



Eat Local. Eat Seasonally.

Eating produce when it's in season is important on many levels, not only for you and your family but for our community and local economy. Purchasing produce when it's in season can be easier on your pocket book than purchasing the same produce when it's out of season. Plus, seasonal produce tastes SO much better because it is fresh and doesn't have to travel hundreds of miles to get to you. Making sure your diet includes a wide variety of food is important for your health and well-being. Eating produce when it's in season is a great way to add variety to your life and it gives you something to look forward to as the seasons change! If you find yourself longing for the essence of summer in the midst of winter try canning, drying or freezing your favorite produce. Not only is it a fun activity but it'll feel so great to enjoy those flavors later in the year! Happy Seasons!

Fruit & Herb Harvest Seasons

	January	February	March	April	May	June	July	August	September	October	November	December
Apples									*	*	*	
Pears									*	*	*	
Garlic												
Cilantro												
Strawberries												
Nectarines												
Peaches, Yellow												
Plums, Purple												
Apricots												
Blackberries												
Raspberries												
Cherries, Bings												
Cherries, Rainiers												
Blueberries												
Basil												
Grapes												
Watermelons												
Cantaloupe												
Honeydew melon												
Pluots												
Asian pears												