



COOKSTOWN
greens

Seasonal Availability Guide

Certified Organic

Our flavour sets us apart

MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOV-MAY
Asparagus						
		Beans				
		Beets				
	Broccoletti					
	Cabbage					
	Baby Carrots					
Carrots				Carrots		
					Celeriac	
	Chard					
	Corn					
	Cucumbers					
	Eggplant					
	Garlic Scapes					
	Garlic					
Sunchokes					Jerusalem Artichokes	
	Baby Kale					
					Kale	
	Kohlrabi					
					Leeks	
	Leafy Greens					
					Onions	
Parsnips					Parsnips	
Parsley Root					Parsley Root	
	Peas					
	Peppers					
	Potatoes (for storage)					
					Winter Radish	
	Salad Radish					
					Rutabega	
	Summer Squash & Flowers					
					Winter Squash	
					Black Salsify	
	Tomatoes					
	Baby White (Hakurei) Salad Turnips					
					Winter Turnips	