

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

info@oak-ky.org
www.kyfarmshare.org



Locally grown fruits and vegetables can last a long time after purchase since they haven't spent precious days being shipped, distributed or sitting on a shelf.

Buy organic and local foods.

STORE

COUNTER

IN A JAR OF WATER

Basil
Cilantro
Asparagus

IN A BREATHABLE CONTAINER

Tomatoes
Eggplant

PANTRY

IN A DARK & DRY SPOT

Onions
Garlic
Winter Squash

UNWASHED

Potatoes
Sweet Potatoes

REFRIGERATOR

IN A PLASTIC BAG IN THE VEGGIE DRAWER

Greens

REMOVE GREENS FOR LONGER STORAGE

Beets
Carrots
Parsnips
Turnips

Choose vegetables to meet daily recommendations for health:
2-3 cups for adults and 1-3 cups for kids.

PRESERVE

FREEZER

- Kale, basil, or arugula processed with olive oil and frozen in ice cube trays for quick fresh tasting pesto.
- Ginger
- Corn cut off the cob

DEHYDRATE

- Apple Chips
KIDS LOVE THEM!
- Dried Tomatoes
ADD TO SOUP
- Kale
CRUSH AND ADD TO BOOST VITAMINS

CAN & PICKLE

- Can to save the best flavors of summer: salsas, relish, tomato sauce, and green beans.
- Everything from beets and carrots to cucumbers and radishes are quick to pickle.

Did you know US households waste 20-40% of purchased foods?

COOK & EAT

- Stir-fry all the vegetables and toss with rice, pasta or quinoa.
- Picky eaters? Disguise veggies by shredding and sautéing then add to a burrito or throw into a quiche.
- Keep up with the greens and make something everyone loves – kale chips or add them to a smoothie!
- Cube root vegetables and winter squash, add olive oil, salt and garlic and roast for a hearty side dish.
- Sometimes raw and fresh is best: salads and vegetable spears with a light dressing.
- Remember to double your recipe today so you can enjoy leftovers tomorrow!

Find a Farm at www.oak-ky.org!

Store it. Prepare it. Eat it. Love it!