

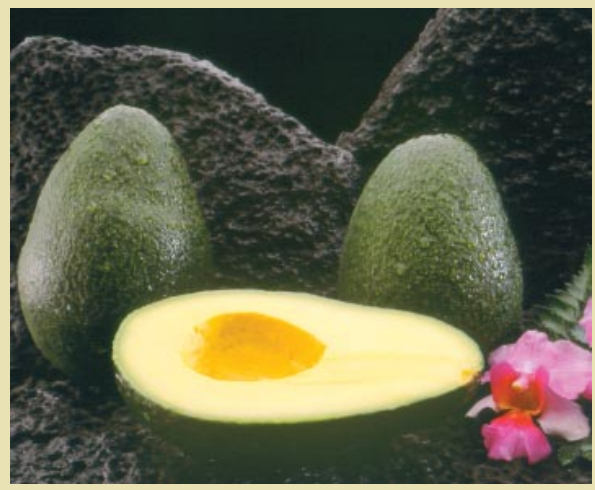


Island Fresh

Buy Fresh Buy Local

It's as easy as counting to three

- 1 Enjoy exceptional taste and freshness.**
Premium taste. Maximum freshness. Produce picked and eaten closer to its peak of ripeness has exceptional flavor and, when handled properly, is packed with nutrients.
- 2 Strengthen your local economy and community.**
Buying local food keeps your dollars circulating in your community. Building relationships with the farmers who grow your food strengthens your ties to the community and the land.
- 3 Help preserve open space and our local lifestyle.**
By supporting local farmers, buying local food helps preserve green open space in your community.



Avocado



Banana



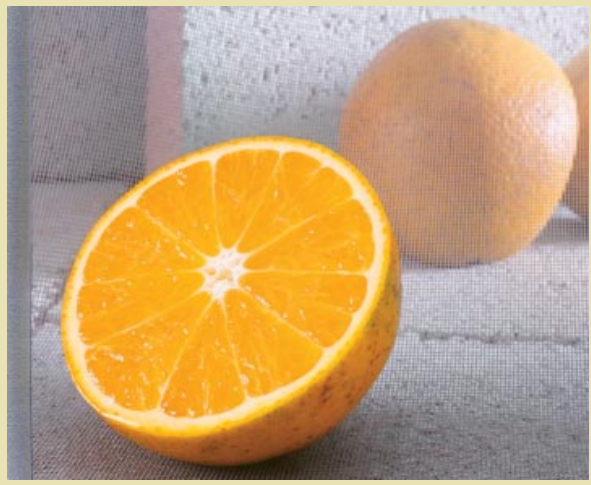
Longan



Lychee



Mango



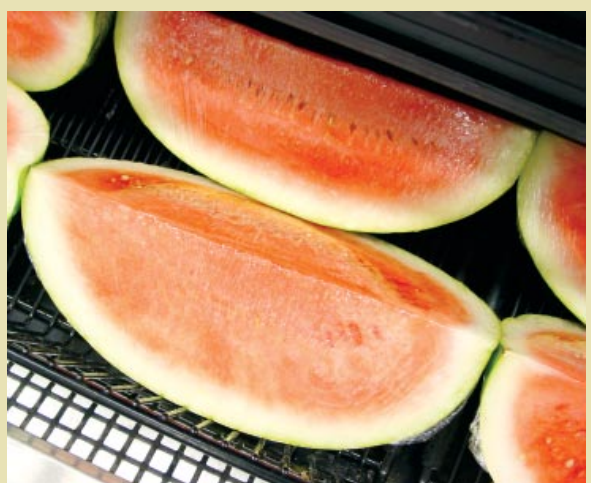
Orange



Papaya



Pineapple



Watermelon



Cabbage, Asian



Corn



Eggplant



Ginger Root



Lettuce, Baby Greens



Lettuce, Romaine



Mushrooms



Onion, Round



Sweetpotato



Taro



Tomato



Zucchini

Check out these other Island Fresh products!



Beef



Eggs



Milk



Pork

Island Fresh

Hawaii Seasonality Chart*

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Fruits												
Atemoya												
Avocado												
Banana												
Cantaloupe												
Honeydew												
Lime												
Longan												
Lychee												
Mango												
Orange												
Papaya												
Persimmon												
Pineapple												
Rambutan												
Strawberry												
Starfruit												
Tangerine												
Watermelon												
Vegetables												
Beans												
Bittermelon												
Burdock (Gobo)												
Cabbage, Chinese												
Cabbage, Head												
Cabbage, Asian												
Celery												
Corn, Sweet												
Cucumber												
Daikon												
Eggplant												
Ginger Root												
Heart of Palm												
Herbs												
Lettuce, Baby Greens												
Lettuce, Romaine												
Lettuce, Leaf												
Luau (Taro) Leaf												
Mushrooms												
Onion, Round												
Onion, Green												
Parsley, American												
Pepper, Green												
Pumpkin (Kabocha)												
Sprouts												
Squash, Oriental												
Sweetpotato												
Taro												
Tomato												
Watercress												
Zucchini												

* Seasonality based on production in Hawaii. Availability could vary from year-to-year depending on weather conditions.

Printed as a community service by HMSA.

Hawaii Agriculture and Food Products Directory
search by source, food type or island
www.hawaiiag.org/hdoa/



Indicates PEAK availability
Indicates MODERATE availability

