

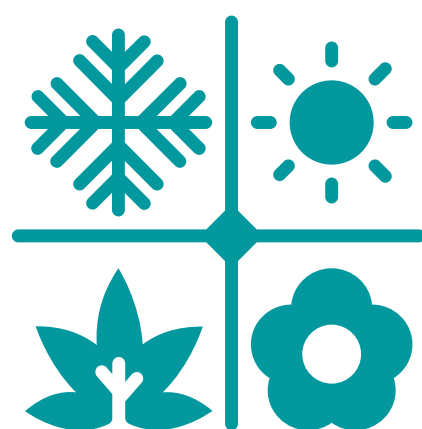
BUYING PRODUCE SEASONALLY



Fuel Your Family

What is buying seasonally?

Buying seasonally means to buy and eat food that is picked and harvested at the same time of year that it is available for purchase across the country. Seasonal foods tend to be more accessible, making them cheaper for consumers.



Benefits of buying in season?

- Nutritious
- Environmentally friendly
- Affordable
- Support local farmers
- Taste delicious
- Fresher produce

How do I know what produce is in-season?

Seasonal produce in your area will depend on growing conditions and weather.

Check out the SNAP-Ed Seasonal Produce Guide (<https://tinyurl.com/jmfcno4>) for a list of in-season fruits and veggies!



Where can I buy in-season produce?



In-season produce can be found at your local grocery store and farmers' market.

Farmers' Markets are great because they support local farmers.

Other Resources:

Lawrence Farmers' Market

<https://www.lawrencefarmersmarket.org/>

Cottin's Hardware Farmers Market

<https://www.facebook.com/cottinsfarmersmarket/>

Double Up Food Bucks

Double EBT at participating farmers' markets!

<https://www.doubleupheartland.org/>

Growing Lawrence Farm Directory

<https://growinglawrence.org/farms-directory/>

Seasonal and Simple app

<https://extension2.missouri.edu/mp909>

Sources: <https://onlinemph.unc.edu/eating-on-a-budget/>

<https://snaped.fns.usda.gov/seasonal-produce-guide>

K-STATE
Research and Extension

Douglas County



Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach