

What's In Season? in our region



Fresh Is Everything

2019

Crop	Primary Farm	State	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb
Apples	Rendleman Orchard	IL										
Asparagus	American Asparagus	MI										
Beans, Green	Russell Costanza Farms	WI										
Bunch Beets	Go-Ro	IL										
Beets, Chiogga/Gold/Red	Goebbarts	IL										
Blueberries	A&L Farms	MI										
Broccoli	Nichols Farm	IL										
Cabbage	Bolthouse Brothers	MI										
Cauliflower	Nichols Farm	IL										
Celery Root	Goebbarts	IL										
Chards	Go-Ro	IL										
Collards	Go-Ro	IL										
Corn	Mick Klug Farms	MI										
Cucumbers	Russell Costanza Farms	MI										
Dandelion, Green/Red	Go-Ro	IL										
Eggplant	Russell Costanza Farms	MI										
Garlic Green	Harmony Valley Farms	WI										
Herbs, Basil	Bright Farms	IL										
Herbs, Cilantro	Go-Ro	IL										
Herbs, Dill	Go-Ro	IL										
Herbs, Mint	Meyers Farms	IL										
Herbs, Parsley Curly/Plain	Go-Ro	IL										
Kale, Green/Lacinato	Go-Ro	IL										
Kohlrabi	Go-Ro	IL										
Lettuce	Gotham Greens	IL										
MicroGreens	Garfield Produce	IL										
MicroGreens	UP Farms	IL										
Mustard, Curly/Flat	Go-Ro	IL										
Onions	Parrfection Produce	WI										
Parsley Root	Go-Ro	IL										
Parsnips	Harmony Valley Farms	WI										
Pea Tendrils, Pea Shoots	Living Water Farms	IL										
Peaches	Rendleman Orchard	IL										
Peppers, Cubanelle	Russell Costanza Farms	MI										
Peppers, Green	Russell Costanza Farms	MI										
Peppers, Jalapeno	Russell Costanza Farms	MI										
Peppers, Poblano	Russell Costanza Farms	MI										
Peppers, Serrano	Russell Costanza Farms	MI										
Peppers, Shishito	Russell Costanza Farms	MI										
Pickling Dill	Go-Ro	IL										
Potatoes, Sweet	Parrfection Produce	WI										
Pumpkins	Goebbarts	IL										
Radish, Black	Goebbarts	IL										
Radish, Red	Nichols Farm	IL										
Ramps	Harmony Valley Farms	WI										
Salsify, Black and White	Go-Ro	IL										
Spinach, Savory	Nichols Farm	WI										
Squash, Hard	Goebbarts	IL										
Squash, Yellow	Russell Costanza Farms	MI										
Squash, Zucchini	Russell Costanza Farms	MI										
Tomatillos	Russell Costanza Farms	MI										
Tomato, TOV	Mighty Vine	IL										
Tomato, Roma	Russell Costanza Farms	MI										
Turnip	Go-Ro	IL										
Wheatgrass	Living Water Farms	IL										

