WEEKLY FARMERS MARKET SEASONAL PRODUCE & BUDGET SHEET

Peak Season Freshness Index | Farm Stand Negotiation Tactics | 10-Entry Market Ledger

SEASONAL AXIOM: PRODUCE HARVESTED AT PEAK RIPENESS HAS 3X HIGHER VITAMINS, NATURAL BRIX SUGARS & LOWER RETAIL COST

SPRING (APRIL - JUNE)

Asparagus, snap peas, radishes, baby spinach, spring garlic, strawberries, morel mushrooms, fresh chives.

Tasting Cue: Firm asparagus tips, crisp snap in pea pods, peppery vibrant radish leaves.

SUMMER (JULY - SEPTEMBER)

Heirloom beefsteak tomatoes, sweet bi-color corn, zucchini, bell peppers, blueberries, peaches, basil.

Tasting Cue: Heavy fragrant tomatoes (never refrigerated), milky silk kernels in corn.

FALL (OCTOBER - NOVEMBER)

Butternut & acorn squash, crisp honeycrisp apples, parsnips, Brussels sprouts, Concord grapes, pumpkin.

Tasting Cue: Hard unblemished winter squash skins, rich floral aroma on apple stems.

WINTER (DECEMBER - MARCH)

Lacinato kale, collard greens, sweet purple carrots, leeks, rutabaga, winter cabbage, Meyer lemons.

Tasting Cue: Cold frost-kissed greens have converted starches into sweet natural sugars.

WEEKLY FARMERS MARKET PURCHASE & BUDGET LEDGER (FILLABLE)

Vendor / Farm Stand	Seasonal Produce / Herb	Quantity (lbs / bunch)	Price Target	Actual Cost	Peak Rating
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					☐
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