

Northeast Ohio Harvest Guide

■ available fresh □ available from cold storage, greenhouse, or hydroponically grown.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	■	■	■	■	■	■	■	■	■	■	■	■
Apple Cider	■	■	■	■	■	■	■	■	■	■	■	■
Asian Vegetables					■	■	■	■	■			
Asparagus				■	■	■						
Basil	■	■	■	■	■	■	■	■	■	■	■	■
Beans						■	■	■	■			
Beef & Bison	■	■	■	■	■	■	■	■	■	■	■	■
Beets						■	■	■	■	■	■	
Berries:												
Blackberries							■	■	■			
Blueberries						■	■	■	■			
Currants							■					
Gooseberries						■	■					
Raspberries						■	■	■	■			
Strawberries						■		■	■			
Broccoli						■			■	■		
Brussel Sprouts										■	■	■
Cabbage					■	■	■	■	■	■		
Carrots							■	■	■	■		
Cauliflower									■	■		
Cherries								■	■			
Collards						■	■	■	■	■		
Cucumbers	■	■	■	■	■	■	■	■	■	■	■	■
Dairy Products	■	■	■	■	■	■	■	■	■	■	■	■
Edamame								■	■			
Eggplant							■	■	■			
Eggs	■	■	■	■	■	■	■	■	■	■	■	■
Endive & Esca-						■	■	■	■	■		
Flowers				■	■	■	■	■	■	■	■	
Garlic	■	■	■	■	■	■	■	■	■	■	■	■
Grains & Flour	■	■	■	■	■	■	■	■	■	■	■	■
Goat Meat	■	■	■	■	■	■	■	■	■	■	■	■
Grapes, Table								■	■	■		
Grapes, Wine									■	■		
Herbs	■	■	■	■	■	■	■	■	■	■	■	■
Honey	■	■	■	■	■	■	■	■	■	■	■	■
Kale						■	■	■	■	■		
Lamb	■	■	■	■	■	■	■	■	■	■	■	■
Lavender								■	■			

Enjoy locally grown and produced foods all year round!

Winter

Enjoy farm-fresh poultry & meats, winter squash, root crops, and local dairy products. Remember, local foods make great holiday gifts!

Spring

Spring to life with spicy radishes, tender greens, asparagus, lamb, butter and rhubarb. Adorn your table with apple blossoms and other spring blooms.

Summer

Shop at a local farmers' market and get to know where your food comes from. Stock up on grass-fed beef for the grill and seasonal fruits, berries & veggies.

Fall

Harvest ripe tomatoes & peppers for salsa. Freeze or can extra produce for winter. Attend a local harvest festival. Pick a pumpkin at a local patch.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Leeks							■	■	■	■		
Lettuce					■	■	■	■	■	■	■	
Maple Syrup	■	■	■	■	■	■	■	■	■	■	■	■
Melons								■	■	■		
Mushrooms	■	■	■	■	■	■	■	■	■	■	■	■
Mustard Greens					■	■	■	■	■	■		
Okra							■	■	■			
Onions, Dry								■	■	■		
Onions, Green						■	■	■	■	■		
Ornamental								■	■	■	■	■
Parsnips									■	■		
Peaches							■	■	■			
Pears								■	■	■	■	■
Peas						■	■		■			
Peppers							■	■	■	■		
Plums							■	■	■	■		
Potatoes							■	■	■	■		
Pork	■	■	■	■	■	■	■	■	■	■	■	■
Poultry:	■	■	■	■	■	■	■	■	■	■	■	■
Chicken	■	■	■	■	■	■	■	■	■	■	■	■
Turkey	■	■	■	■	■	■	■	■	■	■	■	■
Preserves	■	■	■	■	■	■	■	■	■	■	■	■
Pumpkins									■	■	■	
Radishes					■	■	■			■		
Rhubarb					■	■	■	■				
Rutabagas												
Shallots												
Spinach					■	■	■		■	■	■	
Squash, Summer							■	■	■			
Squash, Winter						■	■	■	■	■	■	
Sweet Corn							■	■	■	■		
Swiss Chard						■	■	■	■	■	■	
Tomatoes							■	■	■	■		
Turnips									■	■	■	
Value Added	■	■	■	■	■	■	■	■	■	■	■	■
Wreaths										■	■	■
Zucchini						■	■	■	■			

This information has been published by the Cuyahoga Valley Countryside Conservancy as part of its *Countryside Harvest Guide*, a web-based guide to local, seasonal eating available at www.cvcountryside.org.

The Cuyahoga Valley Countryside Conservancy (CVCC), is a private, non-profit organization headquartered in the Cuyahoga Valley between Cleveland and Akron. CVCC is a small think-and-do tank working to re-envision and rebuild local-regional farming and food systems in Northeast Ohio.

For additional information, please contact us:
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Why Go Local?

Why not? Fresh, locally grown foods don't just taste delicious — they are better for you, your community and your planet.

Low Mileage from Farm to Plate

Most food travels over 1,500 miles from farm to plate while locally grown food typically travels 50 miles or less reducing pollution, our dependence on fossil fuels, and protecting the environment.

Fresh Taste, Less Waste

Local food usually arrives in markets within 24 hours of being plucked from the vine or dug from the earth. So, it's unusually fresh and delicious. Fresher foods keep longer — reducing waste in the kitchen, and providing better value for our food dollar.

Delicious and Nutritious Food

Because locally grown foods are so fresh, they are also more nutritious, containing higher levels of vitamins, minerals and other nutrients that healthy bodies need.

Prosperous Farmers

91 cents of each dollar spent in conventional food markets goes to suppliers, processors, middlemen and marketers; while only 9 cents goes to the farmer.

Farmers who sell direct at local farmers' markets or through CSAs keep 80-90 cents of each dollar. Selling locally, farmers can reduce distribution, packaging and advertising costs and offer us fresher, more affordable food. Prosperous farmers keep farming and operate viable businesses that enhance our communities and strengthen our local food supply.

Variety: The Spice of Life

Local farmers cultivate mouth-watering varieties of delicious foods like Green Zebra tomatoes, Northern Spy apples, Purple Dragon carrots, Buckeye Chickens, and many other fruits, vegetables, and livestock bred for flavor, nutrients and suitability to our local climate and soils rather than uniformity and endurance to withstand a cross-country road trip.

Biodiversity never tasted so good!

Thriving Communities

Buying local, a greater portion of our food dollar stays home supporting farms and businesses that make up our local communities and our regional economy. NE Ohioans spend over \$7 billion on food. But less than 1% comes from local farms and producers. Localizing just 10% of our food spending, would generate over \$70 million for our local economy and communities.

How Local Can You Go?

**Take the Eat Local Challenge
this fall and find out!**

Visit www.cvcountryside.org or call 330.657.2178 for more information on the Eat Local Challenge, Fall 2006.



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A project of:
The Cuyahoga Valley Countryside Conservancy
Ohio Farmers' Union Cooperative Development Center

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