

Eating with the Seasons ... Produce Available from Redbud Organic Farm*

Crop	April			May			June			July			August			Sept			Oct			Nov				
amaranth greens											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
arugula	✓	✓	✓	✓	✓	✓	✓	✓									✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
asparagus				✓	✓	✓	✓	✓																		
basil								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
beans																										
green beans								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
haricots verts											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
soybeans ('edamame')											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
yellow wax											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
beets ('chioglia')								✓	✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓
brocoli																		✓	✓	✓	✓	✓	✓	✓	✓	✓
brocoli raab ('rapini')																		✓	✓	✓	✓	✓	✓	✓	✓	✓
cabbage (green, purple)																		✓	✓	✓	✓	✓	✓	✓	✓	✓
cauliflower																		✓	✓	✓	✓	✓	✓	✓	✓	✓
chives	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
cilantro	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓							✓	✓	✓	✓	✓	✓	✓	✓	✓
cucumbers								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
eggplant															✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
flowers (cut)				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
flowers (edible)				✓	✓	✓	✓	✓	✓	✓	✓	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓
fennel															✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
garlic												✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
head lettuce				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
kholrabi				✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	✓	✓
leeks																						✓	✓	✓	✓	✓
micro greens	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
okra											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
onions																										
green (fresh, scallions)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓															
sweet ('vidallia' style)													✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
mini ('cipollini')								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
oregano			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓														
parsley (flat Italian)								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
peppers (hot)																										
habenero																✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
jalepeno																	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
thai chili																	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
peppers (sweet)																										
green or purple bell											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
red, yellow, orange															✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
sweet Italian															✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
potatoes								✓	✓	✓	✓	✓	✓	✓												
radishes				✓	✓	✓	✓	✓	✓	✓	✓							✓	✓	✓	✓	✓	✓	✓	✓	✓
raspberries								✓	✓	✓							✓	✓	✓	✓						
salad mix			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
shallots																✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
snap peas				✓	✓	✓	✓	✓	✓	✓	✓	✓														
spinach				✓	✓	✓	✓	✓	✓	✓	✓	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓
squash																										
yellow)											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
butternut)																						✓	✓	✓	✓	✓
strawberries								✓	✓	✓	✓	✓														
sweet potatoes																			✓	✓	✓	✓	✓	✓	✓	✓
Swiss chard				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓									✓	✓	✓	✓	✓
tomatoes (heirloom, cherry)																			✓	✓	✓	✓	✓	✓	✓	✓
turnips (sweet salad)																						✓	✓	✓	✓	✓
water melons															✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
West African greens												✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
wineberries												✓	✓	✓												

*Availability estimates are based on local climate trends and are weather dependent; please contact us for actual availability. Redbud Organic Farm, Inwood, WV (304)839 1206.