

TASTE THE SEASON'S BEST!

OCTOBER

									
APPLES	ARUGULA	BEETS	BLUEBERRIES (HIGH BUSH)	BLUEBERRIES (WILD)	BOK CHOY	BROCCOLI	BRUSSELS SPROUTS	CABBAGE	CANTALOUPE
									
CARROTS	CAULIFLOWER	CELERIAC	CELERY	COLLARDS	CORN	CRANBERRIES	CUCUMBERS (FIELD)	CUCUMBERS (GREENHOUSE)	GARLIC
									
GOURD	GRAPES	HERBS	HONEY	HOPS	KALE	LEEKS	LETTUCE	MAPLE SYRUP	MICROGREENS
									
MUSHROOMS	ONIONS	PARSNIPS	PEARS	PEPPERS (FIELD)	PEPPERS (GREENHOUSE)	PLUMS	POTATOES	PUMPKIN	RADISHES
									
RUTABAGA	SEABUCKTHORN BERRIES	SOYBEANS	SPINACH	STRAWBERRIES	STRING BEANS	SWEET POTATOES	SWISS CHARD	TOMATOES (FIELD)	TURNIPS
									
WINTER SQUASH									



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