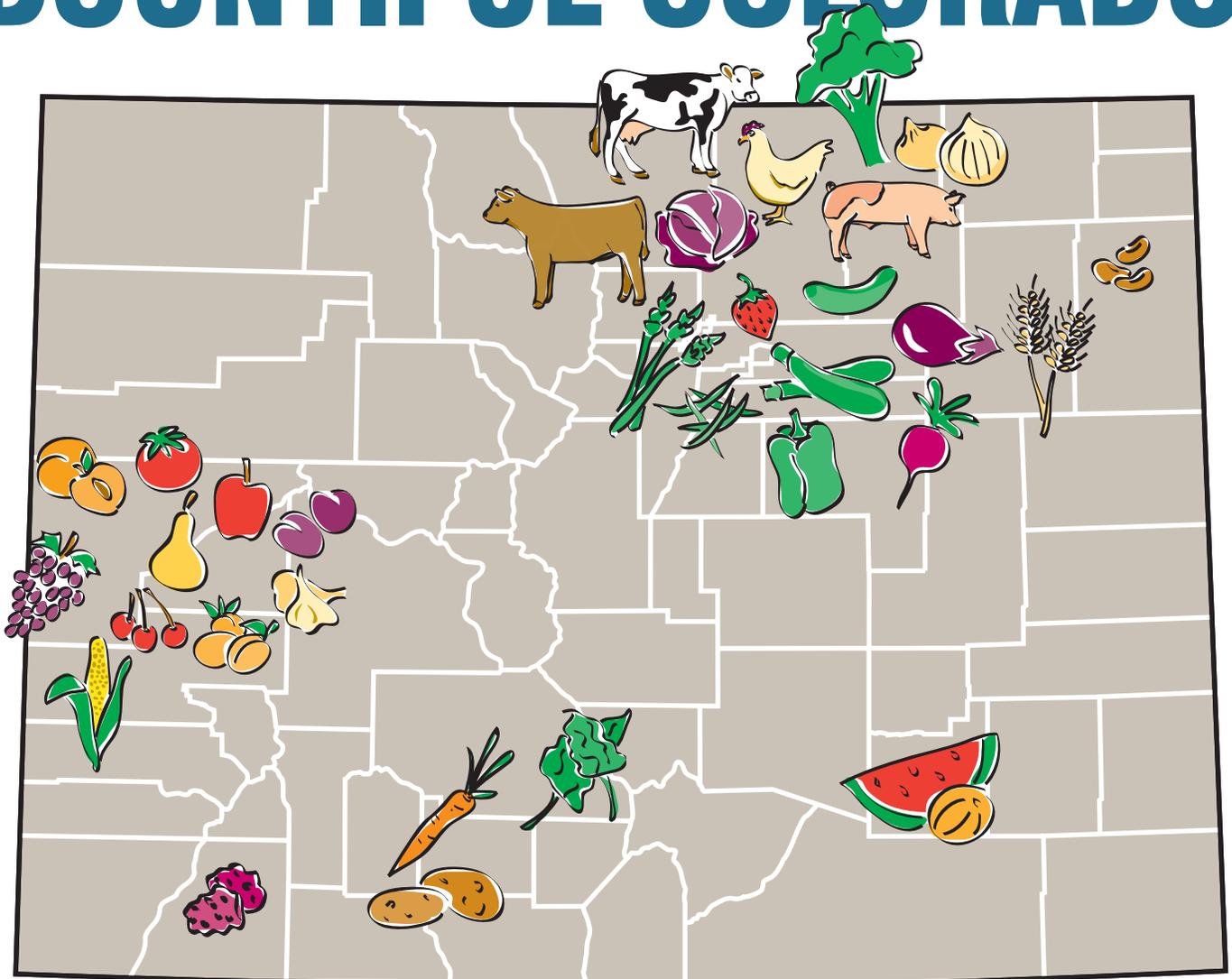


# BOUNTIFUL COLORADO



Each picture on the map represents an area of the state with the largest output of that product.

## Buying local foods benefits both you and Colorado.

- **Variety:** Colorado produces all kinds of foods: fruits, vegetables, meats, poultry, eggs and milk.
- **Future:** Supporting local farmers keeps viable agriculture in Colorado and ensures that future generations will have access to small-scale family farms.
- **Environment:** Conventionally transported foods are shipped an average of 1500 miles<sup>1</sup>, while local foods from Colorado average about 300 miles, helping to protect the environment (and the food is fresher).
- **Community:** Studies show that for every \$10 spent on local products, \$25 returns to the local community because the local businesses will spend the money locally as well, causing a multiplier effect<sup>2</sup>.
- **Health:** Most local produce is picked at peak ripeness, which assures the highest nutrient content.
- **Taste:** Many people feel that fresh, ripe locally-grown food tastes better than food that has traveled long distances.

<sup>1</sup>Rich Pirog, "Checking the Food Odometer: Comparing Food Miles for Local Versus Conventional Produce Sales to Iowa Institutions," July 2003.

<sup>2</sup>New Economics Foundation, "Local Food Better for Rural Economy than Supermarket Shopping," 7/8/2001.

## Seasonal Availability of Common Foods Produced in Colorado<sup>3</sup>

	Apr	May	Jun	Jul	Aug	Sep	Oct
Apricots				■	■		
Asparagus		■	■				
Broccoli			■	■	■	■	
Brussel Sprouts					■	■	■
Cherries			■	■			
Cucumbers				■	■	■	■
Eggplant					■	■	
Green Beans				■	■	■	
Melon				■	■	■	■
Peaches					■	■	■
Peppers					■	■	■
Plums				■	■		
Raspberries					■	■	■
Salad Mix			■	■	■	■	■
Spinach	■	■	■	■	■	■	■
Strawberries			■	■	■	■	■
Summer Squash			■	■	■	■	
Sweet Corn				■	■	■	
Tomatoes					■	■	■

Shaded areas indicate approximate time food is in season in the Colorado environment.

**These foods will store past their growing season when stored appropriately:**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples								■	■	■		
Beets					■	■	■	■	■	■		
Carrots						■	■	■	■	■		
Garlic							■	■	■	■		
Onions								■	■	■		
Pears								■	■			
Potatoes						■	■					
Winter Squash									■	■		

■ Areas indicate storage months.

■ Areas indicate approximate time food is in season in the Colorado environment.

**Colorado also produces many foods year-round including meats, cheese, eggs, milk, dry beans, mushrooms, and wheat products.**

Look for the Colorado Proud logo advertising local foods at your grocery store, food co-ops, and farmers' markets. Or get local produce through Community Supported Agriculture programs (CSA: <http://www.nal.usda.gov/afsic/csa/csastate.html>)

To find your nearest Colorado farmer's market visit Colorado's Farm Fresh Directory at <http://www.ag.state.co.us/mkt/farmfresh/farmersmarkets.html>



<sup>3</sup>Adapted from chart created by Adrian Card, "Challenges and Opportunities for Marketing Fresh Fruit from the Western Slope of Colorado," 2001.