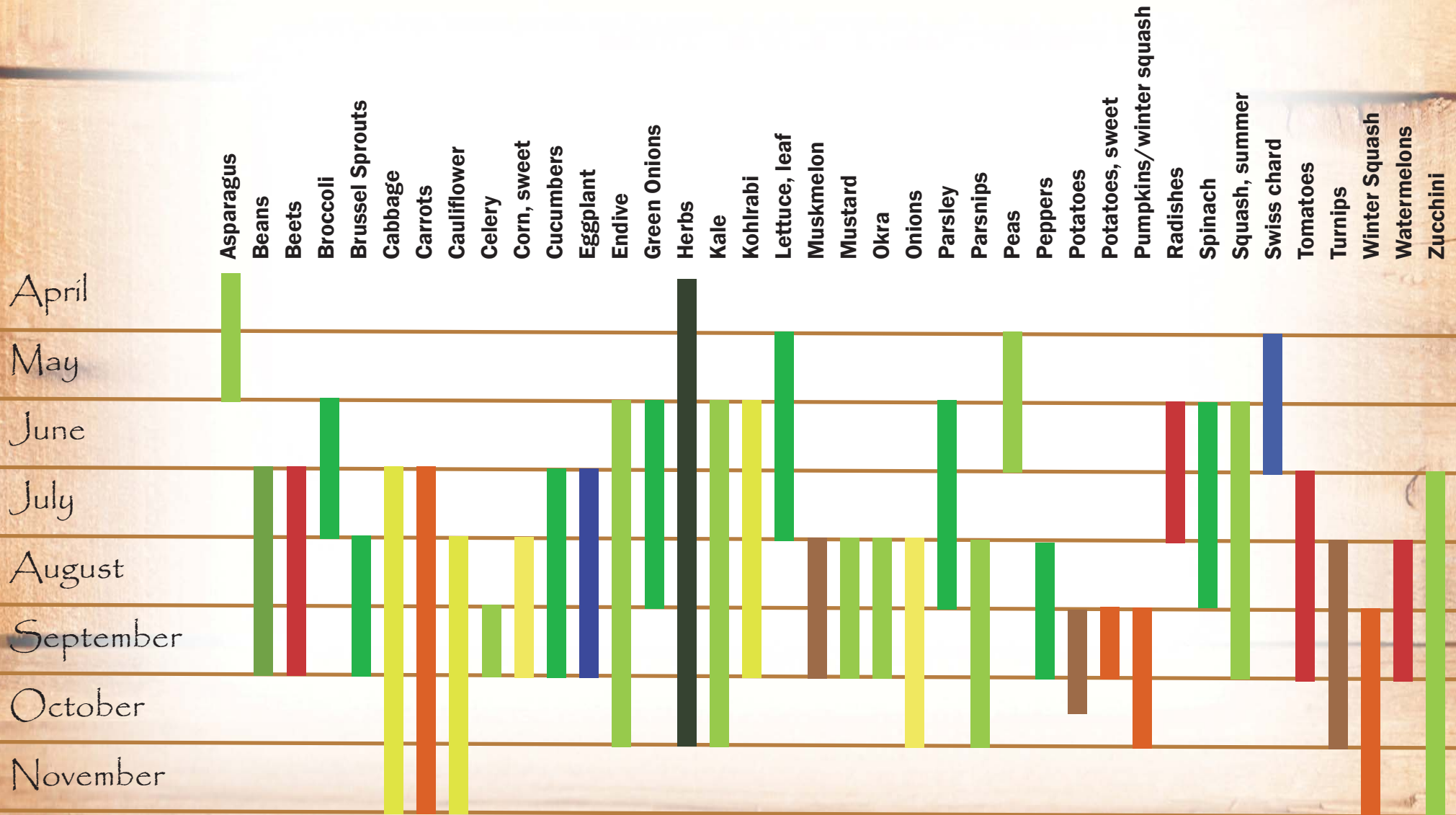
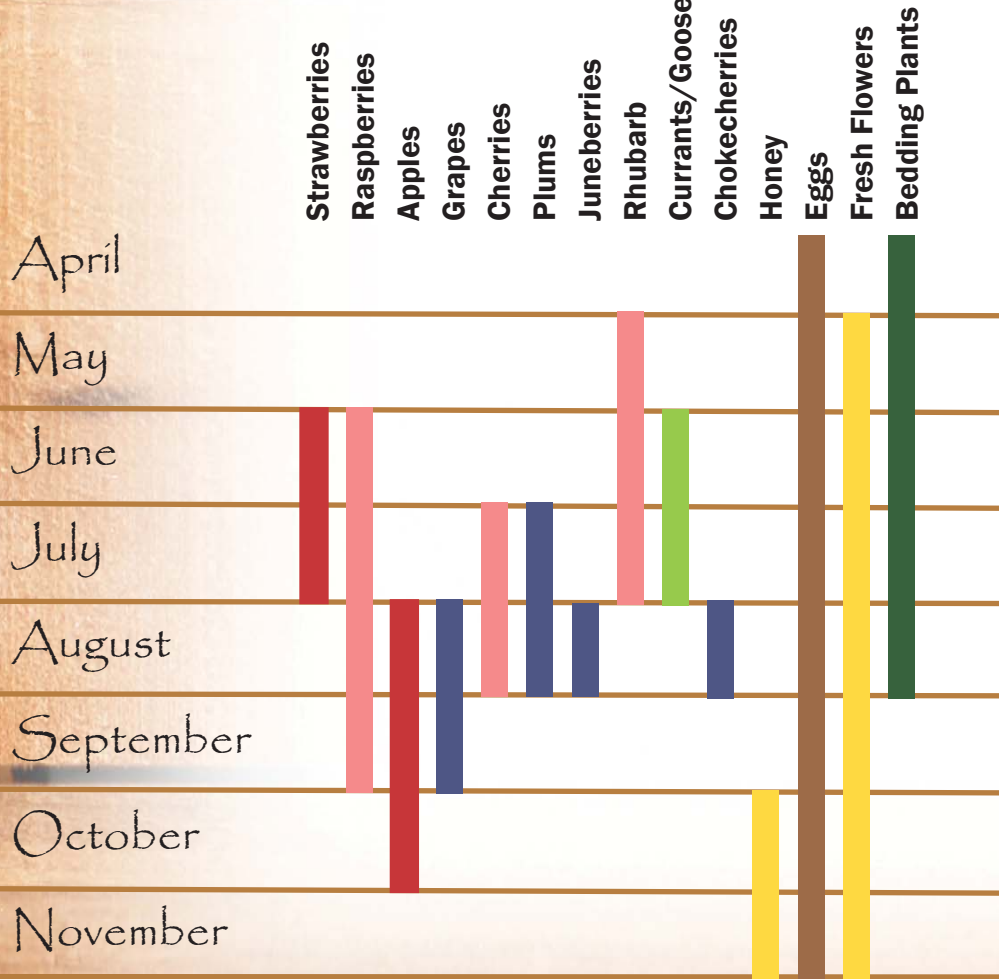


# VEGETABLES



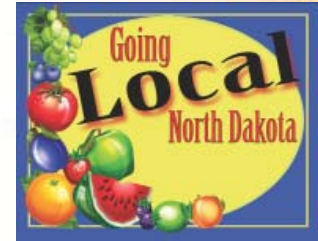
# FRUITS

& miscellaneous



# Harvest Calendar & Seasonal Eating

Shopping at farmers markets and farm stands can be good for your health, the local economy and small family farms. However, that may require practicing seasonal eating. Preserving fruits and vegetables at the peak of harvest can provide your family with good food all winter long.



Either way, knowing when fruits and vegetables become available can be helpful in planning trips to the farmers market or preparing meals.

Buying local in-season produce has many benefits. Some of them are:

1. Less environmental damage from transporting food across the country using fossil fuels
2. Farmers receive the food dollar directly
3. Families are eating more nutritious and healthy food
4. Getting to know your farmer can be a social event
5. New opportunities to try a variety of unusual vegetables

This harvest calendar provides general availability of many vegetables and fruits that can be found in North Dakota.

How reliable is this information? It is about as reliable as the weather. Keep in mind there are no guarantees in farming. Crops fail; weather changes and harvest dates can be shortened or extended depending on external factors. Agriculture is continuing to change as farmers continue to grow a greater variety of crops with new techniques and tools.

The information in this brochure should be used as a general guideline.



North Dakota Department of Agriculture  
 Agriculture Commissioner Doug Goehring  
[www.agdepartment.com](http://www.agdepartment.com)