

Cook's Corner: A Nutritional Experience

2021-2022 Food List by Month

August

8/23	watermelon
8/30	lima beans

September

9/7	lychee
9/13	jalapeno
9/20	banana
9/27	dragon fruit

October

10/04	corn
10/11	grapes
10/18	yellow squash
10/25	mandarins

November

11/01	mushroom
11/08	oregano
11/15	potato
11/29	rice

December

12/06	parsley
12/13	cacao

January

1/4	oats
1/10	sage
1/18	tapioca
1/24	garlic

February

2/7	almonds
2/14	basil
2/21	quinoa
2/28	olives

March

3/7	arugula
3/21	dill
3/28	orange

April

4/4	lemongrass
4/11	asparagus
4/18	papaya
4/25	cucumber

May

5/2	cantaloupe
5/9	guava
5/16	lime

