



# In Season CALENDAR 2016

J A N U A R Y	SU	MO	TU	WE	TH	FR	SA
						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31						

- Fruit**
- \* Apples: Baby, Gala, Fuji, Granny Smith
  - \* Apricots, Chile - (Late Jan.)
  - \* Berries, Cape Gooseberries
  - \* Berries, Currant, Chile
  - \* Cherimoya *yr*
  - \* Cherries, Chile
  - \* Dragon-fruit *yr*
  - \* Melon, Kiwano
  - \* Nectarines, Chile
  - \* Passionfruit
  - \* Peaches, Chile
  - \* Pears: Forelle, Seckle, Cactus
  - \* Persimmons
  - \* Pineapple Quince
  - \* Plums, Red. Chile (Late Jan.)
  - \* Pomegranate
  - \* Rhubarb

*Citrus*

- \* Buddha Hands
- \* Fingerlimes
- \* Grapefruit Oroblanco
- \* Kumquats
- \* Lemon, Meyer
- \* Lemon, Pink
- \* Limes, Key lime *yr*
- \* Mandarinquats
- \* Pomelo
- \* Starfruit

*Specialty Vegetables*

- \* Beans: Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Brussels Sprouts, Baby Green & Purple
- \* Carrots, Baby *yr*
- \* Chestnuts
- \* Crosnes
- \* Endive, Belgian
- \* Jicama *yr*
- \* Hearts of Palm
- \* Mushrooms: Black Trumpets, Hedgehogs, Maitake *yr*
- \* Onions Cipolline
- \* Potatoes Fingerling
- \* Salsify, Belgium
- \* Sunchokes
- \* Tomatoes, Heirloom (Mexico)

F E B R U A R Y	SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29					

- Fruit**
- \* Apples: Baby, Gala, Fuji, Granny Smith
  - \* Apricots, Chile
  - \* Berries, Currant, Chile
  - \* Cherimoya *yr*
  - \* Cherries, Chile
  - \* Dragonfruit *yr*
  - \* Grapes, Tomcat
  - \* Kiwi, Baby *ns*
  - \* Melon, Kiwano
  - \* Nectarines, Chile
  - \* Passionfruit
  - \* Peaches, Chile
  - \* Pears: Forelle, Seckle, Cactus
  - \* Persimmons
  - \* Pineapple Quince
  - \* Plums, Greengage *ns*
  - \* Plums, Red Chile
  - \* Pomegranate

*Citrus*

- \* Kumquats
- \* Lemon, Meyer
- \* Limes, Key lime *yr*
- \* Mandarinquat
- \* Oranges: Blood, Cara Cara, Clementines, Fairchild, Mandarin w/ stem, Satsuma, Tangerines
- \* Starfruit

*Specialty Vegetables*

- \* Beans: Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Cardone
- \* Carrots, Baby *yr*
- \* Crosnes
- \* Chestnuts
- \* Hearts of Palm
- \* Jicama *yr*
- \* Mushrooms: Black Trumpets, Hedgehogs, Maitake *yr*
- \* Peas, English
- \* Salsify, Belgium
- \* Sunchokes
- \* Tomatoes, Heirloom (Mexico)

M A R C H	SU	MO	TU	WE	TH	FR	SA
			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

- Fruit**
- \* Apples: Baby, Gala, Fuji, Granny Smith
  - \* Berries, Cape Gooseberries
  - \* Cherimoya *yr*
  - \* Dragon-fruit *yr*
  - \* Figs, New Zealand
  - \* Feijoa
  - \* Grapes: Red Muscatel, Green Tomcat
  - \* Kiwi, Baby
  - \* Passionfruit
  - \* Pears, Cactus
  - \* Plums, Greengage

*Citrus*

- \* Kumquats
- \* Lemon, Meyer
- \* Oranges: Blood, Cara Cara
- \* Tangerines, Murcott
- \* Starfruit

*Specialty Vegetables*

- \* Beans: Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Cardone
- \* Carrots, Baby *yr*
- \* Crosnes
- \* Fiddlehead Ferns
- \* Green Garlic
- \* Jicama *yr*
- \* Mushrooms: Black Trumpets, Hedgehogs, Maitake *yr*, Morels
- \* Peas, English
- \* Ramps (Late March)
- \* Salsify, Belgium
- \* Sunchokes
- \* Tomatoes, Heirloom (Mexico)

A P R I L	SU	MO	TU	WE	TH	FR	SA
						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30

- Fruit**
- \* Apples: Baby, Gala, Fuji, Granny Smith
  - \* Berries, Cape Gooseberries
  - \* Cherimoya *yr*
  - \* Dragon-fruit *yr*
  - \* Feijoa
  - \* Grapes, Muscatel
  - \* Kiwi, Baby
  - \* Passionfruit
  - \* Pear, Cactus
  - \* Pear, Red
  - \* Rhubarb

*Citrus*

- \* Kumquats
- \* Lemon, Meyer
- \* Limes, Key
- \* Kumquat
- \* Oranges: Blood, Cara Cara
- \* Starfruit

*Specialty Vegetables*

- \* Asparagus, Ultra White
- \* Beans: Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Cardone
- \* Carrots, Baby *yr*
- \* Fiddlehead Ferns
- \* Jicama *yr*
- \* Mushrooms: Black Trumpets, Maitake *yr*, Morels, Porcini -Limited-
- \* Peas, English
- \* Ramps
- \* Salsify, Belgium
- \* Squash Blossom
- \* Stinging Nettle
- \* Sunchokes
- \* Tomatoes, Heirloom (Mexico)



# In Season CALENDAR 2016

MIDWEST FOODS  
3100 W. 36<sup>th</sup> St. Chicago, IL 60632  
Phone: (773) 927 8870  
www.midwestfoods.com

Y	SU	MO	TU	WE	TH	FR	SA
	1	2	3	4	5	6	7
A	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
M	29	30	31				

## Fruit

- \* Apples: Baby, Gala, Fuji, Granny Smith
- \* Apricots
- \* Berries, Golden
- \* Berries, Raspberries
- \* Cherimoya *yr*
- \* Cherries, USA
- \* Cherries, Rainer
- \* Dragon-fruit *yr*
- \* Figs *ns*
- \* Feijoa
- \* Kiwi, Golden
- \* Melons: Canary, Casaba, Kiwano, Santa Claus
- \* Nectarines: Yellow, White, Tree Ripen
- \* Passionfruit
- \* Peaches: Yellow, White, Tree Ripen
- \* Persimmon
- \* Pineapple Quince
- \* Plums, Red
- \* Rambutan
- \* Rhubarb

## Citrus

- \* Kumquats
- \* Lemon, Meyer
- \* Limes, Key lime *yr*
- \* Oranges, Blood
- \* Starfruit

## Specialty Vegetables

- \* Asparagus, Ultra White
- \* Beans: Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Carrots, Baby *yr*
- \* Fiddlehead Ferns *ns*
- \* Jicama *yr*
- \* Mushrooms: Black Trumpets, Chanterelle, Hedgehogs, Maitake *yr*, Morels, Porcini
- \* Onions: Spring, Vidalia
- \* Peas, English
- \* Ramps
- \* Salsify, Belgium
- \* Squash Blossom
- \* Sunchokes
- \* Tomatoes, Heirloom (USA)

E	SU	MO	TU	WE	TH	FR	SA
				1	2	3	4
N	5	6	7	8	9	10	11
U	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
J	26	27	28	29	30		

## Fruit

- \* Apricots
- \* Berries, Golden
- \* Berries, Raspberries
- \* Cherimoya *yr*
- \* Cherries, USA
- \* Cherries, Rainer (USA)
- \* Dragon-fruit *yr*
- \* Figs
- \* Feijoa
- \* Kiwi, Golden
- \* Melons: Assorted, Kiwano, Yellow
- \* Nectarines: Yellow, White, Tree Ripen
- \* Peaches: Doughnut *ns*, Yellow, White, Tree Ripen
- \* Plums: Black, Dinosaur, Red
- \* Rhubarb

## Citrus

- \* Kumquats
- \* Lemon, Meyer
- \* Limes, Key lime *yr*
- \* Starfruit

## Specialty Vegetables

- \* Asparagus, Ultra White
- \* Beans: Fava, Pole, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Carrots, Baby *yr*
- \* Fiddlehead Ferns
- \* Garlic Green
- \* Jicama *yr*
- \* Mushrooms: Chanterelle, Maitake *yr*, Morels, Porcini
- \* Onions: Spring, Vidalia
- \* Peas, English
- \* Salsify, Belgium
- \* Sunchokes
- \* Tomatoes, Heirloom (USA)

Y	SU	MO	TU	WE	TH	FR	SA
						1	2
L	3	4	5	6	7	8	9
U	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31						

## Fruit

- \* Apricots
- \* Berries, Currant (USA)
- \* Berries, Huckleberries
- \* Cherimoya *yr*
- \* Cherries, USA
- \* Cherries, Rainer (USA)
- \* Dragon-fruit *yr*
- \* Figs
- \* Grapes, Champagne
- \* Kiwi, Golden
- \* Melons: Assorted, Kiwano, Yellow
- \* Nectarines: Yellow, White, Tree Ripen
- \* Passionfruit (Limited)
- \* Peaches: Doughnut, Yellow, White, Tree Ripen
- \* Plums: Black, Red, Red Crimson Heart, Dinosaur
- \* Pomegranates *ns*
- \* Rhubarb

## Citrus

- \* Clementines *ns*
- \* Kumquats
- \* Lemon, Meyer
- \* Limes, Key *yr*
- \* Starfruit (Limited)

## Specialty Vegetables

- \* Asparagus, Ultra White
- \* Beans: Fava, Pole, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Carrots, Baby *yr*
- \* Fiddlehead Ferns
- \* Garlic Green
- \* Garlic Scapes
- \* Jicama *yr*
- \* Mushrooms: Chanterelle, Maitake *yr*, Morels, Porcini
- \* Onions, Vidalia
- \* Peas, English
- \* Salsify
- \* Squash Blossom *ns*
- \* Tomatoes, Heirloom (USA)

AUGUST	SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			

## Fruit

- \* Apricots
- \* Berries, Currant (USA)
- \* Berries, Huckleberries (USA)
- \* Cherimoya *yr*
- \* Cherries, USA
- \* Cherries, Rainer (USA)
- \* Dragon-fruit *yr*
- \* Figs
- \* Grapes, Champagne
- \* Melons: Assorted, Charentais *ns*, Yellow Water
- \* Nectarines: Yellow, White, Tree Ripen
- \* Passionfruit
- \* Peaches: Yellow, White, Tree Ripen
- \* Plums: Black, Red, Dinosaur
- \* Pomegranates
- \* Rhubarb

## Citrus

- \* Clementines
- \* Lemon, Meyer
- \* Limes, Key *yr*
- \* Starfruit (Limited)

## Specialty Vegetables

- \* Asparagus, Ultra White
- \* Beans: Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Carrots, Baby *yr*
- \* Garlic Green
- \* Garlic Scapes
- \* Jicama *yr*
- \* Mushrooms: Chanterelle, Maitake *yr*, Morels, Lobster *ns*
- \* Peas, English
- \* Squash Blossom
- \* Tomatoes, Heirloom (USA)

# In Season CALENDAR 2016

MIDWEST FOODS

3100 W. 36<sup>th</sup> St. Chicago, IL 60632

Phone: (773) 927 8870

www.midwestfoods.com

SEPTEMBER	SU	MO	TU	WE	TH	FR	SA
					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	

## Fruit

- \* Berries, Cape Gooseberry
- \* Berries, Huckleberry
- \* Berries, Golden Raspberries
- \* Berries, Cranberries
- \* Cherimoya *yr*
- \* Dragon-fruit *yr*
- \* Figs
- \* Figs, Green
- \* Grapes, Champagne
- \* Grapes, Concord
- \* Kiwi, Baby
- \* Lychee Nuts
- \* Melon  
Kiwano, Yellow Water
- \* Passionfruit
- \* Peaches:  
Yellow, White, Tree Ripen
- \* Plums:  
Black, Red, Dinosaur
- \* Pomegranates
- \* Rhubarb

## Citrus

- \* Clementines
- \* Lemon, Meyer
- \* Limes, Key lime *yr*
- \* Starfruit (Limited)

## Specialty Vegetables

- \* Asparagus, Ultra White
- \* Beans:  
Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Brussel Sprouts, Baby  
Green & Purple
- \* Carrots, Baby *yr*
- \* Gourds
- \* Jicama *yr*
- \* Mushrooms:  
Chanterelle, Maitake *yr*,  
Lobster
- \* Peas, English
- \* pumpkin, Pie
- \* Pumpkins, Mini
- \* Salsify, Belgium
- \* Squash Blossom
- \* Squashes, Assorted
- \* Tomatoes, Heirloom (USA)

OCTOBER	SU	MO	TU	WE	TH	FR	SA
							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31					

## Fruit

- \* Apples:  
Heirloom, Honey Crisp, Pink  
Lady
- \* Berries, Cape Gooseberry
- \* Berries, Huckleberry
- \* Berries, Cranberry
- \* Dragon-fruit *yr*
- \* Figs
- \* Grapes, Concord
- \* Melon, Kiwano
- \* Pears: *ns*  
Comice, Forelle, French  
Butter, Seckel, Red,
- \* Persimmons *ns*
- \* Pineapple Quince
- \* Pomegranate
- \* Rambutan
- \* Rhubarb

## Citrus

- \* Lemon, Meyer
- \* Limes, Key lime *yr*
- \* Starfruit
- \* Tangerines
- \* Starfruit (Limited)

## Specialty Vegetables

- \* Beans:  
Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Brussel Sprouts
- \* Carrots, Baby *yr*
- \* Gourds
- \* Jicama *yr*
- \* Mushrooms:  
Chanterelle, Black Trumpet,  
Maitake *yr*, Lobster
- \* Peas, English
- \* Pumpkins  
(Mini, Medium, Large)
- \* Salsify, Belgium
- \* Squash Blossom
- \* Squash, Assorted: *ns*  
Delicate/Turban, Hubbar,  
Kabocha, Kurri, Sweet  
Dumpling
- \* Tomatoes, Heirloom (USA)

NOVEMBER	SU	MO	TU	WE	TH	FR	SA
					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	

## Fruit

- \* Apples:  
Baby, Gala, Fuji, Granny Smit,  
Honey Crisp
- \* Apricots, Chile
- \* Berries, Currant
- \* Cherimoya *yr*
- \* Cranberries *ns*
- \* Dragon-fruit *yr*
- \* Melon, Kiwano
- \* Nectarines, Chile
- \* Passionfruit
- \* Peaches
- \* Pears: *ns*  
Forelle, French Butter, Seckel
- \* Persimmons
- \* Pineapple Quince
- \* Pomegranate

## Citrus

- \* Kumquats
- \* Lemon, Meyer
- \* Limes, Key lime *yr*
- \* Oranges: *ns*  
Blood, Cara Cara,  
Clementines w/ stem,  
Fairchild, Mandarin w/ stem,  
Satsuma
- \* Tangerines
- \* Starfruit (Limited)

## Specialty Vegetables

- \* Beans:  
Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Brussel Sprouts, baby
- \* Carrots, Baby *yr*
- \* Chestnuts *ns*
- \* Gourds
- \* Jicama *yr*
- \* Mushrooms:  
Chanterelle, Hedgehogs, Black  
Trumpets, Maitake *yr*
- \* Salsify, Belgium
- \* Squash Blossom
- \* Sunchokes
- \* Tomatoes, Heirloom (Mexico)

DECEMBER	SU	MO	TU	WE	TH	FR	SA
					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

## Fruit

- \* Apples:  
Baby, Gala, Fuji, Granny Smit,  
Honey Crisp
- \* Apricots, Chile
- \* Cherimoya *yr*
- \* Berries, Currant
- \* Dragon-fruit *yr*
- \* Kiwi Gold
- \* Melon, Kiwano
- \* Nectarines, Chile
- \* Passionfruit
- \* Peaches, Chile
- \* Pears:  
Cactus, Forelle, French Butter,  
Seckel
- \* Persimmons
- \* Pineapple Quince
- \* Pomegranate

## Citrus

- \* Kumquats
- \* Lemon, Meyer
- \* Oranges: *ns*  
Blood, Cara Cara,  
Clementines w/ stem,  
Fairchild, Mandarin w/ stem,  
Satsuma
- \* Starfruit
- \* Tangerines

## Specialty Vegetables

- \* Beans:  
Fava, Sea *yr*, Yellow Wax *yr*
- \* Beets, Baby *yr*
- \* Brussel Sprouts, baby
- \* Carrots, Baby *yr*
- \* Cardone
- \* Chestnuts
- \* Crosnes
- \* Jicama *yr*
- \* Mushrooms:  
Chanterelle, Hedgehogs, Black  
Trumpets, Maitake *yr*
- \* Salsify, Belgium
- \* Squash Blossom
- \* Sunchokes
- \* Tomatoes, Heirloom (Mexico)