



Spring

SEASONAL PRODUCE

ASPARAGUS
LETTUCE
MOREL MUSHROOMS
PARSNIPS
PEAS
SPINACH
BOK CHOY
RHUBARB
RADISHES
GREEN ONIONS
STRAWBERRIES

** SPECIFIC TO THE MIDWEST

@NOTABLE_NUTRITION



Summer

SEASONAL PRODUCE

APPLES
BLACKBERRIES
BLUEBERRIES
BROCCOLI
CABBAGE
CANTALOUPE
CELERY
CORN
CUCUMBERS
EGGPLANT
GREEN BEANS
WATERMELON
PEACHES
PEARS
BELL PEPPERS
RASPBERRIES
SNAP PEAS
ZUCCHINI/YELLOW SQUASH
STRAWBERRIES
TOMATOES
TOMATILLOS

** SPECIFIC TO THE MIDWEST

@NOTABLE_NUTRITION



Fall

SEASONAL PRODUCE

APPLES
BEETS
BOK CHOY
BROCCOLI
CABBAGE
CARROTS
CAULIFLOWER
CUCUMBERS
GRAPES
GREEN BEANS
KALE
KOHLRABI
LETTUCE
MUSHROOMS
PEARS
PERSIMMONS
POTATOES
PLUMS
PUMPKIN
RADICCHIO
RASPBERRIES
SHALLOTS
SNAP PEAS
WINTER SQUASH

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Winter

SEASONAL PRODUCE

BROCCOLI
CARROTS
CAULIFLOWER
KALE
LETTUCE
MUSHROOMS
PARSNIPS
PUMPKIN
RADICCHIO
SNOW PEAS
SPINACH
SWEET POTATES
WINTER SQUASH

** SPECIFIC TO THE MIDWEST

@NOTABLE_NUTRITION