



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