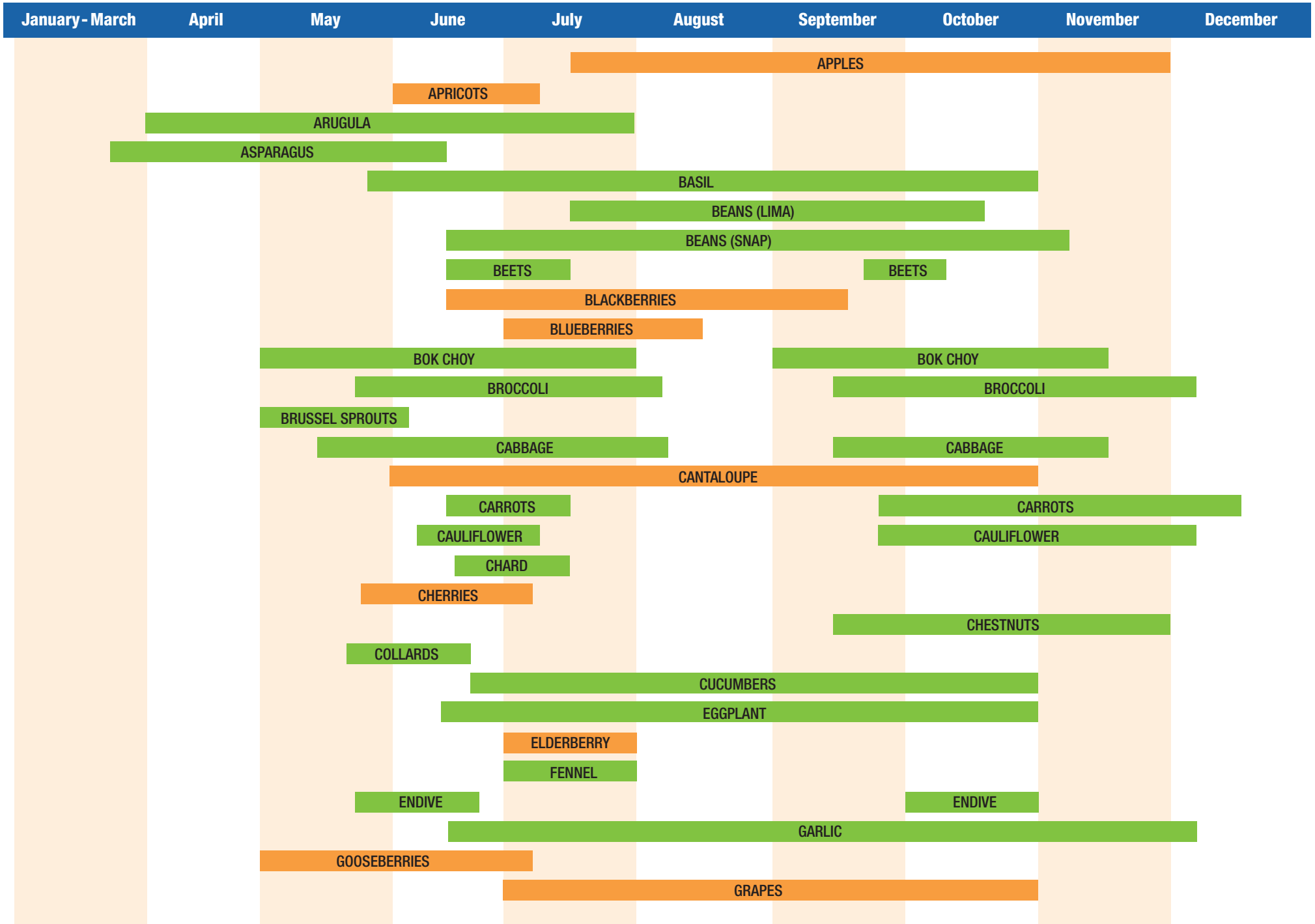


# When to Eat What

Incorporating fresh seasonal fruits and vegetables into meals not only is healthy and nutritious, but also can provide cost savings. Buying locally grown produce in-season adds color and variety to the diet, and helps support local farmers. Use this Harvest Calendar to guide your shopping and meal planning.



January - March    April    May    June    July    August    September    October    November    December

