

RESPECT & VEGETABLES



Harvest Calendar

What's In A Box?

A Guide to What's in Season When



RESPECT & VEGETABLES



Hello!

**If you're here, you just might love
veggies as much as we do.**

Welcome!

Buying food from local farms is all about seasonality. We created this guide to show you which fruits and veggies are in season during which parts of the year in our part of Texas. It will give you an idea of what might come in your box each week if you decide to join a CSA.

If you want to eat with the seasons—which means getting the freshest, tastiest produce—then keep reading.

Lorig,

Owner and President, Middle Ground Farm





Harvest Calendar



January

Carrots
Sprouting broccoli
Spinach
Beets

February



Hibernating

March

Kohlrabi
Sprouting broccoli
Lettuce
Turnips
Asian greens
Spinach
Daikon
Cabbage
Summer Squash
Spring onions
Radishes

April

Kohlrabi
Sprouting broccoli
Lettuce
Turnips
Asian greens
Spinach
Daikon
Cabbage
Summer squash
Spring onions
Herbs

May

Sprouting broccoli
Turnips
Lettuce
Asian greens
Cabbage
Summer squash
Cucumbers
Tomatoes
Spring onions
Herbs

June

Cucumber
Summer
squash
Tomatoes
Peppers
Cured onions
Potatoes
Herbs
Melons



Harvest Calendar



July

Cucumbers
Summer squash
Tomatoes
Peppers
Cured onions
Potatoes
Herbs
Melons

August

*Too hot. 🥵
Nothing will grow*

September

Turnips
Radishes
Asian greens
Winter squash
Peppers

October

Kohlrabi
Sprouting broccoli
Lettuce
Turnips
Asian greens
Carrots
Herbs
Spinach
Green onions
Kale
Radish
Mustard greens
Collards
Peppers

November

Kohlrabi
Sprouting broccoli
Lettuce
Turnips
Asian greens
Carrots
Herbs
Spinach
Green onions
Kale
Radish
Broccoli
Cauliflowers
Carrots
Cabbage
Collards
Mustard greens
Beets

December

Kohlrabi
Sprouting broccoli
Lettuce
Turnips
Asian greens
Carrots
Herbs
Spinach
Green onions
Radish
Fennel
Cabbage
Celery
Beets

About the CSA



Each season, get a weekly or bi-weekly box of farm-grown, certified organic produce. Local eggs and pickles are available, too.

Members get a weekly newsletter that includes recipes, tips and techniques for prep and storage, reports from the farm, and more.

Why become a member?



Taste

You can't get veggies this fresh or delicious anywhere else. You'll taste the difference right away.



Convenience

Choose home delivery or pick up at a location near you. No need to hustle to the store or the farmers market.



Community

When you purchase directly from our farm, you uplift your neighbors and put more dollars into the local economy.



Meaning

It's magic to be connected to the people and the land that grew your food.

The Middle Ground Farm difference



Certified Organic, GMO-Free

We never use synthetic pesticides or herbicides and we abide by a long list of requirements in order to hold USDA Organic certification. No GMOs or “bioengineered” crops here.



Unique Varieties

We grow veggies you won't find in the grocery store. Our varieties are more beautiful, more flavorful, and make cooking more fun and rewarding.



Naturally Healthy

Our farming practices keep bugs and disease away naturally, so you get produce that's vibrant and beautiful.



Gentle on Soil

We limit tillage to protect microorganisms underground, and we utilize techniques like crop rotations and cover cropping to keep our soil healthy. We're close to the Colorado River, so we work hard to prevent erosion.



Handled with Care

After harvest, we get our crops out of the heat and into cold storage ASAP. The result is fresher produce that lasts longer in your fridge.



Safe for Wildlife

We purposefully provide places on our farm for native flora and fauna to thrive.

Let's Stay Connected



Become a member today by visiting
middleground-farm.com

Give us a follow at
[@middleground_atx](https://www.instagram.com/middleground_atx)

And reach out any time by emailing
info@middleground-farm.com



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