

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

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www.kyfarmshare.org

