



What's Growing on the Local Horizon?

SOURCED FROM LOCAL FARMS INCLUDING:

Long Island:

Satur Farms Schmitt Farms McKay Farms
 Lenny Bruno Farms Fox Hollow Farms McBride Farms
 Deer Run Farms Latham Farms Flora Nurseries
 Koppert Cress Zilnicki Farms Wells Farms
 Anderson Farm Densieski Farms Harbes Farms
 WK Farms MKZ Farms Polak Farms
 Rottkamp Brothers Farms Windy Acres Farms

NJ/Upstate NY

Red Jacket Orchards Laning Farms
 Cassaday Farms Ploeh Farms
 Hudson River Fruit Pontano Farms
 Berenato Farms

MAY

ITEM	HARVEST DATES
Asparagus	15-May 4-Jun

JUNE

ITEM	HARVEST DATES
Collard Greens	1-Jun 15-Nov
Spinach	1-Jun 15 Jul
Beets Bunched	10-Jun 28-Oct
Escarole	10-Jun 15-Nov
Lettuce Green Leaf	10-Jun 28-Oct
Lettuce Red Leaf	10-Jun 28-Oct
Swiss Chard Green	10-Jun 5-Nov
Lettuce Chickory	12-Jun 15-Nov
Kale Green	15-Jun 15-Nov
Lettuce Cherokee Red	15-Jun 19-Oct
Parsley Curly	15-Jun 5-Nov
Parsley Italian	20-Jun 5-Nov
Lettuce Boston Butter	20-Jun 10-Oct
Bean Fava Case 25lb	25-Jun 25-Jul
Cabbage Green Box	30-Jun 25-Nov
Squash Green	30-Jun 24-Oct
Squash Yellow Gold Bar	30-Jun 24-Oct

JULY

ITEM	HARVEST DATES
Bean String	1-Jul 22-Oct
Corn Fresh (Bi-Color)	8-Jul 25-Oct
Cabbage Red	10-Jul 25-Nov
Cucumbers (Local Li)	10-Jul 5-Oct
Swiss Chard Rainbow	15-Jul 28-Oct
Swiss Chard Red	15-Jul 28-Oct
Peppers Frying Cubanelle	20-Jul 24-Oct
Peppers Jalapeno 1/2 Box	20-Jul 24-Oct

AUGUST

ITEM	HARVEST DATES
Peppers Green Large	1-Aug 1-Oct
Peppers Long Hot	1-Aug 24-Oct
Peppers Red/Green Cherry Bomb	1-Aug 24-Sep
Radish Bunched	1-Aug 10-Nov
Eggplant Lavender Neon	1-Aug 1-Oct
Eggplant White	1-Aug 1-Oct
Eggplant	5-Aug 15-Oct
Tomatoes Plum	15-Aug 15-Sep

AUGUST (CONTINUED)

ITEM	HARVEST DATES
Tomatoes Vine Ripe Beefsteak	15-Aug 24-Sep
Tomatoes Cherry Local Li	25-Aug 24-Sep
Tomatoes Heirloom Field Grown	25-Aug 20-Sep
Tomatoes Sunshine Cherry	25-Aug 10-Sep

SEPTEMBER

ITEM	HARVEST DATES
Butternut Squash	1-Sept 15-Nov
Acorn Squash	1-Sept 15-Nov
Spaghetti Squash	1-Sept 15-Nov
Kobacha Squash	1-Sept 15-Nov
Pumpkins	1-Sept 15-Nov
Gourds	1-Sept 15-Nov
Indian Corn	1-Sept 15-Nov
Cauliflower	1-Sept 15-Nov
Broccoli	1-Sept 15-Nov
Potatoes	1-Sept 25-Dec
Spinach	5-Sept 20-Nov
Brussel Sprouts	10-Sept 20-Nov

