

## SEASONAL FRUITS AND VEGGIES



New Jersey is known for growing more than 100 varieties of fruits, vegetables, herbs and more. The State is ranked in the top ten of producers for blueberries, cranberries, peaches, bell peppers, squash, and tomatoes. Produce grown locally has better flavor and will be much fresher than produce that has traveled across the country. Additionally, studies show that fresh produce loses nutrients quickly; but local produce that is purchased soon after harvest retains those beneficial nutrients. With that in mind, it is important to know when local produce is in season so that you can enjoy the vast variety of Jersey grown crops!



**Scan the QR code for the Seasonality Chart**