



FRESHFARM Markets



WHAT'S AT MARKET?

- ★ LOCAL FARMERS ★ LOCAL FRUITS AND VEGETABLES ★ ORGANIC PRODUCE
- ★ CHEESES AND YOGURT ★ FARM FRESH EGGS ★ PASTURED AND ORGANIC MEATS
- ★ MUSHROOMS ★ NURSERY PLANTS & FLOWERS ★ BAKED GOODS
- ★ JAMS AND FRUIT SPREADS ★ HONEY ★ HANDCRAFTED SOAPS & HERBAL PRODUCTS ★
- HOLIDAY PLANTS AND TREES ★ INFORMATION ★ COOKING DEMOS ★

GUIDE TO SEASONAL FOODS

APPLES	August - March ★	KOHLRABI	June - December
APRICOTS	July	LETTUCE	Year Round
ARTICHOKES	July, September	LIMA BEANS	August - September
ARUGULA	Jan - July, Sept - Dec	MELONS	Late July - October
ASPARAGUS	May - June	MESCLUN MIX	Year Round
BASIL	April - First Frost	MINT	June - December
BEANS, GREEN	June - October	MUSHROOMS	Mar - May, Sept - Nov
BEANS, SHELLING	September	NECTARINES	July - August
BEETS	April - November	OKRA	July - September
BLACKBERRIES	July - August	ONIONS	May - November ★
BLUEBERRIES	July - September	PARSLEY	May - June, Sept - Dec
BOK CHOY	May - November	PARSNIPS	Late Sept - December ★
BROCCOLI	June - July, Oct - Dec	PEACHES	July - September
BROCCOLI RAAB	May - June, Sept - Nov	PEARS	August - November ★
BRUSSELS SPROUTS	Sept - December	PEPPERS	July - December
CABBAGE	June - December	PLUMS	July - August
CURRANTS	June	POTATOES	June, late July - Nov ★
CARROTS	June - July, Oct - Dec ★	RADDICCHIO	June, Sept - November
CAULIFLOWER	September - December	RADISHES	May - December
CELERY	August - November	RASPBERRIES	June - August
CELERY ROOT	August - February	RHUBARB	May - June
CHESTNUTS	Mid Oct - early Dec	RUTABAGA	October - December ★
CHERRIES	Late June - July	SAGE	May - December
CIDER	August - March ★	SHALLOTS	August - December ★
CILANTRO	April - October	SORREL	April - June, Sept - Dec
COLLARDS	May - July, Sept - Dec	SPINACH	Jan - June, Sept - Dec
CORN	July - September	SQUASH, SUMMER	May - October
CUCUMBERS	Mid June - November	SQUASH, WINTER	Late Oct - March ★
DILL	May - June, Sept - Nov	STRAWBERRIES	June - July
EGGPLANT	June - October	SWEET POTATOES	July - November
FAVA BEANS	Mid June - July	SWISS CHARD	May - July, Sept - Nov
FENNEL	June, Sept - Nov	TARRAGON	July - November
FIGS	July - August	TAT SOI	June - October
GARLIC	Late July - December ★	THYME	June - December
GOOSEBERRIES	July	TOMATOES	June - December
JERSLM 'CHOKES	November - December	TURNIPS	May - June, Sept - Dec ★
KALE	Jan - June, Sept - Dec	WALNUTS	Sept - December ★

★ Proper storage makes these foods available for several months after harvest.

Hey, Where Are the Bananas??

Can't find what you are looking for at the FRESHFARM Market? Our farmers sell only what they grow or produce themselves. And since all of our farmers come from within a 150-mile radius of the market, the foods found here reflect our region and its seasons.

The chart on the reverse side is a guide to seasonal foods and their availability at the markets. Given the whims of the weather, though, be assured that there are no guarantees. A warm spell in March or a late frost in May can throw off expected harvest dates by weeks. Yet, it is precisely this relationship between the seasons and the foods at market that makes "eating local" so radical, so revolutionary and so positively habit forming.

Eating foods fresh from the farm and meeting the farmers who grow this food unearths so many of the vital and meaningful connections that our modern times obscure. The anticipation and taste of May's first berries can reconnect us to nature's cycles, to the land and our rural communities, to our agricultural heritage and to the real, authentic, delicious food that keeps us coming back for more.

"The best ingredients may be defined by a kind of alchemy that comes with familiarity. As we eat and cook with the plants and animals that thrive all around us, our own experience with these ingredients adds to their value... ingredients become essential when they link us with the rest of our lives."

~ Chef Greg Atkinson
The Northwest Essential Cookbook

A Little about Us

FRESHFARM Markets is a nonprofit organization supporting sustainable agriculture in the local Chesapeake Bay watershed region. We aim to create a sustainable urban-rural partnership that brings the blessings of healthy local food to our communities and maintains the working landscapes that feed us.

The first FRESHFARM Market was founded in Washington, DC in 1997; today, a network of producer-only FRESHFARM farmers markets provides fresh food to communities around the city. All of our markets open and close with the ringing of a market bell and feature "Chef at Market" demos with renown chefs and home cooks to celebrate cooking with local, seasonal foods. Visit us on the Web to learn more about the locations, dates and hours of those markets:

<http://www.freshfarmmarkets.org/markets>

Learn More Online

- * Details and locations, dates and hours of the various FRESHFARM markets
- * Farmer descriptions and pictures!
- * Sign up for our weekly newsletter
- * Hundreds of delicious recipes
- * Biographies of our chefs
- * Educational resources
- * Event calendar

www.freshfarmmarkets.org

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