



# SUMMER

## SEASONALITY GUIDE

The following items are typically peak of the season during the summer months of June, July and August. As always with fresh produce, availability and pricing are subject to change based on market trends and variances in weather conditions.

### STONE FRUIT

Apricots  
White Nectarines  
White Peaches  
Donut Peaches   
Yellow Nectarines  
Yellow Peaches  
Red Plums  
Black Plums  
Pluots   
Cherries

### BERRIES

Strawberries  
Blueberries  
Blackberries  
Raspberries  
Mulberries 

### MELONS

Watermelon  
Yellow Watermelon   
Cantaloupe  
Casaba   
Charentais   
Galia   
Honeydew  
Tuscan

### GRAPES

Green  
Red  
Champagne   
Concord   
Mixed Local 




### OTHER FRUIT

Avocados  
Mangos  
Valencia Oranges  
Kiwi  
Pineapple


### FIGS

Tiger Striped   
Brown Turkey  
Black Mission  
Green Kadota 

### SUMMER VEGETABLES

White Corn  
Yellow Corn  
Cucumbers, Persian Pickling  
Eggplant  
Heirloom Eggplant   
Yellow Squash  
Squash Blossom  
Zucchini  
Okra   
Sweet Onions   
Porcini Mushrooms

### BEANS

Blue Lake  
Haricot Vert  
Romano   
Yellow Wax  
Cranberry   
Butter 

### TOMATOES

Cherry  
Grape  
Heirloom  
Heirloom Mixed Cherry  
Vine Ripe  
Roma  
Early Girl   
Sungold 

### PEPPERS

Bell - Green, Red, Orange, Yellow  
Sweet Minis  
Shishito  
Padron 

### GREENS

Collard Greens  
Spinach  
Romaine Lettuce  
Tuscan Mix



 **chefswarehouse**

 = Farmers Market Specialty