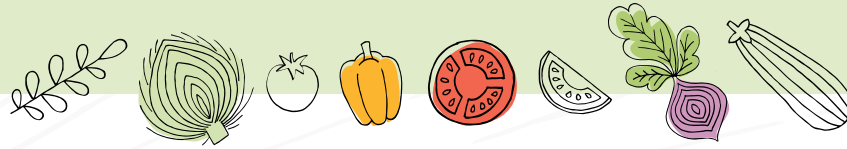


SUPPORT LOCAL FARMERS - EAT LOCAL VEGETABLES

Buying vegetables that are local and in-season supports your local farming community, saves you money, and gives your body all the nutrients it needs.

How many seasonal vegetables can you check off this year?



Winter

- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Red Beets
- Sweet Potatoes
- Turnips
- Winter Squash

Spring

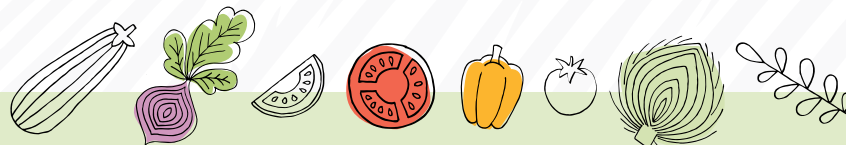
- Asparagus
- Kale
- Green Leaf
- Lettuce
- Green Romaine
- Green Zucchini
- Radishes
- Red Leaf Lettuce
- Red Romaine
- Spinach
- Spring Onions
- Spring Mix
- Sugar Peas
- Yellow Zucchini

Summer

- Beets
- Carrots
- Cucumbers
- Garlic
- Green Beans
- Kale
- Lettuce
- Bell Peppers
- Potatoes
- Onions
- Spinach
- Summer Squash
- Sweet Corn
- Zucchini

Fall

- Broccoli
- Brussels Sprouts
- Cauliflower
- Celery
- Garlic
- Green Cabbage
- Kale
- Potatoes
- Pumpkin
- Red Beets
- Red Cabbage
- Sweet Potatoes
- Turnips
- Winter Squash



12025 Susquehanna Trail
Glen Rock, PA 17327



thursday 9am - 5pm
friday 9am - 7pm
saturday 8am - 4pm