

What's Fresh in September in Maine?

(taken from Farm Fresh Connection brochure and Get Real, Get Maine booklet)

Produce

Dried beans
Wax/colored beans
Red beets
Bok Choy
Broccoli
Brussel Sprouts
Red cabbage
Green cabbage
Baby carrots
Cauliflower
Celery
Collard
Corn
Cucumbers
Eggplant
Fennel
Garlic
Horseradish
Lettuces
Onions
Peas
Peppers
Potato
Pumpkins
Radish
Spinach
Winter/Summer Squash
Tomato

Fruit

Apples
Cranberries
Grapes
Pears
Plums

Other goods

Cider
Honey
Maple Syrup
Jams
Sauerkraut
Fresh herbs