

HIGH DESERT FOOD & FARM ALLIANCE PRESENTS

CENTRAL OREGON'S Top 10 LOCALLY GROWN FOODS

Ask for them at your favorite restaurants and grocery stores

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| 1. SALAD MIXES | 4. SQUASH | 8. CUCUMBERS |
| 2. GARLIC | 5. SPINACH | 9. TOMATOES |
| 3. POTATOES | 6. CARROTS | 10. BEETS |
| | 7. PEPPERS | |

THE CENTRAL OREGON SEASONAL HARVEST

MARCH/APRIL	JUNE	ONIONS
ARUGULA	BEETS	PEPPERS
MUSTARD GREENS	BROCCOLI	POTATOES
KALE	FENNEL	TOMATOES
LETTUCE	KOHLRABI	SEPTEMBER
RADISHES	STRAWBERRIES	CORN
RHUBARB	JULY	LEEKs
SALAD MIX	BEANS	SHALLOTS
SPINACH	CUCUMBERS	TOMATOES
TURNIPS	EGGPLANT	APPLES
MAY	SQUASH	OCTOBER/NOVEMBER
BOK CHOY	TOMATOES	BRUSSEL SPROUTS
CARROTS	AUGUST	PARSNIPS
CHARD	CABBAGE	WINTER SQUASH
GREEN ONIONS	CAULIFLOWER	SUNCHOKES
PEAS	GARLIC	

CENTRAL OREGON GROWN FOODS

Get a Taste

OF THIS PLACE

getataste.org

