

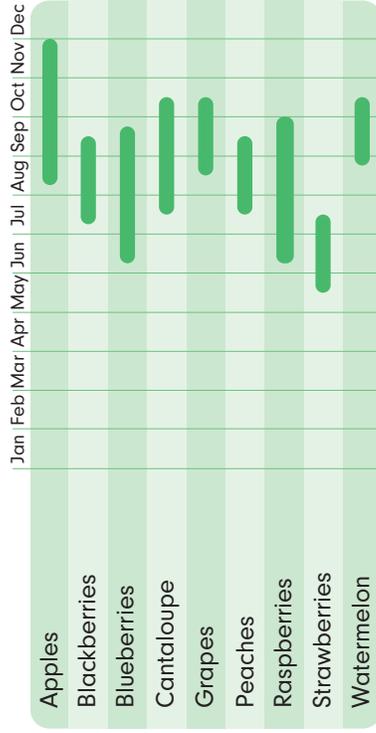
Why seasonal fruits and vegetables?

Seasonal fruits and vegetables are not only fresher; they are tastier and more nutritious. They are picked at their ripest hour and, when locally produced, only travel a short distance to our homes. Fruits and vegetables that are naturally grown and ripened on the parent plant are higher in nutritional value and rich in antioxidants.

Where can I find seasonal and local produce?

You can find local and seasonal produce at local farmer's markets, and through community supported agriculture (CSA) programs.

When is fruit in season?



Find your vegetables on the reverse →

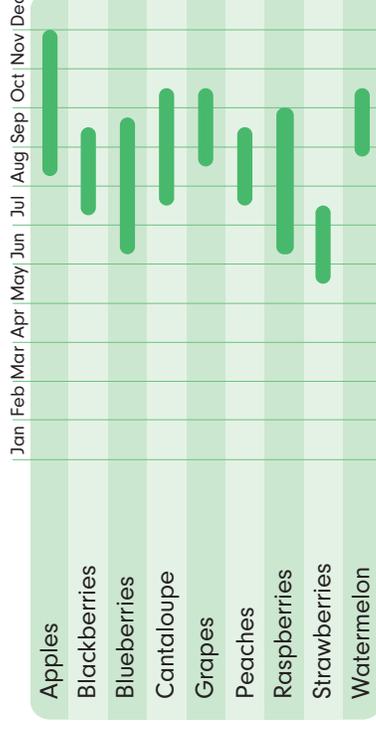
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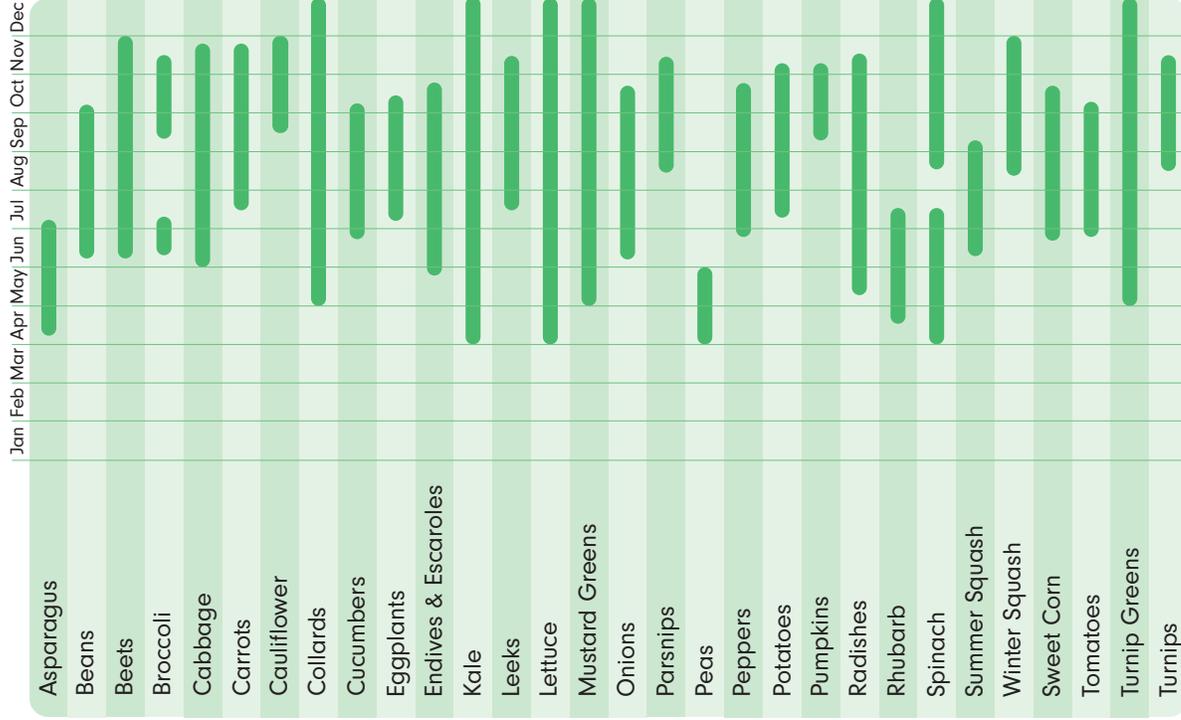
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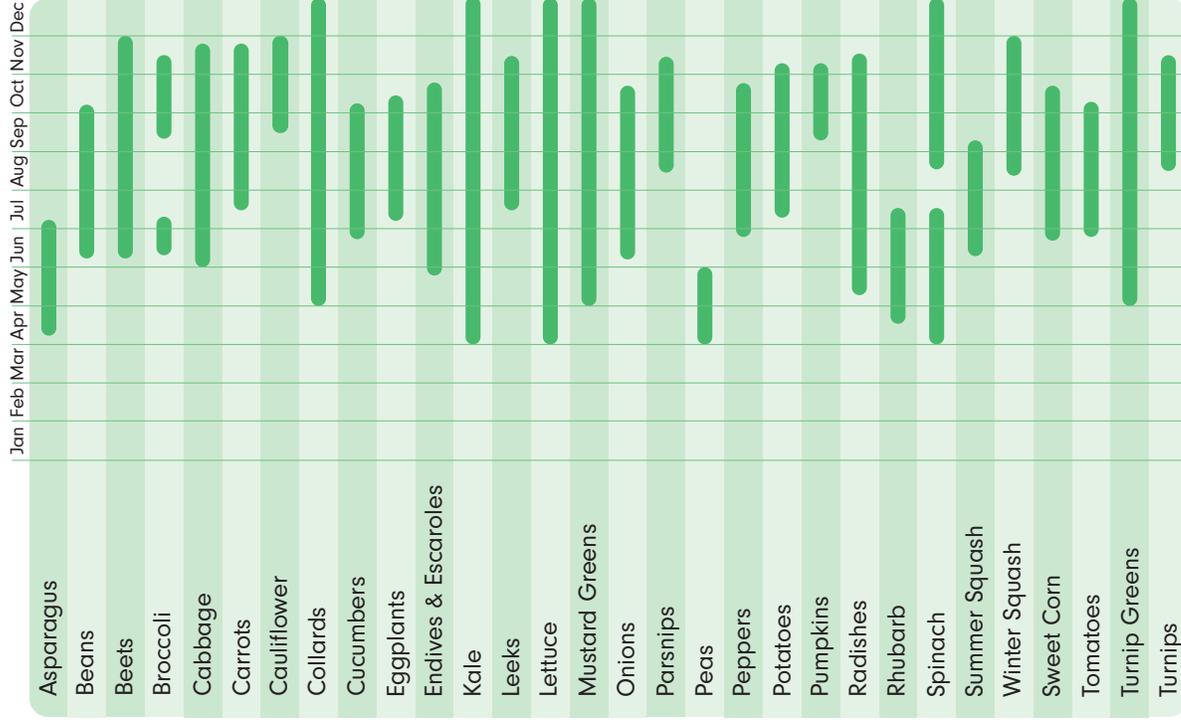
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When are vegetables in season?



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