

# SEASONAL EATING IN NH, VT

## MAY

Asparagus\*  
Greens\*  
Parsnips  
Radishes\*  
Rhubarb\*  
Scallions\*  
Spinach\*

## JE

Asparagus  
Chard\*  
Greens  
Lettuce\*  
Peas\*  
Radishes  
Rhubarb  
Scallions  
Spinach  
Strawberries\*

## JU

Beans\*  
Beets\*  
Broccoli  
Carrots\*  
Cauliflower\*  
Fennel\*  
Greens  
Kale\*  
Lettuce  
Melons\*  
Peas  
Potatoes\*  
Radishes  
Raspberries\*  
Scallions  
Spinach  
Summer Squash\*  
Tomatoes\*  
Turnips\*

## AUG

Apples\*  
Beans  
Beets  
Blackberries\*  
Blueberries\*  
Broccoli  
Cabbage\*  
Carrots  
Cauliflower  
Celery\*  
Chard  
Corn\*  
Cucumbers\*  
Eggplant\*  
Fennel  
Garlic\*  
Greens  
Kale  
Leeks\*  
lettuce  
Melons  
Onions\*  
Peas  
Peppers\*  
Potatoes  
Radishes  
Raspberries  
Scallions  
Spinach  
Summer Squash  
Tomatoes  
Turnips  
Watermelon\*

Did you know  
in-season, local  
vegetables often  
cost the same as  
in supermarkets?

## SEPT

Apples  
Beans  
Beets  
Blueberries  
Broccoli  
Brussel Sprouts\*  
Cabbage  
Carrots  
Cauliflower  
Celeriac\*  
Celery  
Chard  
Corn  
Cucumbers  
Eggplant  
Fennel  
Greens  
Kale  
Leeks  
Lettuce  
Onions  
Parsnips\*  
Peppers  
Potatoes  
Pumpkins\*  
Radishes  
Raspberries  
Scallions  
Spinach  
Summer Squash  
Tomatoes  
Turnips  
Winter Squash\*

## OCT

Apples  
Beans  
Beets  
Blueberries  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celeriac  
Celery  
Chard  
Cucumbers  
Eggplant  
Greens  
Kale  
Leeks  
Lettuce  
Onions  
Parsnips  
Peppers  
Potatoes  
Pumpkins  
Radishes  
Rutabaga\*  
Scallions  
Spinach  
Summer Squash  
Turnips  
Winter Squash

## NOV

Apples  
Beets  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celeriac  
Celery  
Chard  
Kale  
Leeks  
Onions  
Parsnips  
Radishes  
Rutabaga  
Turnips  
Winter Squash

Asterisk =  
in season now!

# WHERE TO FIND LOCAL FOOD

## FARM STANDS

Archway Farm, Keene  
Coll's Farm, Jaffrey  
Cheshire Gardens, Winchester  
Crescendo Acres Farm, Surry  
Dusty Dog Farm, Keene  
Green Wagon Farm, Keene\*  
Manning Hill Farm, Winchester  
Mayfair Farm, Harrisville  
Partners Gardens, Nelson  
Pete's Stand, Walpole\*  
Rosie's Farm Stand, Winchester  
Rosaly's Garden, Peterborough  
Spring Pond Farm, Greenfield  
Stonewall Farm, Keene\*  
Tippin' Rock Farm, Swanzey  
Tracie's Community Farm, Fitzwilliam  
Walpole Valley Farms, Walpole  
Whitaker's Homestead & Greenhouse, Alstead  
Windfall Farm, Antrim  
Winter Hill Farm, Hillsborough

## FARMERS MARKETS

Chesterfield Farmers Market

Sat., 9am - 12pm

Farmers Market of Keene\*

Sat., 9 - 1, Tues 3 - 6pm

Hinsdale Farmers Market\*

Sundays, 9am - 1pm

Milford Farmers Market

Sat., 10am - 1pm

Peterborough Farmers Market

Wed., 3 - 6 pm

Rindge Farmers & Crafters

Thurs., 3- 6pm

TEAM Jaffrey Community Farmers

Market\*, Wed., 4 - 7pm

Wilton Farmers Market

Wed., 12pm - 5pm

Winchester Farmers Market

Sat., 9am - 1pm

## FOOD COOPERATIVE

Monadnock Food Co-op\*

## GROCERY STORES

Hancock Market, Hancock

Harrisville General Store, Harrisville

Kulick's Market, Winchester\*

Nature's Green Grocer, Peterborough

Walpole Grocery, Walpole

Asterisk =  
SNAP/EBT  
accepted

FIND MORE  
INFORMATION AT:



**MFCOMMUNITYCOALITION.ORG**