

FARM TO FORK: embrace SEASONAL eating



Seasonal produce is food purchased and eaten around the time it is harvested. Eating produce in season means eating it in peak freshness. By choosing to eat in season, you not only enjoy the benefits of fresher, more flavorful, and nutrient-dense foods but also contribute to a more sustainable and environmentally friendly food system.

Benefits of Eating in Season:

- **Better Nutrition** – Because seasonal produce is often harvested at its peak ripeness, it has higher nutrient content. Fruits and vegetables allowed to ripen naturally on the plant tend to have more vitamins, minerals, and antioxidants.
- **Peak Flavor** - Seasonal produce tastes better because it is harvested at its flavor peak, providing a more enjoyable and satisfying eating experience.
- **Cost-Effectiveness** - In-season produce is usually more abundant, leading to lower prices and reduced transportation costs. In-season foods are more likely to be grown locally, reducing the need for long-distance transportation.
- **Sustainable** - Eating in season often means consuming locally grown produce, which can reduce the carbon footprint associated with transportation and minimizes packaging waste. Many local farmers prioritize sustainable farming practices too.
- **Support Your Local Farmers** - When you buy seasonal produce, you are more likely to support local farmers and contribute to the local economy.

Where to Find Foods in Season:

- **Farmer's Market** - Local farmers bring their fresh, locally grown produce. Shopping here ensures that you are getting the freshest seasonal produce.
- **CSA – Stands for Community Supported Agriculture.** These programs allow you to subscribe to a local farm and receive a share of their harvest regularly. They offer a variety of in-season fruits and vegetables and may include dairy, meat, and egg products.
- **Grow-Your-Own** - Consider starting a small garden at home. This allows you to control what you grow and eat, ensuring that your produce is in season.
- **Food Co-ops and other Grocery Stores:** Look for locally grown signs and labels at member-owned food co-ops, health food stores, and grocery stores. These places often bring in seasonal produce from local farms.



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SPRING

March - May



SUMMER

June - August



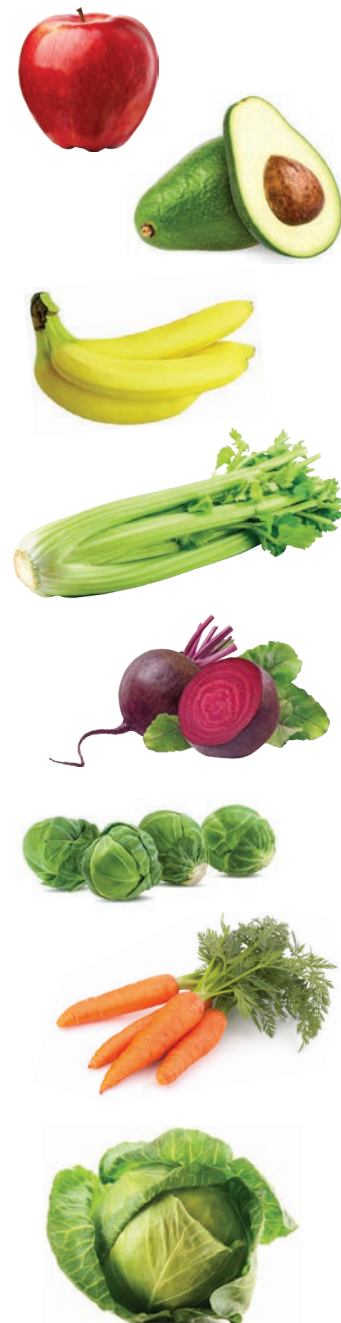
FALL

September - November



WINTER

December - February



Above is a general representation; seasonal produce may vary by geographic region.