

Eat Local, America!



Look for the LOCAL sign to guide you in your choices!

In-season produce calendar

| | May | Jun | Jul | Aug | Sep | Oct | Nov |
|---------------|-----|-----|-----|-----|-----|-----|-----|
| Avocado | | • | • | • | • | • | • |
| Bell Pepper | • | • | • | | | • | • |
| Blueberry | • | • | | | | | |
| Broccoli | • | | | | | • | • |
| Cabbage | • | • | | | | | • |
| Cantaloupe | • | • | • | | | | |
| Carrot | • | • | | | | | • |
| Cauliflower | • | | | | | | • |
| Celery | • | • | | | | | • |
| Cucumber | • | • | | | | • | • |
| Eggplant | • | • | | | • | • | • |
| Grapefruit | • | • | | | • | • | • |
| Grape | | | | • | • | | |
| Guava | • | • | • | • | • | • | • |
| Lettuce | • | | | | | | • |
| Lime | • | • | • | • | • | • | • |
| Longan | | | • | • | | | |
| Lychee | | • | | | | | |
| Mango | • | • | • | • | • | | |
| Mushroom | • | • | • | • | • | • | • |
| Onion | • | • | • | • | • | • | • |
| Orange | • | • | | | | • | • |
| Papaya | • | • | • | • | • | • | • |
| Passion Fruit | | | • | • | • | • | • |
| Peanut | • | • | • | • | • | • | • |
| Potato | • | • | • | | | | |
| Radish | • | • | | | | • | • |
| Snap Bean | • | • | • | • | • | • | • |
| Squash | • | • | | | • | • | • |
| Strawberry | • | • | | | | • | • |
| Sweet Corn | • | • | | • | • | • | • |
| Tangerine | • | | | | • | • | • |
| Tomato | • | • | | | • | • | • |
| Watermelon | • | • | • | | | | • |



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Four good reasons to eat local:

1. It's good for you and tastes better, too

Locally grown food doesn't travel far, so farmers can choose varieties based on flavor, rather than their ability to withstand a long journey.

And, by eating local foods that are in season, you eat foods when they are at their peak flavor, are the most abundant, and –typically– are the least expensive.

2. It's good for the economy

The money you spend on local food stays in the area as it supports the work of local farmers and retailers.

3. It's good for the environment

The average American dinner travels nearly 1,500 miles before reaching the plate. When you eat local food, you reduce the consumption of fossil fuels, carbon dioxide emissions and wasteful packing materials.

4. It's good for family farms

With each local food purchase, you ensure more of your money spent goes to a local farmer.

For more information, go to www.newleafmarket.coop.

