

in-season calendar

for local produce

Look for the Kentucky Proud logo to guide you in your choices!



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	May	Jun	Jul	Aug	Sep	Oct	Nov
Apples							
Asparagus							
Bedding Plants							
Beets							
Blackberries							
Blueberries							
Broccoli							
Brussel Sprouts							
Cabbage							
Cauliflower							
Carrots							
Collards & Chard							
Cucumbers							
Eggplant							
Garlic							
Grapes							
Green Beans							
Green Onions							
Kale							
Lettuce							
Melons							
Onions							
Parsnips							
Peaches							
Peas							
Peppers							
Plums							
Potatoes							
Pumpkins							
Raspberries							
Spinach							
Strawberries							
Summer Squash							
Sweet Corn							
Tomatoes							
Turnips							
Winter Squash							

= peak in-season quality

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Everyone Welcome!



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4 Good Reasons to Eat Local Food



Look for the Kentucky Proud logo to guide you in your choices!



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.

Come visit us and shop local year round, or if we don't have what you're looking for search online at <http://ky.marketmaker.uiuc.edu/> for other local retailers.



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