

**SIRNA & SONS  
PRODUCE**



SIRNA & SONS PRODUCE

# Monthly Seasonality Guide

7176 State Route 88 Ravenna, OH 44266

[www.sirnaandsonsproduce.com](http://www.sirnaandsonsproduce.com) Toll Free 1-800-824-1868

# SEASONAL SUGGESTIONS

## JANUARY

### Winter Squashes, Greens & Citrus

### Peak Harvest Period

Apples - Braeburn	Grapefruit
Apples - Fuji	Greens - Kale
Apples - Gala	Honeydew
Apples - Lady	Kiwi
Avocados - CA, Imports	Mangoes
Baby Carrots W/ Tops	Nectarines - Import
Baby Mixed Root Veg	Onions - Sweet Spring
Beets	Parsnips
Belgian Endive	Peaches - Import
Broccoli - Cheddar, Purple, Romanesque	Pears
Brussel Sprouts	Plum - Import
Cabbage	Potatoes - Sweet, Red, Yukon Gold
Cantaloupe	Radishes - Black, Daikon, Icicle, Watermelon
Cardoon	Rhubarb - Hothouse
Cherries	Root - Burdock, Celery, Horseradish, Lotus,
Chicory - Castelfranco, Frisee, Puntarella, Treviso	Parsley, Taro, Yucca
Citrus - Bergamot Orange, Buddha's Hand, Cara Cara,	Rutabagas
Finger Lime, Kumquats,	Spinach - Flat Leaf, Baby
Mandarin, Meyer Lemon,	Squash - Acorn, Butternut,
Pommelo, Satsuma,	Carnival, Delicata, Kabocha
Seville Oranges, Tangelo,	Starfruit
Navel Orange	Turnips



### Honorable Mentions

Apricots - Import	Green Beans
Artichokes	Leeks
Asparagus	Lettuce - Baby (All)
Baby Squash	Lettuce - Spring Mix
Bananas	Mushrooms -
Beans - Dragon, French, Purple Wax, Yellow Wax	Chanterelle
Broccoli Rabe	Papaya
Broccolini	Peas
Cactus Leaves	Persimmons
Cauliflower	Pineapple
Celery	Radicchio
Cranberries	Snow Peas
Eggplant	Strawberries - CA
Grapes - Import	Sugar Snap Peas

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# SEASONAL SUGGESTIONS

## FEBRUARY



Super Bowl, Valentine's Day, Mardi Gras

### Peak Harvest Period

Apples	Kohlrabi - Green, Purple
Artichokes	Mangoes - Import
Asparagus	Melon - Kiwano
Avocados - CA, Imports	Nectarines - Import
Baby Carrots W/ Tops	Onions - Sweet Spring
Brussel Sprouts	Parsnips
Cantaloupe - Import	Passionfruit
Cape Gooseberry	Peaches - Import
Cardoon	Peppers, Bell - Green, Red, Gold
Chayote Squash	Potatoes - Fingerling, Purple, Red, Russet, Yukon Gold, White
Citrus - Blood Oranges, Cara Cara, Grapefruit, Kumquats, Meyer	Rhubarb
Lemon, Navel Orange, Oroblanco, Pommelo	Root Vegetables - Baby
Fennel	Rutabagas
Garlic Greens	Starfruit
Gingers	Strawberries
Grapes - Import	Sunchokes
Greens - Winter	Tangelos
Honeydew - Import	Tangerines
Kale	Turnsips
Kiwi	



### Honorable Mentions

Bananas	Jicama
Beans - Chinese Long, Dragon, Fava, French, Green, Purple Wax, Yellow Wax	Leeks
Beets	Lettuce - Leaf, Spring Mix, Baby (All)
Bok Choy - Baby	Mushrooms - Chantarelle, Hedgehog, Porcini, Truffles, Woodear
Broccoli	Onions - Pearl
Broccoli Rabe	Papaya
Broccolini	Pears - Winter
Cabbage - Green, Red, Napa	Peas - Snow, Snap
Cactus Leaves	Pineapple
Cauliflower	Plums - Import
Celery	Shallots
Celery Root	Spinach - Baby, Flat
Cherimoya	Squash - Winter
Chicories	Sweet Potatoes
Corn	Tomatoes
Dragonfruit - White	
English Peas	

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# SEASONAL SUGGESTIONS

## MARCH

St. Patricks Day, Pi Day

### Peak Harvest Period

Apples	Cherimoya
Artichokes	Citrus - Cara Cara, Blood
Artichokes - Baby	Oranges, Grapefruit,
Asparagus	Kumquats, Meyer Lemons,
Avocados - CA	Navel Oranges, Tangerines,
Bananas	Honey Collards
Beans - Fava, French,	Corn
Green, English, Snap Pea,	Cucumber
Yellow Wax	Eggplant
Beets	Endives - Belgian
Bok Choy	Feijoa
Broccoflower	Fennel
Broccoli	Fiddlehead Fern
Broccoli Rabe	Garlic - Elephant, Greens,
Brocolini	Scapes
Brussel Sprouts	Ginger
Cabbage	Grapes - Import
Cabbage - Napa	Hearts of Palm
Cactus Leaves	Horseradish
Cape Gooseberry	Jicama
Cardoon	Kale
Carrots	Kiwano
Cauliflower	Kiwifruit
Celery	Kohlrabi - Green, Purple
Celery Root	Leeks
Chard	Pears - Winter



### Peak Harvest Ctd'

Mangoes- Import	Pineapple
Melon - Honeydew,	Radicchio
Cantaloupe	Radishes
Mushroom - Hedgehog,	Rhubarb
Mousseron, Black Trumpet,	Spinach - Flat Leaf, Baby
Chanterelle, Maitake,	Squash - Chayote,
Yellowfoot	Yellow Crookneck,
Onions - Boiler, Cipollini,	Zucchini
Pearl, Sweet	Starfruit
Papaya	Stonefruit - Nectarines,
Parsnips	Peaches, Plums
Passion Fruit	(Import)
Pears - Asian, Bartlett	Strawberries
Peas	Sunchokes
Peppers, Bell - Green, Red	Tamarillo
Potatoes - Fingerling, Purple,	Tomatoes
Red, Russet, Sweet, White,	Turnips
Yukon Gold	Watercress

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# SEASONAL SUGGESTIONS

## APRIL

**Easter, Passover**

### Peak Harvest Period

Apples - Import	Fiddlehead Fern
Artichokes	Horseradish
Asparagus	Kale
Avocados	Mangoes
Beans - Fava	Mangoes - Manila, Honey
Cactus Leaves	Melon - Cantaloupe, Honeydew, Watermelon
Citrus - Kumquats	Onions - Imperial Sweet
Corn - CA	Rhubarb
	Strawberries



### Honorable Mentions Ctd'

### Honorable Mentions

Almonds, Green	Cabbage
Arugula	Cabbage - Napa
Bananas	Cardoon
Beans - Chinese Long, French, Green, Romano, Yellow Wax	Carrots
Beets	Cauliflower
Blueberries	Celery
Blossoms - Lemon, Orange	Celery Root
Broccoli	Chard
Broccoli Rabe	Cherimoya
Broccolini	Citrus - Blood Oranges, Grapefruit, Meyer Lemons, Navel Oranges, Valencia Oranges
Brussel Sprouts	

Collards	Papaya
Eggplant	Passion Fruit
Endive - Belgian	Pears - Bartlett
Feijoa	Pineapple
Fennel	Potatoes - Fingerling, Red, Purple, White, Yukon Gold
Garlic - Elephant, Scapes	Radicchio
Ginger	Radishes
Hearts of Palm	Spinach
Jicama	Squash - Chayote, Yellow Crookneck
Kiwano	Starfruit
Kiwifruit	Sunchokes
Kohlrabi - Green, Purple	Tamarillo
Leeks	Turnips
Mushroom - Chantarelle, Maitake, Morels, Porcini	Watercress
Onions - Cippolini, Sweet	

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# SEASONAL SUGGESTIONS

## MAY

**Mother's Day, Memorial Day**

### Peak Harvest Period

Artichokes	English Peas
Asparagus	Fava Beans
Avocados	Fiddlehead Fern
Baby Artichokes	Green Beans
Berries - Blackberries,	Mangoes
Blueberries, Raspberries	Onions - Sweet, Vidalia
Cantaloupe	Rhubarb
Corn	Spring Onions
	Watermelon



### Honorable Mentions Ctd'

Grape - Perlette	Peaches
Greens - ALL	Pears - Packham,
Herbs	Taylor Gold
Honeydew	Peas
Horseradish	Pepino Melon
Kiwano (Horned Melon)	Peppers, Bell
Kiwifruit	Pineapple
Kohlrabi - Green, Purple	Potatoes - Purple,
Lettuce	Red, White, Yukon
Lettuce - Baby (ALL)	Gold
Lettuce - Spring Mix	Radicchio
Lychee	Radish
Mushrooms - Morels	Shallots
Napa Cabbage	Spinach - Flat, Baby
Nectarines	Star Fruit
Okra	Tamarillo
Papaya	

### Honorable Mentions

Apricots - New Crop*	Cactus Pear
Baby Carrots w/ Tops	Celery
Baby Mixed Root Veg	Celery Root
Baby Pineapple	Chayote Squash
Bananas	Cherimoya
Beets	Cherries
Belgian Endive	Citrus - Grapefruit,
Blood Oranges	Kumquats, Meyer Lemons
Broccoli	Cucumbers
Broccoli Rabe	Dragon Fruit
Broccolini	Feijoa
Cabbage	Fennel
Cactus Leaves	Garlic Scapes

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# SEASONAL SUGGESTIONS

## JUNE

### Father's Day

### Peak Harvest Period

Asparagus - WA	Mangoes
Avocados	Melon - Honeydew, Cantaloupe, Watermelon
Beans - Green	Onions - Sweet, Vidalia
Berries - Blackberry, Blueberry, Raspberry, Strawberry	Peppers, Bell - Red Peppers - Shishito
Corn	Potatoes - Red, White
Figs	Squash - Summer
Grapes - Perlette	Starfruit
Kiwifruit	Stonefruit - Apricots, Cherries, Nectarines, Peaches, Plums



### Honorable Mentions Ctd'

Endive - Belgian	Papaya
Fennel	Passion Fruit
Fiddlehead Fern	Peas - English, Snow, Sugar Snap
Garlic	Persimmons
Grape - Champagne	Pineapple
Horseradish	Radicchio
Jicama	Radishes
Kiwifruit	Rhubarb
Kohlrabi - Green, Purple	Salanova
Loquat	Shallots
Lychee	Spinach - Flat Leaf, Baby
Melon - Pepino, Yellow	Tomatoes
Watermelon	Tomatoes - Heirloom
Mushroom - Chanterelle, Lobster, Maitake, Morel, Porcini	Walnuts, Green
Okra	

### Honorable Mentions

Arugula	Cactus Leaves
Bananas	Cape Gooseberry
Beans - Cranberry, Dragon Tongue, Fava, French, Purple, Yellow Wax	Carrots
Beets	Cauliflower
Berry - Gold Raspberry	Celery
Broccoli	Celery Root
Broccoli Rabe	Chard
Broccolini	Citrus - Limes, Oranges
Cabbage	Collards
	Cucumbers - English
	Eggplant

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# SEASONAL SUGGESTIONS

## JULY

Fourth of July

### Peak Harvest Period

Avocados	Gooseberries
Beans - Cranberry,	Grapes - Champagne
Dragon Tongue, French,	Jicama
Purple, Yellow Wax	Kiwifruit
Berries - Blackberry,	Lychee
Blueberry, Boysenberry,	Mangoes
Raspberry, Strawberry	Melon - Honeydew,
Cabbage	Cantaloupe, Watermelon
Peppers - Chili	Okra
Citrus - Oranges	Onions - Sweet
Corn	Pears - Bartlett
Cucumber - Lemon,	Peppers, Bell - Red
Pickling	Peppers - Shishito,
Dill Weed	Sweet
Eggplant	Potatoes - Red, White
Figs	Squash - Summer
Garlic	Stonefruit
	Tomatoes
	Tomatoes - Cherry
	Heirloom, Heirloom

### Honorable Mentions

Arugula	Broccolini
Bananas	Cabbage - Napa
Beans - Green	Cactus Leaves
Broccoli	Cape Gooseberry
Broccoli Rabe	Carrots



### Honorable Mentions Ctd'

Cauliflower	Papaya
Celery	Peas - English, Snow,
Celery Root	Sugar Snap
Chard	Pineapple
Citrus - Limes	Pineapple - Baby
Cucumber - English	Radicchio
Currants	Radishes
Endives - Belgian	Rhubarb
Fennel	Salanova
Horseradish	Shallots
Kiwano (Horned Melon)	Spinach - Flat Leaf,
Melon - Watermelon,	Baby
Yellow Watermelon	Squash
Mushroom - Black	Squash - Chayote
Trumpet, Chanterelle,	Tamarillo
Lobster, Maitake,	
Trumpet	

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# SEASONAL SUGGESTIONS

## AUGUST

### Peak Harvest Period

Apples - CA	Kiwi - Gold
Berries - Blackberry, Blueberry, Raspberry, Strawberry	Kiwifruit Lettuce Lettuce - Baby
Cabbage	Lychee
Chili Peppers	Melon - Cantaloupe, Honeydew, Watermelon,
Corn	Yellow Watermelon
Cucumber - Lemon, Pickling	Okra Onions
Dill Weed	Peach - White, Yellow
Eggplant	Pears - Bartlett, Asian
Figs - Black Mission	Plums
Garlic	Pluots
Grapes - Champagne, Red Flame	Potatoes
Green Beans	Squash - Summer
Herbs	Tomatoes Tomatoes - Cherry Heirloom, Heirloom



### Honorable Mentions Ctd'

Cactus Pears	Jicama
Carrots	Mango
Carrots w/ Tops	Mushrooms
Cauliflower - ALL	Oranges - Navel / Valencia
Celery	Papaya
Celery Root	Peas - English, Snow, Sugar Snap
Chayote Squash	Pears - Forelle
Cherimoya	Peppers, Bell
Citrus - Limes, Tangerines	Pineapple
Cucumber - English	Radicchio
Currants - Red, Black, White, Zante	Radish
Dragon Fruit	Rambutan
Endive - Belgian	Shallots
Fennel	Spinach - ALL
Horseradish	Tamarillo

### Honorable Mentions

Arugula	Broccoli
Avocados	Broccoli Rabe
Bananas	Broccolini
Beans - Haricot Verts, Yellow Wax, Cranberry	Cabbage - Napa Cactus Leaves

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# SEASONAL SUGGESTIONS

## SEPTEMBER

### Peak Harvest Period

Apples	Garlic
Apples - Heirloom	Gourds
Asian Pears	Grapes - Wine, Concord
Asparagus - Green, White	Green Beans
Avocados	Herbs
Bell Peppers - Red, Green	Honeydew
Berries - Raspberry, Blueberry, Blackberry, Strawberry, Huckleberry	Indian Corn
Broccoli	Kiwifruit
Broccolini	Lettuce - Iceberg, Leaf
Cabbage	Melons - Varietal
Cantaloupe	Mushrooms
Carrot	Nectarines
Cauliflower	Onions
Chili Peppers	Papaya
Corn	Peaches - NW
Cucumbers	Pears - Bartlett, Winter
Dragon Fruit	Persimmons
Eggplant	Pineapple
Figs - Black Mission, Kadota	Plums
	Pomegranates
	Potatoes - Red, Russet, White, Sweet
	Pumpkins
	Tomatoes - ALL



### Honorable Mentions

Asian Vegetables	Horseradish
Baby Carrots w/ Tops	Jicama
Baby Kiwifruit	Kohlrabi - Green, Purple
Baby Mixed Root Veg	Leeks
Belgian Endive	Lettuce, Baby - ALL
Beans - Blue Lake, French, Romano, Yellow Wax, Fresh	Lettuce - Spring Mix
Garbanzo	Limes
Cactus Leaves	Lychee
Cactus Pear	Mangoes
Cardoon	Okra
Celery	Onions - Cippolini, Pearl
Chayote Squash	Oranges
Cherimoya	Passion Fruit
Dates	Peas - Snow, Snap
English Cucumber	Radicchio
Fennel	Radishes
Figs - Black Turkey	Shallots
Ginger	Spinach - ALL
	Squash - Winter

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# SEASONAL SUGGESTIONS

## OCTOBER

### Halloween

#### Peak Harvest Period

Apples	Pears - Asian, Bartlett, Winter
Brussel Sprouts	Persimmons
Cauliflower	Pomegranates
Celery	Potatoes - Fingerling, Red, Russet, Sweet, White, Purple
Citrus - Navel Oranges, Tangerines	Pumpkins
Cranberries	Squash
Garlic	Starfruit
Kiwifruit	Tomatoes - Heirloom
Onions	

#### Honorable Mentions

Artichokes	Cactus Pears
Asparagus	Carrots
Beans - Cranberry, Dragon, Romano, Shelling	Carrots, Baby W/ Tops
Beets	Celery Root
Berries - Huckleberry, Raspberry, Strawberry	Chayote Squash
Broccoli	Cherimoya
Broccoli Rabe	Citrus - Grapefruit, Lemons, Limes
Broccolini	Corn - Indian
Cabbage	Cucumbers
Cactus Leaves	Dates
	Dragon Fruit - CA



#### Honorable Mentions Ctd'

Endive - Belgian	Ornamental Gourds
Escarole	Papaya
Fennel	Parsnips
Figs - Black Mission	Passion Fruit
Ginger	Peppers, Bell - Red
Gooseberries	Pineapple
Grapes	Quince
Horseradish	Radicchio
Jicama	Radishes
Kale	Shallots
Kohlrabi - Green, Purple	Spinach - Flat Leaf, Baby
Leeks	Sugar Snap Peas
Lettuce - Baby (ALL)	Tamarillos
Lettuce - Spring Mix	Tomatillos
Melons - Honeydew, Cantaloupe	Turnips
Mushrooms	

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# SEASONAL SUGGESTIONS

## NOVEMBER

### Thanksgiving

### Peak Harvest Period

Apples	Cranberries
Artichokes	Dates
Asparagus - Green, White	Garlic
Beans - Cranberry, Romano	Grapefruit
Beets	Kale
Endives	Kiwifruit - CA
Boiler Onions	Leeks
Broccoli	Onions - Sweet, Pearl
Broccoli Rabe	Parsley Root
Broccolini	Parsnips
Brussel Sprouts	Pears - Asian, Winter
Cabbage	Persimmons
Cauliflower	Pineapple
Celery	Pomegranates
Celery Root	Potatoes - Fingerling, Purple, Russet, Yukon
hards	Pummelo
Chayote Squash	Pumpkins
Chestnuts	Quince
Chicories	Radishes
Citrus - Mandarins, Lemons, Navel Oranges	Rutabaga
Collards	Shallots
	Squash
	Sunchokes
	Sweet Potatoes
	Tangerines
	Turnips



### Honorable Mentions Ctd'

Beans - Dragon	Jicama
Cactus Leaves	Kohlrabi
Cactus Pears	Limes
Cantaloupe	Mushrooms - Black Trumpet, Chanterelle, Hedgehog, Hon
Cardoon	Shimiji, Lobster,
Carrots	Matsutake, Mytake,
Cherimoya	Truffle
Chili Peppers	Potatoes - Red, White
Cucumbers	Radicchio
Feijoa	Spinach
Fennel	Tamarillos
Figs	Tomatillos
Ginger	
Gooseberry	
Horseradish	

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# SEASONAL SUGGESTIONS

## DECEMBER

Hanukkah, Christmas, New Year's Eve

### Peak Harvest Period

Asian Pears	Onions - Boiler
Brussel Sprouts	Persimmons
Celery	Pomegranates
Chestnuts	Poatoes - Fingerling
Citrus - Pummelo, Satsumas	Radishes
Kiwifruit	Squash - Winter
Leeks	Starfruit
	Sweet Potatoes

### Honorable Mentions

Apples	Cardoon
Artichokes	Carrots
Avocados	Cauliflower
Beans - Cranberry, Romano	Celery Root
Beets	Chayote Squash
Broccoli	Chicory
Broccolini	Chili Peppers
Broccoli Rabe	Citrus - Grapefruit, Kumquats, Lemons, Limes,
Cabbage	Navel Oranges, Oroblanco,
Cactus Leaves	Tangerines
Cactus Pears	Cranberries



### Honorable Mentions Ctd'

Cucumbers	Papaya
Endive	Parsley Root
Escarole	Parsnips
Feijoa	Pear - Asian, Bosc, D'Anjou, Forelle,
Fennel	Seckels
Garlic	Pineapple
Greens -Chard, Collards,	Potatoes - Purple, Russet, Yukon
Kale	Pumpkins
Horseradish	Quince
Jicama	Shallots
Kohlrabi	Spinach
Mushroom - Black	Tamarillos
Trumpet, Chanterelle,	Tomatillos
Hedgehog, King Oyster,	Turnips
Lobster, Matsutake,	
Truffle	
Onions - Pearl	

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