

Veggies and Fruit of the Week

JUNE

June 4	Asparagus
June 11	Rhubarb Radishes
June 18	Peas
June 25	Strawberries

JULY

July 2	Cherries
July 9	Cucumbers
July 16	"Leafy Greens" Romaine Lettuce Spinach Kale
July 23	"Berries" Blueberries Raspberries
July 30	Beans

AUGUST

August 6	Carrots
August 13	Plums
August 20	Peppers
August 27	"Melons" Watermelon Cantaloupe Honeydew

SEPTEMBER

September 3	Tomatoes
September 10	Cabbage
September 17	Zucchini
September 24	Cauliflower Broccoli

OCTOBER

October 1	Pears
October 8	Apples
October 15	Beets
October 22	Pumpkin Butternut Squash
October 29	Brussel Sprouts

NOVEMBER

November 5	Rutabaga
November 12	Parsnip
November 19	Sweet Potato
November 26	Eggplant



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