



**Chowgirls**

# **FOOD SOURCING GUIDELINES**

# YEAR-ROUND

## Fruit

Lemon  
Lime

Mango  
Navel Orange

## Veggies

Avocado  
Beets  
Broccoli  
Cabbage  
Carrots

Chard  
Cauliflower  
Cucumber  
Fennel  
Kale

Mushrooms  
Peppers  
Potatoes  
Salad Greens  
Sweet Potatoes

## Garnish

Fennel Frond  
Parsley

Rosemary  
Thyme

# SPRING

APRIL - MID JUNE

## CELEBRATE

### Fruit

Rhubarb  
*Mid May - Mid July*  
Strawberries  
Tropical Fruits  
*Dragon Fruit, Kiwi, Pineapple*

## AVOID

Apples  
Pears  
Stone Fruit  
Melon

### Veggies

Asparagus  
Arugula  
Peas  
Radish  
Ramps

Corn on the Cob  
Summer Squash  
Tomatoes

### Garnish

Citrus  
*Fresh and Dehydrated*  
Edible Flowers  
Watercress  
Radish

Mint



# SUMMER

MID JUNE - MID SEPTEMBER



## CELEBRATE

## AVOID



- Apricots
- Blackberries
- Blueberries
- Cherries
- Grapes
- Melons
- Nectarines
- Peaches
- Plums
- Raspberries
- Strawberries

- Apples
- Citrus  
*Beyond basic lemon, lime and orange*
- Cranberries
- Pears
- Pomegranates
- Tropical Fruits  
*Dragon Fruit, Kiwi, Pineapple*



- Beets
- Bok Choy
- Cauliflower
- Corn
- Garlic Scapes
- Kohlrabi
- Peppers
- Radish
- String Beans  
*Green and Yellow*
- Summer Squash
- Tomatoes

- Asparagus
- Brussels Sprouts
- Parsnips
- Turnips
- Winter Squash  
*Acorn, Butternut, Delicata, Spaghetti*



- Basil
- Berries
- Cherry Tomatoes
- Edible Flowers
- Garlic Chive Flowers
- Mint
- Stone Fruits

- Dried Fruits



# FALL

MID SEPTEMBER - MID NOVEMBER

## CELEBRATE

## AVOID

### Fruit

Apples  
*U.S. not Argentina*  
Blackberries  
*as available U.S.*  
Cranberries  
*October - December*  
Figs  
Grapes  
Pears  
*U.S. not Argentina*  
Persimmon  
*Fuyu, late October*  
Raspberries  
Melons  
*as available into October*  
Pomegranate  
*Late Sept*

Strawberries  
Tropical Fruits  
*Dragon Fruit, Kiwi, Pineapple*

### Veggies

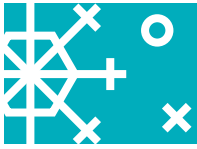
Beets  
*Golden, Chioggia, Red*  
Brussels Sprouts  
Parsnips  
Tomatoes  
*into October*  
Cherry  
*Yellow, Black, etc and heirloom large*  
Winter squash - *Spaghetti,*  
*Acorn, Butternut, Delicata*

Asparagus  
Corn on the Cob  
Zucchini

### Garnish

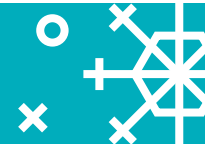
Fresh Apple  
Dried Fruit  
Citrus  
*Dehydrated*  
Cranberries  
*Fresh and Candied*  
Pomegranate Seeds  
Sage

Fresh Berries



# WINTER

MID NOVEMBER - MARCH



## CELEBRATE

## AVOID



### Fruit

Apples  
*Wind down as U.S. supplies dwindle*

Citrus  
*Ramps up Jan-Mar.*  
*Explore varieties: Sumo Mandarins, Cara Cara, Clementines, Tangerines*

Dragon Fruit  
 Kiwi  
 Pineapple  
 Pears  
*Wind down as U.S. supplies dwindle*

Star Fruit

Blackberries  
 Blueberries  
 Melons  
 Raspberries  
 Stone Fruits  
 Strawberries



### Veggies

Beets  
*Golden, Chioggia, Red*

Brussels Sprouts  
 Parsnips  
 Winter Squash  
*Spaghetti, Acorn, Butternut, Delicata*

Asparagus  
 Corn on the Cob  
 Summer Squash  
 Tomatoes  
*Except local hot house*



### Garnish

Citrus  
*Fresh and Dehydrated*

Cranberries  
*Fresh and Candied*

Dried Fruit  
 Dried Spices  
 Nuts  
 Sage

Fresh Berries



# ALWAYS ORGANIC



Apples  
Celery  
Grapes  
Greens  
*Collard, Leek, Spinach, Mustard*  
Pears  
Peppers  
Potatoes  
Spinach  
Stone Fruit  
*Nectarines, Peaches, Cherries*  
Strawberries  
Tomatoes

# CONVENTIONAL OKAY

Asparagus  
Avocados  
Broccoli  
Cabbage  
Eggplant  
Kiwi  
Melon  
*Honeydew and Cantaloupe*  
Mushrooms  
Onion  
Papaya  
Pineapple  
Sweet Corn

