



YOUR LOCAL MENU PLANNER

Prepared by: **SEASHORE FRUIT & PRODUCE CO.**

January	February	March	April	May	June	July	August	September	October	November	December
Apples	Apples	Lettuce, Hydro Bib	Asparagus (mid-late)	Arugula	Beets	Apples (late)	Apples	Apples	Apples	Apples	Apples
Lettuce, Hydro Bib	Lettuce, Hydro Bib	Mushrooms	Lettuce, Hydro Bib	Asparagus	Blueberries	Beans, Green	Beans, Green	Beets	Bok Choy	Bok Choy (early)	Lettuce, Hydro Bib
Mushrooms	Mushrooms			Beets	Bok Choy	Beets	Beets	Beets	Cabbages (various)	Cabbages (various)	Mushrooms
Potatoes	Potatoes			Bok Choy	Beets	Cabbages (various)	Blueberries	Bok Choy	Broccoli (early)	Cranberries	Potatoes
Sweet Potatoes	Sweet Potatoes			Endive (mid-late)	Blueberries (mid-late)	Cantaloupes	Bok Choy	Broccoli	Cabbages (various)	Cabbages (various)	Kale
				Escarole (mid-late)	Bok Choy	Corn	Cabbages (various)	Cabbages (various)	Cranberries	Cranberries	Potatoes (various)
				Herbs	Cabbages (various)	Cucumbers	Cantaloupes	Cantaloupes	Endive	Lettuce, Hydro Bib	Sweet Potatoes
				Kale (mid-late)	Corn (late)	Eggplants	Corn	Corn	Escarole	Mushrooms	
				Kale, baby	Cucumbers	Herbs	Cucumbers	Cucumbers	Kale	Potatoes	
				Leeks (mid-late)	Endive	Kale	Eggplants	Eggplants (early)	Leeks	Sweet Potatoes	
				Lettuce, Hydro Bib	Escarole	Leeks	Herbs	Endive	Lettuce, Hydro Bib		
				Lettuce, Leaf (late)	Herbs	Lettuce, Hydro Bib	Kale	Escarole	Lettuces, Leaf		
				Lettuce, Romaine (late)	Kale	Lettuce, Leaf (early-mid)	Leeks	Herbs	Mushrooms		
				Mushrooms	Leeks	Lettuce, Romaine (early-mid)	Lettuce, Hydro Bib	Leeks	Parsley		
				Potatoes	Lettuce, Hydro Bib	Mushrooms	Mushrooms	Lettuce, Hydro Bib	Peppers, Bell		
				Radishes	Lettuce, Iceberg	Peaches (mid-late)	Peaches	Mushrooms	Peppers, Chili		
				Spinach, baby	Lettuce, Leaf	Peppers, Bell	Peppers, Bell	Peaches (early)	Potatoes, Red		
				Spring mix	Lettuce, Romaine	Peppers, Chili	Peppers, Chili	Peppers, Bell	Potatoes, White		
				Squash Blossoms	Mushrooms	Radishes	Radishes	Peppers, Bell	Potatoes, Yukon Gold		
				Strawberries	Peppers, Bell	Squash, Hard	Squash, Hard	Peppers, Chili	Pumpkins		
					Radishes	Squash, Summer	Squash, Summer	Radishes	Radishes		
					Spinach, baby	Swiss Chard	Swiss Chard	Squash, Hard	Squash, Hard		
					Spring mix	Tomatoes (various)	Tomatoes	Squash, Summer	Squash, Summer		
					Squash Blossoms	Watermelon (late)	Watermelons	Sweet Potatoes	Sweet Potatoes		
					Squash, Summer			Swiss Chard	Swiss Chard		
					Swiss Chard			Tomatoes	Tomatoes		
								Watermelons	Watermelons		

Providing the best possible local produce is our passion. Please utilize this menu planner and feel free to reach out to your sales representative with any questions about our locally-sourced program.

Upon request, we have biographies of our local growers for you to promote "local" to your clientele.

Please note: Local availability is subject to changes in growing conditions and some items require advance notice.

For more information, visit: www.SeashoreEast.com