

VEGETABLE SEASONALITY CHART

As part of our commitment to sustainability, Cal Dining prioritize sourcing vegetables that are local and in season as much as possible. Seasonal vegetables are typically grown closer to you, harvested at the peak of freshness, and tend to be nutrient dense. We encourage you to color your plate with a variety of seasonal vegetables! By reducing consumption of vegetables that are not in season locally, you also help reduce carbon emissions produced by shipping from afar. By taking only what you can consume in one sitting, you help us to continue offering you the best assortment possible.







