

Eat in season!



Mill City Grows Produce Availability Calendar

	January	February	March	April	May	June	July	August	September	October	November	December		
Fruits														
Apples	█						█							
Blueberries							█							
Peaches							█							
Raspberries							█							
Strawberries						█								
Watermelon								█						
Vegetables														
Asparagus					█									
Amaranth Greens						█								
Arugula			█											
Bok Choy						█								
Beans							█							
Broccoli						█								
Broccoli Rabe						█								
Cabbage						█								
Carrots	█					█								
Celery								█						
Sweet Corn								█						
Chinese Celery								█						
Chinese Cabbage						█								
Chard			█											
Chrysanthemum Leaves						█								
Collards			█											
Cucumber						█								
Eggplant								█						
Garlic							█							
Herbs			█											
Kale			█											
Leeks	█								█					
Luffa							█							
Lettuce			█											
Mustard Greens			█						█					
Okra								█						
Onions	█							█						
Peas						█								
Peppers							█							
Potatoes	█							█						
Radish			█											
Rhubarb					█									
Spinach		█							█					
Summer Squash							█							
Winter Squash	█								█					
Tomatoes							█							
Tomato Leaves						█								
Turnip	█							█						
Turnip Greens	█							█						
Flowers				█										



Enjoy a Variety of Dark, Leafy Greens from Mill City Grows!



Eating dark, leafy greens gives your body important vitamins to support healthy eyes, bones, skin, and teeth. These versatile greens are naturally low in calories and are a great source of fiber, so they help you feel fuller longer. Ask our Mill City Grows Mobile Market staff for tips on how to prepare and store these delicious greens!



Amaranth – try a simple sauté with onions, garlic, and ginger

Broccoli Rabe – great stir-fried, grilled, or sautéed, and mixes well with other greens

Bok Choy – bring out the flavor of Bok Choy by roasting it in the oven

Collards – steam collard greens for 10 minutes or less to retain their nutrients

Cabbage – adds extra texture to salads, try pairing with raisins or dried cranberries

Chinese Cabbage – delicious raw or in soups and stews

Chard – first originated in Sicily, delicious with feta cheese and Italian spices

Kale – most nutritious food on the planet, add to smoothies and pestos

Mizuna (Mustard) Greens – enjoy their mild, peppery flavor on pasta, soups, stews, and pizza

Spinach – highly nutritious “superfood” that is delicious cooked or raw

Tomato Leaves – fragrant and herbal, especially when served with garden herbs

Turnip Greens – more calcium and Vitamin A than cauliflower and cabbage

For more information, visit millcitygrows.org

