



**WORLDWIDE PRODUCE**

menu  
planner

**SEASONALITY GUIDE**

**OCTOBER**





**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**.



# OCTOBER

## SPECIALTY

CRAB APPLES

**ASIAN PEARS**

**BABY KIWI**

CRANBERRY BEANS

DRAGON BEANS

ROMANO BEANS

BELGIAN ENDIVE

BROCCOLI RABE

CACTUS LEAVES

CACTUS PEARS

**BABY CARROTS W/ TOPS**

CHERIMOYA

CUCUMBERS

DATES

FEIJOA

FENNEL

BLACK MISSION FIGS

BROWN TURKEY FIGS

INDIAN CORN

JICAMA

KOHLRABI

ALL BABY LETTUACES

SPRING MIX

BLACK TRUMPET MUSHROOM

CHANTERELLE MUSHROOM

HEDGEHOG MUSHROOM

LOBSTER MUSHROOM

PEARL ONIONS

ORNAMENTAL GOURDS

PAPAYA (MEXICAN)

SUGAR SNAP PEAS

**PERSIMMONS**

**POMEGRANATE**

**YUKON GOLD POTATOES**

**PURPLE POTATOES**

**FINGERLING POTATOES**

**MINI PUMPKINS**

QUINCE

RADICCHIO

CELERY ROOT

GINGER ROOT

HORSERADISH ROOT

SHALLOTS

BABY SPINACH

CHAYOTE SQUASH

TAMARILLOS

**HEIRLOOM TOMATOES**



# OCTOBER

## FRUIT

**APPLES**  
CANTALOUPE  
**CRANBERRIES**  
GRAPEFRUIT  
GRAPES  
HONEYDEW  
**KIWIFRUIT**  
LIMES

MANGO (BRAZIL)  
**NAVEL ORANGES**  
PAPAYA  
**BARTLETT PEARS**  
**WINTER PEARS**  
PINEAPPLE  
**TANGERINES (NEW CROP)**

## VEGETABLE

ASPARAGUS (PERU)  
ARTICHOKES (FALL CROP)  
BEETS  
BELL PEPPERS (RED)  
BROCCOLI  
BROCCOLINI  
**BRUSSELS SPROUTS**  
CABBAGE  
CARROTS  
**CAULIFLOWER**  
**CELERY**  
CUCUMBERS  
**GARLIC**

LEEKs  
**SWEET IMPORT ONIONS**  
**ONIONS**  
PARSNIPS  
**RUSSET POTATOES**  
**RED POTATOES**  
**WHITE POTATOES**  
**PUMPKINS**  
RADISHES  
SPINACH  
**WINTER SQUASH (HARD)**  
**SWEET POTATOES**  
TOMATOES

