

ROOTED in Wellness

Family Fruit + Vegetable Initiative

YEAR-ROUND

FRUITS

VEGETABLES

<ul style="list-style-type: none"> • Apples • Bananas • Grapes • Kiwi 	<ul style="list-style-type: none"> • Lemons • Limes • Oranges 	<ul style="list-style-type: none"> • Cabbage • Carrots • Garlic • Green Bell Peppers 	<ul style="list-style-type: none"> • Onions • Potatoes • Spinach
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MARCH

APRIL

MAY

SEASONAL

FRUITS VEGETABLES

<ul style="list-style-type: none"> • Apples • Citrus Fruits <ul style="list-style-type: none"> ◦ Grapefruits ◦ Lemons ◦ Oranges • Kiwi • Strawberries 	<ul style="list-style-type: none"> • Bananas • Pineapple • Rhubarb • Strawberries 	<ul style="list-style-type: none"> • Blueberries • Cherries • Raspberries • Strawberries
<ul style="list-style-type: none"> • Asparagus • Broccoli • Cabbage • Green Onions • Peas • Spinach 	<ul style="list-style-type: none"> • Artichokes • Asparagus • Carrots • Lettuce • Radishes • Spring Onions 	<ul style="list-style-type: none"> • Asparagus • Broccoli • Cabbage • Green Onions • Peas • Spinach

We are excited to launch a new **Rooted in Wellness** initiative to provide fresh, healthy options for the families staying with us. As part of this initiative, we're inviting our Chef for a Day groups to bring a donation of seasonal fresh fruits or vegetables each time they come to cook. These contributions will help stock our pantry with nutritious ingredients, making it easier for families to enjoy wholesome meals during their stay.

Together, we can make a difference—one fresh ingredient at a time!

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- Carrots
- Garlic
- Green Bell Peppers
- Onions
- Potatoes
- Spinach

JUNE

JULY

AUGUST

SEASONAL FRUITS VEGETABLES

- Apricots
- Blueberries
- Cherries
- Melons
 - Cantaloupe
 - Honeydew
- Peaches
- Raspberries
- Strawberries

- Blackberries
- Blueberries
- Cantaloupe
- Peaches
- Plums
- Raspberries
- Watermelons

- Blackberries
- Grapes (late August in some regions)
- Nectarines
- Peaches
- Plums
- Raspberries
- Watermelons

- Carrots
- Cucumbers
- Green beans
- Lettuce
- Peas
- Radishes
- Spinach
- Zucchini

- Bell peppers
- Cucumbers
- Eggplant
- Green beans
- Sweet corn
- Tomatoes
- Zucchini

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- Carrots
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SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

SEASONAL

FRUITS VEGETABLES

<ul style="list-style-type: none"> • Avocado • Carambola (Starfruit) • Grapefruit • Guava • Tangerine 	<ul style="list-style-type: none"> • Avocado • Carambola (Starfruit) • Grapefruit • Guava • Tangerine • Orange 	<ul style="list-style-type: none"> • Avocado • Carambola (Starfruit) • Grapefruit • Orange • Passionfruit • Tangerine 	<ul style="list-style-type: none"> • Grapefruit • Orange • Tangerine • Strawberry • Passionfruit • Guava
<ul style="list-style-type: none"> • Okra • Mushrooms • Peanuts • Squash • Hot Peppers 	<ul style="list-style-type: none"> • Cucumber • Tomato • Squash • Okra • Mushrooms 	<ul style="list-style-type: none"> • Bell Pepper • Eggplant • Cucumber • Sweet Corn • Snap Beans • Radish 	<ul style="list-style-type: none"> • Bell Pepper • Cauliflower • Cabbage • Lettuce • Celery • Tomato

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