

# What's In Season? Printable Wallet Card







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Eat Local Placer And Nevada

**What's In Season?**



In Placer and Nevada Counties  
A handy pocket guide  
to eating with the seasons

Presented by UCCE & Eat Local Placer Nevada

**Benefits of Shopping With The Seasons**

In Placer and Nevada Counties, we have access to an abundance of local produce. Reap these benefits when you shop with the seasons:

- **Variety:** Farms in this area produce a great diversity of fruits, vegetables, and nuts.
- **Cost:** Produce purchased in season is often cheaper.
- **Taste:** There's nothing like a vine-ripened tomato or a tree-ripened peach!

**Why eat local?**

Many people are making it a priority to **eat local** by purchasing produce from area farmers. This is a great start for healthy, great-tasting food!

An important part of getting nutrient-dense produce is to **eat seasonally**. This means choosing produce grown in your area during the current growing season. For example, eat watermelon in the summer, and citrus in winter. Look for in-season fruits and vegetables at local farmers' markets or grocery stores. These foods are fresher and taste better than produce brought in from other growing climates.

**spring**

- apricots and cherries
- artichokes
- asparagus
- broccoli, cauliflower, cabbage
- citrus
- fennel
- greens (kale, chard, arugula, lettuce, Asian greens)
- leeks, green onions, green garlic
- parsley
- peas and fava beans
- rhubarb
- root vegetables (carrots, beets, radishes, turnips)
- strawberries and blueberries

**summer**

- basil and cilantro
- berries
- cucumbers
- eggplant
- figs
- grapes
- melons and watermelons
- onions and garlic
- peaches, plums, pluots
- pears
- peppers
- potatoes
- summer squash and zucchini
- sweet corn
- tomatoes

**fall**

- apples
- broccoli, cauliflower, cabbage
- celery
- fennel
- figs
- greens
- leeks and green onions
- pears
- persimmons
- pomegranates
- potatoes
- root vegetables
- sweet potatoes
- winter squash

**winter**

- apples
- Asian pears
- broccoli, cauliflower, cabbage
- citrus (mandarins, oranges, lemons)
- garlic and onions
- greens
- persimmons
- pomegranates
- potatoes
- root vegetables
- sweet potatoes
- winter squash

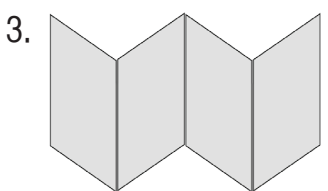
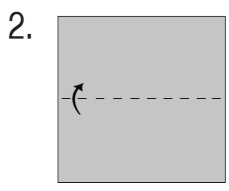
Ripening time of crops varies from year to year — **ask your farmer!**

**Tips for purchasing produce in season**

- Shop at your local Farmers' Markets.
- Buy directly from your local farmers at farmstands or through CSA programs.
- Ask your local grocery stores to carry local and seasonal produce.
- Know the **best time of year** for your favorite foods. For example, look for stone fruit and berries in the summer and greens and root vegetables in colder months.
- Seasonal availability will vary from year to year — **ask your farmer.**

**produce in season**

1. Cut out along the dotted line.
2. Fold in half along the dashed line.
3. Accordion-fold into a wallet-sized card!



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<p>11477 E Avenue (Bldg 306, DeWitt Center) Auburn, California 95603 <b>(530) 889-7385</b> FAX (530) 889-7397 E-Mail: <a href="mailto:ceplacer@ucdavis.edu">ceplacer@ucdavis.edu</a></p>	<p><i>The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, California 94607-5200. (510) 987-0096.</i></p> <p style="text-align: center; font-size: x-small;">United States Department of Agriculture, University of California, Placer and Nevada Counties cooperating.</p>	<p>255 So Auburn (Veterans Memorial Bldg) Grass Valley, California 95945 <b>(530) 273-4563</b> FAX (530) 273-4769 E-Mail: <a href="mailto:cenevada@ucdavis.edu">cenevada@ucdavis.edu</a></p>