

What's fresh when?



Farm to Family Coupons are meant to be used on fresh, locally grown, raw fruits and vegetables and cannot be used to buy baked goods, cider, dressings, dried herbs, eggs, flowers/plants, honey, jam/jelly, maple products, meat, pickles, or prepared foods.

For more information about Farm to Family visit FarmToFamilySeniors.com

Availability: [Early](#), [Peak](#), [Late](#).

	June	July	Aug	Sept	Oct
Apples			Early	Peak	Peak
Beans		Peak	Peak	Peak	Peak
Beets		Early	Peak		
Blackberries		Peak	Peak	Peak	
Blueberries		Early	Peak	Late	
Broccoli			Peak	Peak	Peak
Cabbage				Peak	Peak
Carrots			Early	Peak	Peak
Cauliflower		Early	Peak	Peak	Peak
Corn			Peak	Peak	
Cucumber		Peak	Peak	Peak	
Eggplant		Peak	Peak	Peak	
Lettuce	Peak	Peak	Peak	Peak	Peak
Melons			Peak	Peak	Late
Onions		Early	Peak	Peak	Late
Peas		Early	Peak		
Peppers		Early	Peak	Peak	Late
Potatoes			Peak	Peak	Late
Pumpkins			Early	Peak	Peak
Radish	Peak	Peak	Peak	Peak	Peak
Raspberries		Peak	Peak	Peak	
Rhubarb	Peak	Peak			
Spinach	Peak	Peak	Peak	Peak	Late
Strawberries	Early	Early			
Summer Squash	Peak	Peak	Peak	Peak	Late
Swiss Chard		Peak	Peak	Peak	Peak
Tomatoes		Peak	Peak	Peak	Late
Winter Squash				Peak	Peak

