



**Examples of Seasonal Contents for ClearWater Farm's Food Box Program**

**Spring**

Arugula  
Asparagus  
Bok Choy  
Carrots  
Cooking greens  
Green Garlic  
Green Onions  
Head Lettuce  
Herbs  
Kale  
Mushrooms  
Peas  
Radish  
Rhubarb  
Salad Mix  
Spinach  
Sprouts  
Strawberries  
Swiss Chard  
Rhubarb

**Summer**

Apple  
Beans  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Cooking Greens  
Cucumbers  
Eggplant  
Garlic Scapes  
Green Onions  
Ground Cherries  
Head Lettuce  
Herbs  
Kale  
Onions  
Peppers  
Peas  
Salad Mix  
Summer Squash  
Swiss Chard  
Sweet Corn  
Tomatoes  
Zucchini

**Fall**

Arugula  
Apples  
Beans  
Beets  
Broccoli  
Carrots  
Cooking Greens  
Eggplant  
Garlic  
Head Lettuce  
Herbs  
Kale  
Leeks  
Onions  
Tomatoes  
Peppers  
Pears  
Peas  
Potatoes  
Radish  
Salad Mix  
Sweet Corn  
Spinach  
Swiss Chard  
Tomatoes  
Winter Squash