



WORLDWIDE PRODUCE

menu planner

SEASONALITY GUIDE

JULY





WORLDWIDE PRODUCE
WWPRODUCE.COM (800) 300-2737

NOTE:

Our seasonality calendar is based on harvest histories and is intended as an informative *guide* to help you menu plan. Some items may not be available due to weather or unforeseen circumstances.

Check with your rep for additional information and to confirm availability.

Items that, historically, provide the best value are noted in **BOLD**.



JULY

SPECIALTY

ARUGULA

CRANBERRY BEANS

DRAGON TONGUE BEANS

FRENCH HARICOT VERT BEANS

PURPLE BEANS

YELLOW WAX BEANS

BELGIAN ENDIVE

WILD STRAWBERRIES

CAPE GOOSEBERRIES

BROCCOLI RABE

CACTUS LEAVES

BABY CARROTS W/ TOPS

CHAMPAGNE GRAPES

CHILI PEPPERS

CUCUMBERS (ENGLISH, LEMON

& PICKLING)

CURRENTS

FENNEL

DILL WEED

BLACK MISSION FIGS

BROWN TURKEY FIGS

CALMYRNA FIGS

ELEPHANT GARLIC

JICAMA

KIWI - GOLD

ALL BABY LETTUCES

SPRING MIX

LOQUAT

LYCHEE (MEXICO, ISRAEL)

KIWANO MELON

YELLOW WATERMELON

CHANTERELLE MUSHROOM

TRUMPET MUSHROOM

OKRA

PAPAYA (MEXICAN)

DONUT PEACHES

ENGLISH PEAS

SUGAR SNAP PEAS

BABY PINEAPPLE

RADICCHIO

RHUBARB

CELERY ROOT

HORSERADISH ROOT

SHALLOTS

BABY SPINACH

CHAYOTE SQUASH

TAMARILLOS

HEIRLOOM TOMATOES

CHERRY HEIRLOOM

TOMATOES



JULY

FRUIT

APPLES
APRICOTS
AVOCADOS
BANANAS
BLUEBERRIES
BLACKBERRIES
BOYSENBERRY
RASPBERRIES
STRAWBERRIES
BING & RAINIER CHERRIES
GRAPES

LIMES
MANGOES
HONEYDEW
NECTARINES (YELLOW & WHITE)
ORANGES (VALENCIA & NAVEL)
PAPAYA
PEACHES (YELLOW & WHITE)
PEARS (BARLETT)
PINEAPPLE
PLUMS
PLUOTS

VEGETABLE

GREEN BEANS
BELL PEPPERS
BROCCOLI
BROCCOLINI
CABBAGE
CARROTS
CAULIFLOWER
CELERY
CORN
CUCUMBERS
EGGPLANT
GARLIC (NEW CROP)

LETTUCES
SWEET ONIONS
SNOW PEAS
RED POTATOES
WHITE POTATOES
RADISHES
SPINACH
SQUASH
TOMATOES

