# Buy Fresh Buy Local

# It's as easy as counting to three

## **Enjoy exceptional** taste and freshness.

Premium taste. Maximum freshness. Produce picked and eaten closer to its height of ripeness has exceptional flavor and, when handled properly, is packed with nutrients.



# **Strengthen your local economy** and community.

Buying local food keeps your dollars circulating in your community. Building relationships with the farmers who grow your food strengthens your ties to the community and the land.

Fruits

Vegetables



### Help preserve open space.

By supporting local farmers, buying local food helps preserve green, open space in your community.





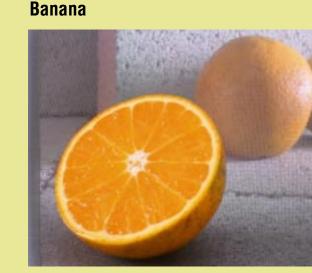
Hawaii Seasonality Chart\*

APR MAY JUNE JULY AUG SEPT OCT NOV MAR DEC FEB



Avocado





Orange



Papaya

Longar



Eggplant





Cabbage, Asian

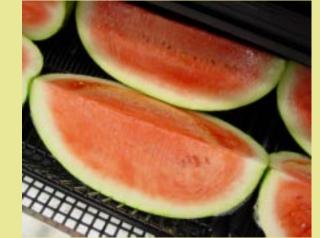




Lychee



Mango



Watermelon



Corn

Lettuce, Romaine

Potato, Sweet



Atemoya						
Avocado						
Banana						
Cantaloupe						
Honeydew						
Longan						
Lychee						
Mango						
Orange						
Papaya						
Persimmon						
Pineapple						
Rambutan						
Strawberry						
Starfruit						
Tangerine						
Watermelon						
Lime						
Bean						
Bittermelon						
Burdock <i>(Gobo)</i>						
Cabbage, Chinese						
Cabbage, Head						
Cabbage, Asian						
Celery						
Corn, Sweet						
Cucumber						
Daikon						

**Ginger Root** 

Lettuce, Baby Greens



Mushroom

Taro





**Onion**, Round



Zucchini

# **Check out these other Island Fresh products!**







Eggplant **Ginger Root** Heart of Palm Herbs Lettuce, Baby Greens Lettuce, Romaine Lettuce, Leaf Luau (Taro) Leaf Mushroom **Onion**, Round Onion, Green Parsley, American Pepper, Green Potato, Sweet Pumpkin *(Kabocha)* **Sprouts** Squash, Oriental Taro Tomato Zucchini

\* Seasonality based on production in Hawaii. Availability could vary from year-to-year depending on weather conditions.

Department of Agriculture

STATE OF HAWAII

Indicates PEAK availability

Indicates MODERATE availability





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Hawaii Agriculture and Food Products Directory search by source, food type or island

www.hawaiiag.org/hdoa/