

2024



# SEPTEMBER



## Fresh Fruit & Vegetables

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Where does your F&V come from?

**Apples**- New York State

**Broccoli**-California

**Celery**-New York State

**Carrots**- New York State/California

**Peaches**-California

**Strawberries**-California

Fun Facts:

**Plums**- High in Potassium, regulate blood pressure.

**Nectarines**- Rich in Fiber and antioxidants. Protects from chronic disease like obesity, heart disease, etc.

	2	3	4	5	6
	9	10 Whole Plums Broccoli Florets	11 Red Delicious Apples Baby Carrots	12 Peaches Pineapples	13 Watermelon Cups Baby Carrots
	16	17 Bananas Celery Sticks	18 Sliced Apples Baby Carrots	19 Clementines Strawberry Cups	20 Honeydew Baby Carrots
	23	24 Oranges Peppers Sticks	25 Granny Smith Apples Baby Carrots	26 Nectarines Blueberry Cups	27 Cantaloupe Baby Carrots



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

2024

# 2024

# OCTOBER

Fresh Fruit & Vegetables

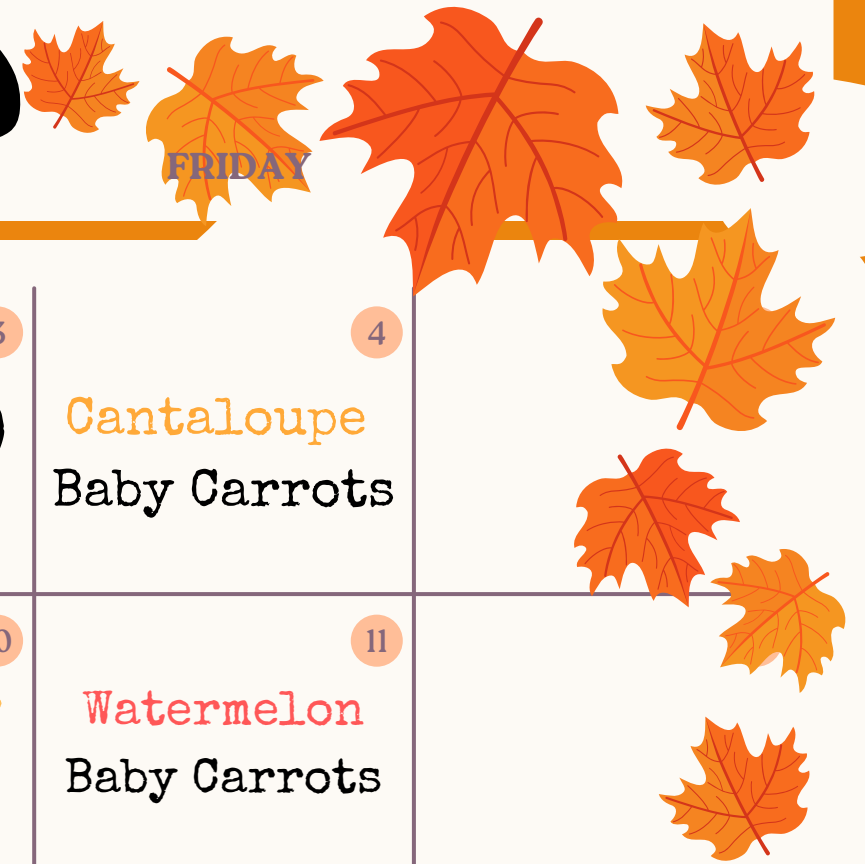
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Where does your f&V come from?

Grape Tomatoes- Florida

Cauliflower- New York State

Zucchini- Florida

October Harvest Season-

Winter Squash

Grapes

Cabbage

Potatoes

Eggplant

Broccoli

Apples

Beets



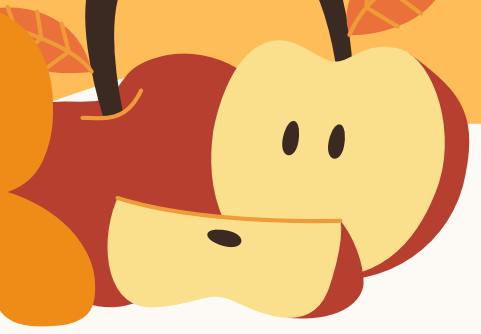
	<p>1 Plums Grape Tomatoes</p>	<p>2 Sliced Apples Baby Carrots</p>	<p>3 <b>CLOSED</b></p>	<p>4 Cantaloupe Baby Carrots</p>
<p>7</p>	<p>8 Bananas Zucchini Coins</p>	<p>9 Macintosh Apples Baby Carrots</p>	<p>10 Tangerines Pineapples Slices</p>	<p>11 Watermelon Baby Carrots</p>
<p>14</p>	<p>15 Oranges Cauliflower Florets</p>	<p>16 Sliced Apples Baby Carrots</p>	<p>17 Peaches Strawberry Cups</p>	<p>18 Honeydew Baby Carrots</p>
<p>21</p>	<p>22 Plums Snowpeas</p>	<p>23 Golden Delish Apples Baby Carrots</p>	<p>24 Clementines Blueberry Cups</p>	<p>25 Cantaloupe Baby Carrots</p>
<p>28</p>	<p>29 Bananas Red Peppers Sticks</p>	<p>30 Sliced Apples Baby Carrots</p>	<p>31 Peaches Pineapple Slices</p>	

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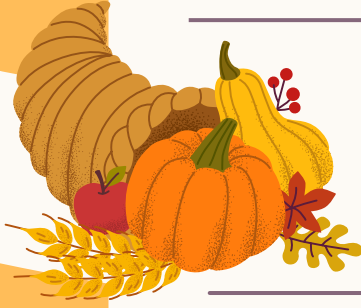
# 2024

2024

# NOVEMBER



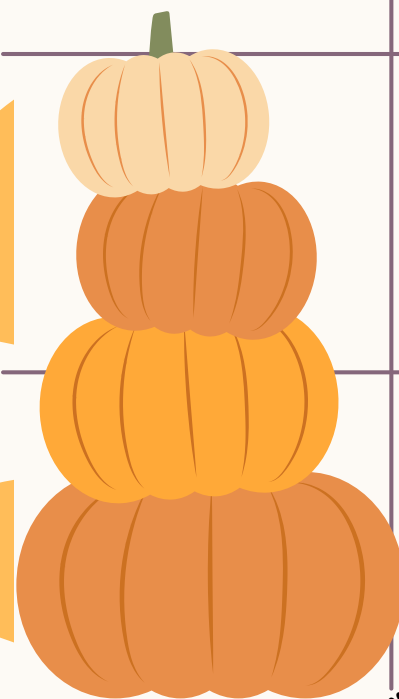
## Fresh Fruit & Vegetables



November is one of the best months for farmers to prepare for next years harvest, adjust sourcing habits, and what to stock up on.

Fun Fall Outside Activities

- Apple Picking
- Decorating Pumpkins
- Creating corn husk stalk decor bundle.
- Visit a Local Sugar Shack



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				CLOSED <sup>1</sup> CONFERENCE DAY	
	4	5	6	7	8
		Oranges Green Beans	Gala Apples Baby Carrots	Clementines Strawberry Cups	Cantaloupe Baby Carrots
	11	12	13	14	15
		Plums Broccoli Florets	Apple Slices Baby Carrots	Nectarines Blueberry Cups	Watermelon Baby Carrots
	18	19	20	21	22
		Bananas Celery Sticks	Honeycrisp Apples Baby Carrots	Tangerines Pineapple Cups	Honeydew Baby Carrots
	25	26	27	28	29
		Oranges Green Peppers Sticks	CLOSED	CLOSED	CLOSED



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# DECEMBER





## Fresh Fruit & Vegetables



Keep an eye out in the grocery stores for these December harvest foods-

- Carrots
- Delicata Squash
- Brussel Sprouts
- Onions, Leeks
- Garlic, Chives



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 2	3 Plums Grape Tomatoes	4 Pink Lady Apples Baby Carrots	5 Peaches Strawberry Cups	6 Cantaloupe Baby Carrots
	9	10 Bananas Zucchini Coins	11 Apple Slices Baby Carrots	12 Clementines Blueberry Cups	13 Watermelon Baby Carrots
	16	17 Oranges Cauliflower Florets	18 Red Delicious Apples Baby Carrots	19 Nectarines Pineapples	20 Honeydew Baby Carrots
	23 CLOSED	24 CLOSED	25  CLOSED	26 CLOSED	27 CLOSED
	30 CLOSED	31 HAPPY NEW YEAR! CLOSED			

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# 2025

Fresh Fruit & Vegetables

# JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Everything to eat to fuel your body this January:

- **Lemons**—High in antioxidants
- **Oranges**— Great for skin health
- **Beets**—Improves your brain function
- **Kale**— Helps improve bone health

			1 <b>2025</b>	2 Apple Slices Strawberry Cups	3 Cantaloupe Baby Carrots
6	7  Plums Snow peas	8 Granny Smith Apples Baby Carrots	9 Blueberry Cups Apple Slices	10 Watermelon Cups Baby Carrots	
	13	14 Bananas Red Peppers Sticks	15 Macintosh Apples Baby Carrots	16 Pineapples Apple Slices	17 Honeydew Baby Carrots
	20	21  Oranges Green Beans	22 Gold Delicious Apples Baby Carrots	23 Strawberry Cups Apple Slices	24 Watermelon Cups Baby Carrots
	27	28 Plums Broccoli Florets	29 Gala Apples Baby Carrots	30 Blueberry Cups Apple Slices	31 Honeydew Baby Carrots

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