2025
Fresh Fruit & Vegetables

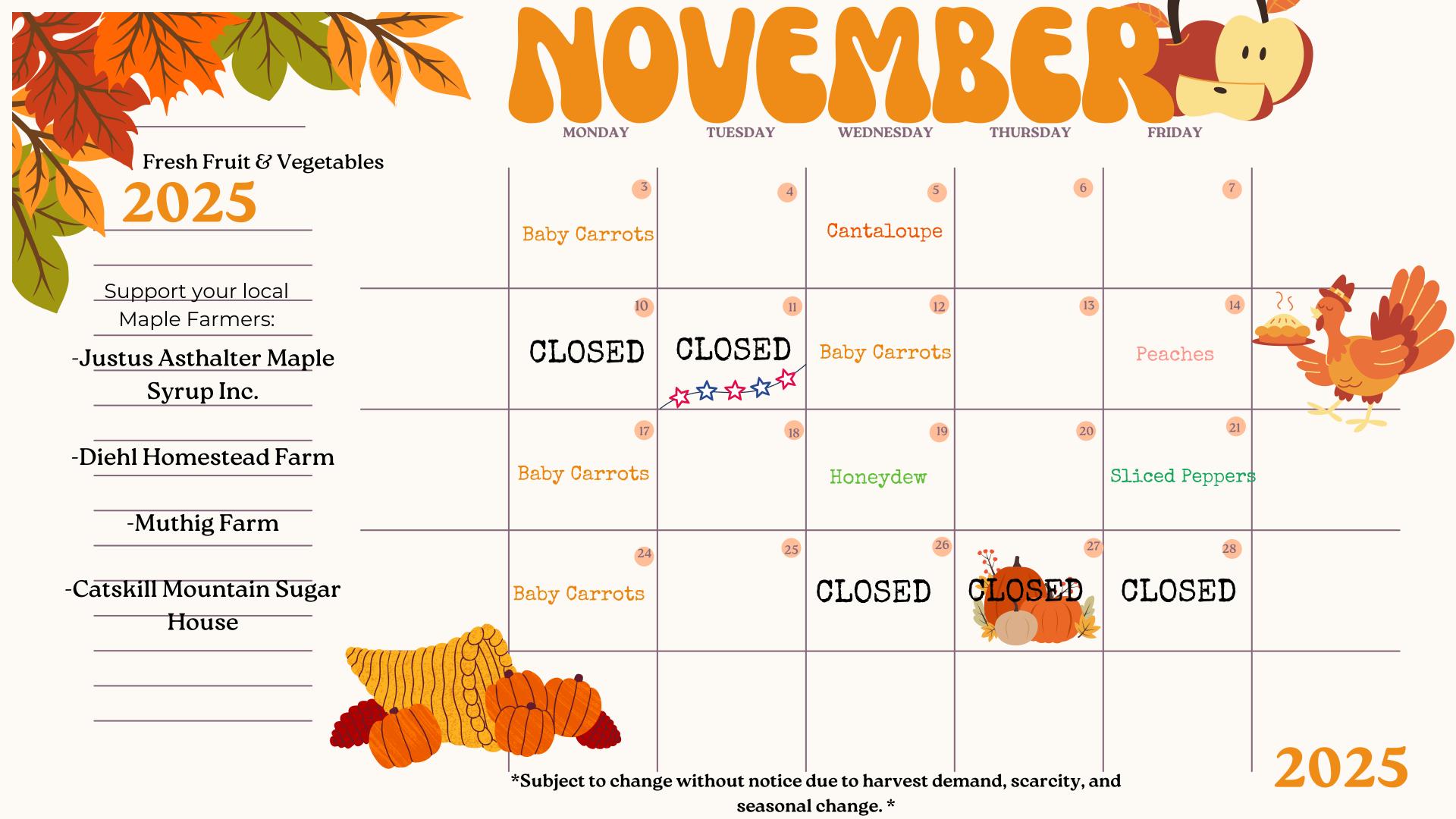


Septembers fruits of the month: Apples		HAPPY 1 LABOR DAY ***	2	3	FUSI DAY 4 SCHOOL	5
Pears Cranberries		8	9	10	11	12
Grapes		Baby Carrots		Pineapple		Broccoli
Blackberries						
Plums		15	16	17	18	19
September vegetables of	the	Baby Carrots		Cantaloupe		Cauliflower
month:						
Sweet Potatoes		22	23	24	25	26
<u>Pumpkins</u>		Baby Carrots	CLOSED	Honeydew		Cucumbers
Eggplant						
Carrots		29				
Corn		29	30			
Broccoli		Baby Carrots			到分	

2025

*Subject to change without notice due to harvest demand, scarcity, and seasonal change. *





2025 Fresh Fruit & Vegetables FRIDAY WEDNESDAY **MONDAY TUESDAY THURSDAY** Keep an eye out in Baby Carrots Watermelon Celery Sticks the grocery stores for these 11 10 12 December harvest foods-Baby Carrots Orange Wedges Cherry Tomatoes Pomegranates 17 **Bok Choy** Lemons and Apple Slices Fresh Fruit Baby Carrots Limes **Sweet Onions** 23 24 Winter Squashes CLOSED CLOSED CLOSED 30 CLOSED CLOSED CLOSED Subject to change without notice due to harvest demand, scarcity, and seasonal change. *

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Get outside, enjoy what winter has to offer:

Site seeing
Taughannock
Falls State Park

- Ice Skating at Bear Mountain State Park
- Snow Tubing at Plattekill Mountain
- Skiing at Hunter Mountain

	1		nal change. *	and seasor
9	8	7	6	5
Bananas		Baby Carrots		
16	15	14	13	12
Cauliflower		Pineapple		Baby Carrots
23	22	21	20	CLOSED
Broccoli		Sliced Apples		
30	29	28	27	26
Fresh Pears		Cantaloupe		Baby Carrots

2026 Fresh Fruit & Vegetables

FEBURARY

Fruits of the Month!

- Blood Oranges
- Grapefruits
- Kumquats
- Lemons
- Mandarins
- Tangelos
- Meyer Lemons

Limes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ı	
2	3	4	5		6	
Baby Carrots		Honeydew		Green Bear	ns	
9 Baby Carrots	10	Grapes	12	13		February 6
CLOSED Presidents Propy * Doug	17	Baby Carrots	19	Apple Slic	es	
23	24	25	26	27		
Baby Carrots		Orange Slices		Cucumber	S	





Fresh Fruit & Vegetables	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2026		3		5	6	
	Baby Carrots		Watermelon		Broccoli	
Spice up your fruits		10	11	12		
this month:	Pobra Commeta	10	D7 1		13	
Tajin Seasoning-	Baby Carrots		Blueberries			
Mild Chili Pepper,						
Dehydrated Lime, and	16	Qt 10-11:00:04	18	19	chello 20	
Sea Salt	Baby Carrots	Joy*	Cantaloupe		Opring Celery Sticks	
• Add to your cut up	23	24	25	26	27	
pineapple and				20	A 7	
watermelon to give another boost of	Baby Carrots		Pineapple		Apples	
flavor.						
	SPRING BREAK	31	*Subject to chan	ge without notic	ce due to harvest de	mand scarcit

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Earth Day:
Ways to support
and make the world
a better place with
food:

- Compostingrecycle your
 food scraps ie.
 fruit and
 vegetables.
- Use glass
 containers to
 store food.
- Buy LOCAL.

 Support farms

 and businesses

 in your

 community.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			*APril** *Fools.*		3	
Happy: easter	6	7	Baby Carrots	9	Sliced Peppers	
	Baby Carrots	14	Orange Wedges	16	17	
	Baby Carrots	21	Honeydew 22	23	Fresh Pears	
	Baby Carrots	28	Apple Slices	30		
	*Subject to oban	go with out notice	e due to harvest de	omand soansity	and	2026

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Recipe of the season to give a try!

Pineapple Salsa for Cinco De Mayo:

-Diced Pineapple
-Fine Diced Red
Onion

-Chopped Cilantro

-Jalapeno's, minced

-Salt and Pepper

Serve with a baked Cinnamon Tortilla or Greek Yogurt



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U-Pick farm activities with the kids:

- Strawberries
- Cherries
- Apricots
- Peaches

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Baby Carrots	2	Orange Wedges	4	Green Beans	
	Baby Carrots	9	Apple Slices	11	Cucumbers	
	Baby Carrots	16	Pineapple	18	CLOSED	
Pathery	22	23	24	25	26	