Food that is grown and harvested locally is usually given more time to ripen, increasing its nutrient value. Eating sustainably-grown crops reduces the potential human health and environmental consequences of pesticides.

The greater the distance food has to travel to the consumer, the greater the contribution to greenhouse gas emissions and climate change. Buying local food encourages farmers to diversify their crops. Diversity in the fields decreases vulnerability to pests, extreme weather and disease.

In addition, purchasing local food benefits your local economy.

Some fruits and vegetables are highly perishable and are available only during the period when they are harvested. However, there are others that store well, extending their availability beyond their harvest dates.

This guide necessarily presents a broad average as availability dates depend on climate variations in each part of the region.

This guide is meant to provide a quick reference detailing the types of fruits and vegetables available regionally each month. The following are a few reasons why eating local and sustainable food is healthier for you and the environment.