

# Pick Now!™

A seasonal freshness calendar to inspire all of your Pick, Mix & Serve adventures!

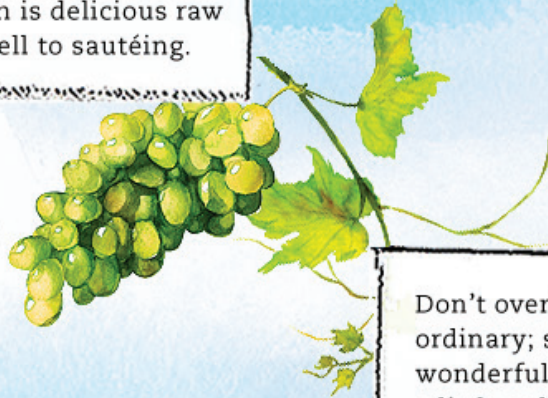
## OCTOBER



*Bloomsdale  
spinach*

Since 1925 this heirloom variety has been a hit. It's easy to grow with high yields. Similar to Swiss chard in flavor, this deep green crunchy spinach is delicious raw and holds up well to sautéing.

*Thompson  
seedless grapes*



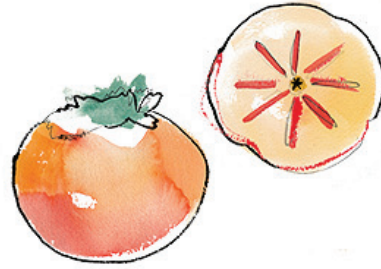
Don't overlook these grapes as ordinary; seasonally ripe, they are wonderful. Wait for them to turn a little golden to capitalize on their sweet, juicy flavor.

*quince*



This knobby fruit most resembles a pear; it's ripe when it reaches a bright golden yellow. It needs to be peeled, cored and cooked before you eat it, but that process transforms this fruit into a rosy pink, fragrant and tartly-sweet addition to many fall dishes.

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## produce

Apples	Mushrooms
Beans, Green & Lima	Okra
Beets	Onions
Broccoli	Parsnips
Brussels Sprouts	Peanuts
Cabbage	Pecans
Carrots	Asian pears
Cauliflower	Peas
Celery	Persimmons
Chard	Peppers
Chicories	Plums
Chiles	Potatoes
Collards	Pumpkins
Cucumbers	Radishes
Cranberries	Raspberries
Shell Beans	Rutabagas
Eggplant	Scallions
Fennel	Shallots
Garlic	Shell Beans
Grapes	Spinach
Kale	Soybeans
Kohlrabi	Sweet potatoes
Leeks	Swiss Chard
Lettuce	Tomatoes
Melons, Cantaloupe & Honeydew	Turnip
	Winter squash



## flowers

- Alstromeria
- Calla lilies
- Callistephus
- Cosmos
- Dahlias
- Delphinium
- Forsythia
- Freesia
- Gerbera
- Iris
- Kangaroo paw
- Lily of the Valley
- Liatris
- Magnolia
- Myrtle
- Orchid Cymbidium
- Orchid Polymnia  
(Mini Cymbidium)
- Roses
- Rudbeckia
- Snapdragon
- Stock
- Sunflowers