

## MOXIE FARMS FOOD AVAILABILITY

### Available Throughout the Year

**100% Grass Fed Beef  
& Raw A2/A2 Dairy**

**Non-GMO, Pasture and Forest Raised  
Pork, Chicken, and Eggs**

**Chef-Prepared Meals, Soups, and Side Dishes made  
with farm-raised and well-sourced ingredients**

**Ferments, Preserves, Condiments, Seasonings,  
Bone Broth, and Other Provisions**

### Seasonal Availability

#### Spring

#### Summer

#### Fall

#### Winter

Asparagus	Apples (late)	Apples	Apples*
Beets	Blackberries	Beets	Asian Greens
Bok Choy	Blueberries	Broccoli	Beets*
Broccoli	Cabbage, Napa	Brussels Sprouts	Bok Choy
Cabbage	Cantaloupe	Cabbage	Brussels Sprouts
Carrots	Cucumbers	Carrots	Cabbage*
Cauliflower	Eggplants	Cauliflower	Carrots*
Kale	Green Beans	Cucumbers	Cauliflower
Lettuce	Herbs	Eggplant	Garlic*
Radishes	Lettuce	Garlic	Kale
Salad Turnips	New Potatoes	Green Beans	Lettuce
Snap Peas	Okra	Lettuce	New Potatoes*
Spinach	Onions	New Potatoes	Onions*
Spring Garlic	Peaches	Okra	Peppers*
Spring Onions	Peppers, Sweet & Hot	Onions	Potatoes, Russets*
Swiss Chard	Strawberries	Peppers, Sweet & Hot	Radishes
Remaining Storage Crops	Sweet Corn	Potatoes, Russets	Spinach
	Sweet Potatoes (late)	Snap Peas	Swiss Chard
	Tomatillos	Sweet Potatoes	Sweet Potatoes*
	Tomatoes, Slicers & Cherries	Tomatoes, Slicers & Cherries	Turnips
	Watermelons	Winter Squash, Many Varieties	Winter Squash, Many Varieties*
	Winter Squash (late)	Zucchini	
	Zucchini		
		Pasture Raised Turkeys	*Storage Crops
		Grass Fed Lamb	

[illegible]