2025

Fresh Fruit & Vegetables

Septembers fruits of the month:

- Apples
- Pears
- Cranberries
- Grapes
- Blackberries
- Plums

September vegetables of the month:

- Sweet Potatoes
- Pumpkins
- Eggplant
- Carrots
- Corn
- Broccoli

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HAPPY LABOR DAY	2	3	4 First DAY OF School	5
8 Baby Carrots	9	10 Pineapple	11	12 Broccoli
15 Baby Carrots	16	17 Cantaloupe	18	19 Cauliflower
22 Baby Carrots	23 CLOSED	24 Honeydew	25	26 Cucumbers
29 Baby Carrots	30			



2025

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

OCTOBER

2025

Fresh Fruit & Vegetables

Where does your f&V come from?

Nectarines- California

Plums- California

Apples- NYS

October Harvest Season-

Winter Squash

Grapes

Cabbage

Potatoes

Eggplant

Broccoli

Apples

Beets

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Watermelon	2	3
6 Baby Carrots	7	8 Red and Green Grapes	9	10 Nectarines
13 CLOSED	14	15 Orange Wedges	16	17 Celery Sticks
20 Baby Carrots	21 Big Apple Crunch	22 Apples	23	24 Broccoli
26 Plums	28	29 Bananas	30	31 Baby Carrots HALLOWEEN

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

2025

NOVEMBER

Fresh Fruit & Vegetables

2025

Support your local Maple Farmers:

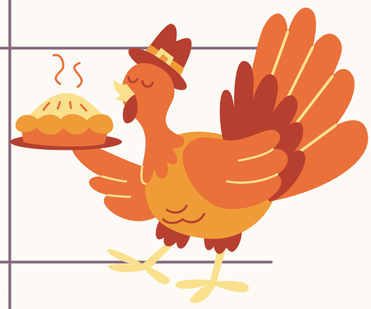
-Justus Asthalter Maple Syrup Inc.

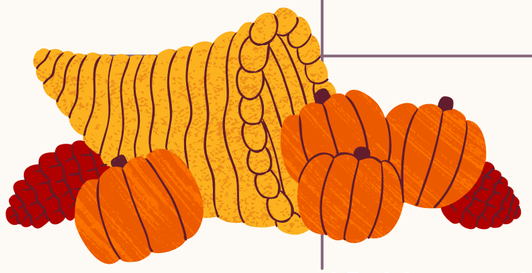
-Diehl Homestead Farm

-Muthig Farm

-Catskill Mountain Sugar House

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baby Carrots	4	5 Cantaloupe	6	7
10 CLOSED	11 CLOSED	12 Baby Carrots	13	14 Peaches
17 Baby Carrots	18	19 Honeydew	20	21 Sliced Peppers
24 Baby Carrots	25	26 CLOSED	27 CLOSED	28 CLOSED





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

2025

2025

Fresh Fruit & Vegetables

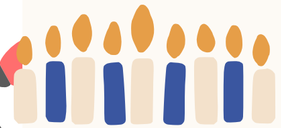
DECEMBER



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

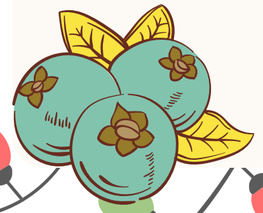
- Pomegranates
- Bok Choy
- Lemons and Limes
- Sweet Onions
- Winter Squashes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baby Carrots	2	3 Watermelon	4	5 Celery Sticks
8 Baby Carrots	9	10 Orange Wedges	11	12 Cherry Tomatoes
15 Baby Carrots	16	17 Apple Slices	18	19 Fresh Fruit
22	23	24 CLOSED	25 CLOSED	26 CLOSED
27 CLOSED	30 CLOSED	31 CLOSED		









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

2025

2026

Fresh Fruit & Vegetables

JANUARY

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1 	2	
	5	6	7 Baby Carrots	8	9 Bananas
	12 Baby Carrots	13	14 Pineapple	15	16 Cauliflower
	19 CLOSED 	20	21 Sliced Apples	22	23 Broccoli
	26 Baby Carrots	27	28 Cantaloupe	29	30 Fresh Pears

2026

2026

Fresh Fruit & Vegetables

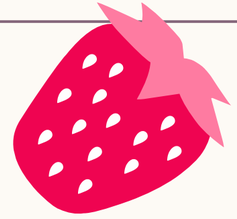
FEBURARY

Fruits of the Month!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Baby Carrots	3	4 Honeydew	5	6 Green Beans	
9 Baby Carrots	10	11 Grapes	12	13	
16 CLOSED 	17	18 Baby Carrots	19	20 Apple Slices	
23 Baby Carrots	24	25 Orange Slices	26	27 Cucumbers	





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

2026

MARCH

Fresh Fruit & Vegetables

2026

Spice up your fruits this month:

Tajin Seasoning- Mild Chili Pepper, Dehydrated Lime, and Sea Salt

- Add to your cut up pineapple and watermelon to give another boost of flavor.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baby Carrots	3	4 Watermelon	5	6 Broccoli
9 Baby Carrots	10	11 Blueberries	12	13
16 Baby Carrots	17 St. Patrick's Day	18 Cantaloupe	19	20 Hello Spring Celery Sticks
23 Baby Carrots	24	25 Pineapple	26	27 Apples
30 	31 			

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

2026

2026

Fresh Fruit & Vegetables

APRIL

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

- Composting- recycle 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	
		1 April Fools!	2	3	
	6	7	8 Baby Carrots	9	10 Sliced Peppers
	13 Baby Carrots	14	15 Orange Wedges	16	17
	20 Baby Carrots	21	22 Honeydew 	23	24 Fresh Pears
	27 Baby Carrots	28	29 Apple Slices	30	

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

2026

2026

Fresh Fruit & Vegetables

MAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 Fresh Pears	
4 Baby Carrots	5 CINCO DE MAYO	6 Watermelon	8	9 Cauliflower	
 11 Baby Carrots	12	13 Strawberries	14	15 Broccoli	
18 Baby Carrots	19	20 Blueberries	21	22	
CLOSED 25 	26	27 Raspberries	28	29 Cherry Tomatoes	

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

2026

2026

Fresh Fruit & Vegetables

U-Pick farm activities with the kids:

- Strawberries
- Cherries
- Apricots
- Peaches

JUNE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Baby Carrots	2	3 Orange Wedges	4	5 Green Beans	
8 Baby Carrots	9	10 Apple Slices	11	12 Cucumbers	
15 Baby Carrots	16	17 Pineapple	18	19 CLOSED	
Father's day 22	23	24	25	26	SUMMER

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

2026