



FRESHFARM

POP-UP FOOD HUB

Produce Availability & Price Guide 2025

The [FRESHFARM Pop-Up Food Hub \(PUFH\)](#) works directly with the small- and mid-sized farmers in our network to aggregate and deliver local produce, at wholesale prices with no markup, to our community partners in the Washington DC region so that their clients have access to the healthy local produce they need to thrive. Twenty-five percent of the farmers we source from identify as Black and Brown, and 29% are first-generation farmers.

The following chart displays the types of produce, example varieties, units of sale, estimated cost, and months of availability for the Pop Up Food Hub. For the winter months, from December through March, a majority of the crops listed below are “storage” crops. Storage crops are harvested from the fall and put into storage for sale over the winter. Prices listed are based on historical purchasing data and are subject to change. Some items may be limited and only available in small quantities.

To partner with the FRESHFARM Pop-Up Food Hub and place orders, please email: wholesale@ffm.org

Produce Item	Example Varieties	Units of Sale	Estimated Cost	Jan/ Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples	Cameo, Fuji, Gala, Granny Smith, Honeycrisp, Pink Lady	pounds	\$1.10-1.50 per pound	✓	✓	✓	✓			✓	✓	✓	✓	✓
Arugula	Baby, Rocket	pounds, bags	\$3.50-4 per bag \$10-12 per pound				✓				✓	✓	✓	
Asparagus	Green, Purple	pounds	\$5-6 per pound				✓							

Produce Item	Example Varieties	Units of Sale	Estimated Cost	Jan/ Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Beans	Fava, Green, Purple Roma, Yellow Wax	pounds, pints, quarts	\$3.5-5 per pound \$3.50-4 per pint \$5-6 per quart					✓	✓	✓	✓			
Beets	Chioggia, Gold, Red	bunches, pounds	\$2.50-3 per bunch \$1.75-2.50 per pound	✓	✓	✓	✓	✓	✓			✓	✓	✓
Blackberries	N/A	half-pints, pints	\$3.50-\$4.00 half-pint \$5-7 pint					✓	✓					
Blueberries	N/A	half-pints, pints	\$3.50-4 half-pint \$4-6 pint					✓	✓					
Bok Choy	N/A	eaches	\$2-3 each			✓	✓	✓				✓	✓	
Broccoli	N/A	pounds, eaches	\$2.50-3 per pound \$3.50-4.5 per eaches				✓					✓	✓	
Cabbage	Green, Napa, Red	eaches	\$2.5-\$3.00 each				✓	✓				✓	✓	
Carrots	Orange	bunches	\$2.50-\$3.00 per bunch					✓				✓	✓	

Produce Item	Example Varieties	Units of Sale	Estimated Cost	Jan/ Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cauliflower	White	eaches	\$3-\$4 each				✓					✓	✓	
Celery	N/A	eaches	\$2.50 each				✓						✓	
Chard	Swiss(Rainbow)	bunches	\$2-\$2.50 per bunch			✓	✓	✓	✓	✓	✓	✓	✓	
Cherries	Sweet Red	pints	\$4-\$7 per pint					✓	✓					
Collards	N/A	bunches	\$2-\$2.50 per bunch				✓	✓	✓	✓	✓	✓	✓	
Corn	Bicolor, Sweet	each	\$.75-\$1.00 each						✓	✓	✓			
Cucumbers	Persian, Pickling, Slicing	pounds, eaches	\$1.75-\$2 per pound \$1 per each					✓	✓	✓	✓			
Eggplant	Italian, Japanese, Mixed	pounds	\$1.75-\$2.25 per pound						✓	✓	✓	✓	✓	

Produce Item	Example Varieties	Units of Sale	Estimated Cost	Jan/ Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Figs	Mission	half-pints, pints	\$5 per half-pint \$8 per pint							✓	✓			
Garlic-Bulb	N/A	eaches	\$1.50-\$3.00 each						✓	✓	✓	✓	✓	✓
Garlic-Scapes	N/A	bunches	\$2 per bunch				✓							
Grapes	Seedless Red, Globe Green	pounds, quarts	\$3.50-\$4 per pound \$5-\$6 per quart							✓	✓			
Greens	Mustard, Turnip	bunches	\$1.75-\$2.50				✓	✓			✓	✓	✓	
Herbs	Basil, Chives, Cilantro, Dill, Fennel, Mint, Parsley, Rosemary	bunches	\$1.25-\$3 per bunch				✓	✓	✓	✓	✓	✓	✓	
Kale	Curly, Tucson, Lacinato, Red	bunches	\$1.75-\$2.50 per bunch				✓	✓			✓	✓	✓	✓
Kohlrabi	Green	eaches	\$1.50-\$2.00 each				✓				✓	✓	✓	✓

Produce Item	Example Varieties	Units of Sale	Estimated Cost	Jan/ Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Lettuce-Heads	Bib, Romaine, Tokyo Bekana, Mixed	eaches	\$1.75-\$3.00 each			✓	✓	✓		✓	✓	✓	✓	
Lettuce-Loose Leaf	Spicy, Sweet & Spicy, Spring Mix, Baby Salanova	pounds, bags	\$6-10 per pound \$2.50-\$4 per bag	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Melons	Canary, Cantaloupe, Sugar Cube	eaches	\$2.00-\$3.00 each					✓	✓	✓	✓			
Mushrooms	Portabella, Shiitake, Crimini ,Oyster, Maitake	pounds	\$6.00-10 per pound	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nectarines	Yellow	pounds	\$1.50-\$2.00					✓	✓	✓				
Okra	Green, Purple	pints, pounds	\$2.50-\$3 per pints \$3- \$4 per pound					✓	✓	✓	✓			
Onion-Cured	White, Yellow, Sweet, Red	pounds	\$1-\$1.50 per pound	✓	✓	✓	✓		✓	✓	✓	✓	✓	
Onion-Other	Ramps, Scallions, Spring	bunches	\$1.50-\$2.50 per bunch				✓	✓					✓	

Produce Item	Example Varieties	Units of Sale	Estimated Cost	Jan/ Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Peaches	White, Yellow, Donut	pounds	\$1.50-\$2.00 per pound						✓	✓	✓			
Pears	Bartlett, Bosc, Asian	pounds	\$1.75-\$2.50 per pound	✓							✓	✓	✓	✓
Peas	English Shelling, Snow, Sugar Snap	pounds	\$5-\$8 per pound				✓	✓	✓					
Peppers-Bell	Green, Purple, Yellow	Eaches, pounds	\$1 each, \$2-\$3 per pound						✓	✓	✓	✓		
Peppers-Specialty	Fresno, Jalapeno, Mixed Sweet, Poblano, Serrano, Shishito, Sweet Banana, Yummy Snacking	pounds	\$3-\$6 per pound						✓	✓	✓	✓	✓	
Plums	Methley, Red, Damson, Shiro, prune	pints, pounds	\$3-\$4.50 per pint, \$2-\$2.50 per pound						✓	✓	✓			
Pluots	N/A	pounds	\$2.15-\$2.50 per pound						✓	✓	✓			
Potatoes	Eva, Red, Yukon Gold, White	pounds, quarts	\$1.75-2.5 per pound \$2-\$3 per quart	✓	✓	✓			✓	✓	✓	✓	✓	✓

Produce Item	Example Varieties	Units of Sale	Estimated Cost	Jan/ Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Radishes	Red Easter, Daikon, Watermelon	bunches, pounds	\$2-3 bunches, \$2-\$2.50 per pound	✓	✓	✓	✓			✓	✓	✓	✓	
Spinach	n/a	Per pound	\$6-\$8 per pound			✓	✓							
Squash-Summer	Zucchini(Yellow, Green), Yellow Squash, Pattypan, EightBall	pounds	\$1.75-\$2 per pound					✓	✓	✓	✓	✓	✓	
Squash-Fall	Acorn, Butternut, Delicata, Honeynut, Spaghetti, Tetsu	Pounds, eaches	\$2.25-\$4 eaches, \$1.50-\$2.00 per pound								✓	✓	✓	✓
Strawberries	N/A	Pints, Quarts	\$3.25-\$4 pints, \$5-\$8 quarts				✓	✓						
Sunchokes	aka Jerusalem Artichokes	pounds	\$5.00 per pound									✓	✓	
Sweet Potatoes	Garnet, Japanese, Burgundy	pounds	\$1.75-\$2.50 per pound	✓	✓	✓	✓			✓	✓	✓	✓	✓
Tomatillos	N/A	pints, pounds	\$2.50-\$3.00 per pint, \$2.50-\$3.00 per pound							✓	✓	✓		

Produce Item	Example Varieties	Units of Sale	Estimated Cost	Jan/ Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tomatoes-Small	Cherry, Grape, Sungold, Baby Roma	pints	\$2.50-\$3.00 per pint					✓	✓	✓	✓			
Tomatoes-Large	Roma, Red Slicer, Green	pounds	\$2.00-\$3.50 per pound					✓	✓	✓	✓	✓		
Turnips	Hakurei, Purple Top	bunches, topped/loose pounds	\$1.75-\$3 bunches \$1.75-\$2.00 per pound				✓	✓				✓	✓	✓
Watermelon	Small, Large, Seedless, Yellow	eaches	\$3-\$4 each for small, \$5-\$6 each for large						✓	✓	✓	✓		