

DEC

(APPLES)

(PERSIMMONS)

ARUGULA

CHARD

KALE

SPINACH

BROCCOLI

BRUSSELS SPROUTS

CAULIFLOWER

MUSHROOMS

(HOT PEPPERS)

SPROUTS

(SHELLING BEANS)

(WINTER SQUASHES)

BEETS

(CARROTS)

(POTATOES)

RADISHES

(RUTABAGAS)

(SWEET POTATOES)

TURNIPS

(BLACK WALNUTS)

PECANS

GARLIC

(ONIONS)

(SHALLOTS)

(BASIL)

CILANTRO

(DILL)

(LAVENDER FLOWERS)

(PERENNIAL HERBS)

ROSEMARY

(BARLEY)

CORN

(OATS)

(SPELT)

(WHEAT)

(HONEY)

(SORGHUM SYRUP)

BEEF

GOAT

LAMB

PORK

CHICKEN & EGGS

DUCK & EGGS

GUINEA FOWL & EGGS

QUAIL & EGGS

TURKEY & EGGS

CATFISH

(FRESHWATER PRAWNS)

TROUT

COW CHEESES

(GOAT CHEESES)

(SHEEP CHEESES)

BUTTER

BUTTERMILK

CREAM

MILK