

# EATING WITH THE SEASONS

Choose organic by Kentucky farmers and...

## SPRING

Arugula  
Asparagus  
Beets  
Bok Choy  
Cauliflower  
Carrots

Celery  
Chard  
Cilantro  
Collards  
Green Garlic  
Green Onions

Herbs  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Pea shoots

Radishes  
Ramps  
Salad Mixes  
Spinach  
Strawberries  
Turnips

### Reduce your food miles.

Food in the US travels 1500 miles to your home while local food in KY travels 150 miles.

### Better taste, better for you.

Enjoy intense flavors and higher nutritional value when produce is grown for enjoyment, not travel endurance.

### Support regional farms and grow rural economies.

If every household in the state spent 10% of their annual food budget on Kentucky grown food it would keep over an additional \$1 billion in our local economy annually.

## SUMMER

Basil  
Beets  
Blackberries  
Blueberries  
Broccoli  
Cucumbers

Eggplants  
Green Beans  
Garlic  
Kale  
Lima Beans  
Melons

Okra  
Onions  
Peppers  
Potatoes  
Raspberries  
Rhubarb

Snap Peas  
Sweet Corn  
Tomatoes  
Summer Squash

## FALL

Apples  
Arugula  
Beets  
Bok Choy  
Broccoli  
Brussel  
Sprouts  
Cauliflower

Celery  
Chard  
Cilantro  
Carrots  
Cabbage  
Eggplant  
Green Onions  
Kale

Kohlrabi  
Leeks  
Lettuce  
Parsnips  
Paw Paws  
Peppers  
Potatoes  
Pumpkins

Radishes  
Spinach  
Sweet  
Potatoes  
Tomatoes  
Turnips  
Winter Squash

## LOOK FOR THE SEAL →



The USDA Certified Organic seal means:

- **NO GMOs** (genetically modified organisms)
- **NO** toxic pesticides or petroleum based synthetic fertilizers
- **NO** irradiation or sewage sludge
- **NO** antibiotics, growth hormones or steroids
- **YES!** Supporting healthy ecosystems by caring for soil, water, plants and animals.

## WINTER

Beets  
Broccoli  
Cauliflower  
Kale

Garlic  
Lettuce  
Microgreens  
Mushrooms

Potatoes  
Turnips  
Winter Squash

Learn more about certified organic agriculture in Kentucky and how you can join the movement at [www.oak-ky.org](http://www.oak-ky.org)

[info@oak-ky.org](mailto:info@oak-ky.org)  
[www.kyfarmshare.org](http://www.kyfarmshare.org)

