Buy Fresh • Buy Local

It’s as easy as counting to three

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

2. 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.

3. Help preserve open space and our local lifestyle.
   By supporting local farmers, buying local food helps preserve green open space in your community.

Hawaii Seasonality Chart*

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

Check out these other Island Fresh products!

Eggs, Milk, Pork, Beef

Hawaii Agriculture and Food Products Directory
www.hawaiiag.org/hdoa/

Printed as a community service by HMSA.