a general guideline for what you might expect to eat during the seasons!



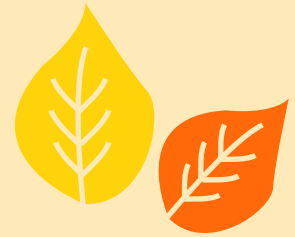
Spring

Arugula
Lettuce Mixes
- Spring Salad
- Gourmet
- Brassica Blend
Lettuce Heads
Green Onions
Kale
Microgreens
Radishes
Spinach



Summer

Beans
Beets
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Flowers
Herbs
- Dill
- Basil
- Fennel
Lettuce Mixes
- Spring Salad
- Gourmet
- Brassica Blend
Lettuce Heads
Melons
Peppers
Strawberries
Swiss Chard
Tomatoes
Turnips
Zucchini



Fall

Beets
Cabbage
Carrots
Corn
Ginger
Lettuce Mixes
- Spring Salad
- Gourmet
- Brassica Blend
Lettuce Heads
Radishes
Spinach
Tomatoes
Onions
Zucchini
Winter Squash

Looking for garlic on this list? Check out the [**Northwood Farm**](#) page for more info.