

**Nash's Organic Produce | 4681 Sequim-Dungeness Way, Sequim, WA 98382**

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## **SEASONAL GUIDE**

Arugula: July–November  
Artichokes, Globe: May–June, August–October  
Basil: June–October  
Beans, fresh: July–September  
Beets (4 varieties): July–March  
Bok Choi: July–October  
Broccoli: July–Mid-November  
Brussels Sprouts: October–March  
Cabbage (8 varieties): July–March  
Carrots: July–March  
Cauliflower: April-May, July–November  
Chard (6 varieties): April–May, July–November  
Cilantro: July–October  
Collard Greens: September–March  
Corn: September–October  
Cucumbers: July–Sept.  
Dill: July–October  
Dried Beans: Year 'round  
Dried Corn: Year 'round  
Fava Beans, fresh: June–July  
Garlic: October–February  
Gooseberries: July–August  
Grains (red & white wheat, rye, triticale, oats): Year 'round  
Kale (4 kinds): August–March  
Leeks: August–May  
Onions (4 kinds): July–November  
Parsnips: November–April  
Parsley (2 kinds): April–May, July–November  
Peas (2 kinds): August–September  
Pork: Year 'round  
Potatoes (3 kinds): August–February  
Radishes (2 kinds): June–November  
Raspberries: July–August  
Rutabagas: Nov.–March  
Spinach: April-May, June–November  
Strawberries: June–July  
Summer Squash: July–September  
Sunchoke: October–April  
Turnips: November–March