

SEASONAL GROCERY SHOPPING GUIDE

SUMMER PRODUCE

ARTICHOKES	KALE
ARUGULA	LETTUCE
ASPARAGUS	MINT
AVOCADO	PEACHES
BASIL	PEAS
BERRIES	PEPPERS
BROCCOLI	PEACHES
CABBAGE	PLUMS
CELERY	RADISH
CILANTRO	ROSEMARY
CITRUS	SHALLOTS
CUCUMBER	SPINACH
FIGS	SPROUTS
GREENBEANS	SQUASH
GREENONION	THYME

