



Seasonal Produce Guide by V. Marchese Inc.

January

In Season: Citrus Fruits: Oranges, grapefruits, lemons, limes, Root Vegetables: Carrots, beets, turnips

Recipe Idea: Winter citrus salad with avocado and vinaigrette

February

In Season: Kale, Collard Greens, Brussels Sprouts

Recipe Idea: Roasted Brussels sprouts with garlic and parmesan

March

In Season: Asparagus, Radishes

Recipe Idea: Sautéed asparagus with garlic and lemon zest

April

In Season: Strawberries, Snap Peas, Snow Peas

Recipe Idea: Strawberry shortcake with whipped cream

May

In Season: Spinach, Artichokes

Recipe Idea: Creamy spinach and artichoke dip

June

In Season: Tomatoes, Zucchini

Recipe Idea: Caprese salad with mozzarella and basil

July

In Season: Corn, Blueberries

Recipe Idea: Blueberry cobbler

August

In Season: Peaches, Eggplant

Recipe Idea: Grilled eggplant with balsamic glaze



Seasonal Produce Guide by V. Marchese Inc.

September

In Season: Apples, Pumpkins

Recipe Idea: Cinnamon apple pie

October

In Season: Sweet Potatoes, Brussels Sprouts

Recipe Idea: Roasted sweet potatoes with cinnamon

November

In Season: Kale, Pears

Recipe Idea: Kale and pear salad with walnuts and feta

December

In Season: Citrus Fruits, Butternut and Acorn Squash

Recipe Idea: Roasted butternut squash soup