

# Eating Local and sustainable means eating seasonal

This local food guide reflects the diverse array of sustainable produce available during peak season and season extension periods. The calendar was developed by local farmers for Georgia Organics, a nonprofit organization integrating healthy, sustainable and locally grown food into the lives of Georgians.



All these fresh picks found at Emory's Farmer's Market

## Local Harvest Calendar

Emory's sustainability vision sets an ambitious goal of purchasing 75 percent local or sustainably grown food by 2015.

● shoulder season  
● peak season

Support local farmers

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
apples												
arugula	●	●	●	●	●	●	●	●	●	●	●	●
asparagus				●	●	●	●	●	●	●	●	●
basil					●	●	●	●	●	●	●	●
beans					●	●	●	●	●	●	●	●
beets				●	●	●	●	●	●	●	●	●
blueberries					●	●	●	●	●	●	●	●
bok choy	●	●	●	●	●	●	●	●	●	●	●	●
broccoli					●	●	●	●	●	●	●	●
brussels sprouts	●	●	●	●	●	●	●	●	●	●	●	●
cabbages	●	●	●	●	●	●	●	●	●	●	●	●
cantaloupes						●	●	●	●	●	●	●
carrots	●	●	●	●	●	●	●	●	●	●	●	●
collards	●	●	●	●	●	●	●	●	●	●	●	●
corn-sweet						●	●	●	●	●	●	●
cucumbers						●	●	●	●	●	●	●
cut flowers	●	●	●	●	●	●	●	●	●	●	●	●
eggplants						●	●	●	●	●	●	●
figs						●	●	●	●	●	●	●
garlic-cured						●	●	●	●	●	●	●
garlic-green				●	●	●	●	●	●	●	●	●
grapes-muscadines						●	●	●	●	●	●	●
kale and other greens	●	●	●	●	●	●	●	●	●	●	●	●
lettuces	●	●	●	●	●	●	●	●	●	●	●	●
mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
okra						●	●	●	●	●	●	●
peaches						●	●	●	●	●	●	●
peas-english			●	●	●	●	●	●	●	●	●	●
peas-field						●	●	●	●	●	●	●
pecans									●	●	●	●
peppers						●	●	●	●	●	●	●
persimmons									●	●	●	●
plums						●	●	●	●	●	●	●
potatoes-irish						●	●	●	●	●	●	●
potatoes-sweet	●	●	●	●	●	●	●	●	●	●	●	●
radishes	●	●	●	●	●	●	●	●	●	●	●	●
edamame						●	●	●	●	●	●	●
spinach	●	●	●	●	●	●	●	●	●	●	●	●
squash-summer						●	●	●	●	●	●	●
squash-winter									●	●	●	●
strawberries						●	●	●	●	●	●	●
tomatoes						●	●	●	●	●	●	●
turnips	●	●	●	●	●	●	●	●	●	●	●	●
vidalia onions						●	●	●	●	●	●	●
watermelon						●	●	●	●	●	●	●

Emory's sustainability vision sets an ambitious goal of serving 75 percent local or sustainably grown food in its hospitals and cafeterias by 2015.



sustainability.emory.edu

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