

Chicken Eggs	X	X	X	X	X	X	X	X
Ice Cream	X	X	X	X	X	X	X	X
Pork	X	X	X	X	X	X	X	X
Turkey	X	X	X	X	X	X	X	X
Lamb	X	X	X	X	X	X	X	X
Milk (cow)	X	X	X	X	X	X	X	X

Fruit Choices

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	April	May	June	July	August	September	October	November
Apples					X	X	X	X
Apricots			X	X				
Asian Pears					X	X		
Blackberries				X	X	X		
Black Raspberries				X				
Blueberries			X	X	X			
Golden Raspberries						X	X	
Kiwis								X
Nectarines				X	X	X		
Peaches				X	X	X		
Pears						X	X	
Plums			X	X				
Red Raspberries				X	X	X	X	
Sour Cherries			X	X				
Strawberries		X	X					
Sweet Cherries			X	X				

Vegetable Choices

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	April	May	June	July	August	September	October	November
Asparagus	X	X						
Arugula	X	X				X	X	X
Beets			X	X				
Bok Choi	X	X			X	X	X	
Broccoli			X			X	X	X
Brussels Sprouts						X	X	X
Cabbage			X			X	X	X
Cantaloupes				X	X	X		
Cauliflower						X	X	X
Carrots		X	X	X	X	X		
Corn				X	X	X		
Collards						X	X	X
Cucumbers			X	X	X	X		
Eggplant			X	X	X	X		
Green Beans				X	X	X		
Gourds, Decorative Fall						X	X	X
Kale						X	X	X
Leeks						X		
Lettuce	X	X	X			X	X	X
Lima Beans						X	X	X
Melons				X	X	X		
Miscellaneous Greens	X	X	X	X	X	X	X	X
Mushrooms	X	X	X	X	X	X	X	X
Okra			X	X	X			
Onions			X	X	X	X		
Parsnips						X	X	X
Peas		X	X					
Peppers			X	X	X	X		
Potatoes			X	X	X	X	X	
Pumpkins						X	X	X
Radishes	X	X				X		
Rhubarb		X	X					

Vegetable Choices Continued

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	April	May	June	July	August	September	October	November
Rutabages						X	X	X
Salad Greens	X	X	X	X	X	X	X	X
Shallots			X	X				
Spinach	X	X				X	X	
Summer Squash			X	X	X	X		
Sweet Potatoes						X	X	X
Swiss Chard		X	X	X	X	X	X	X
Tomatoes			X	X	X	X		
Turnips						X	X	X
Winter Squash						X	X	X