



# Island Fresh Buy Local It Matters

## Join the Movement!

**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



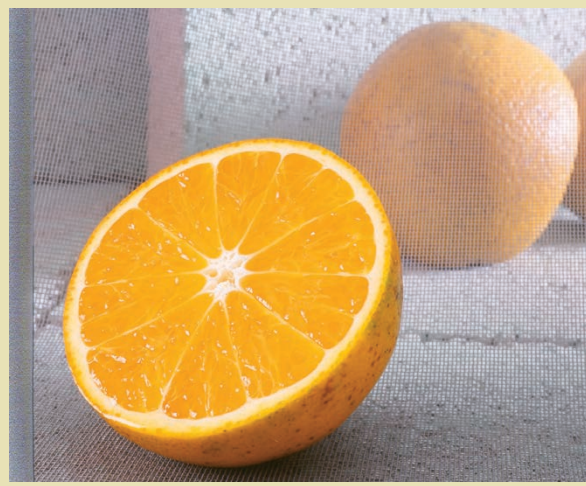
Longan



Lychee



Mango



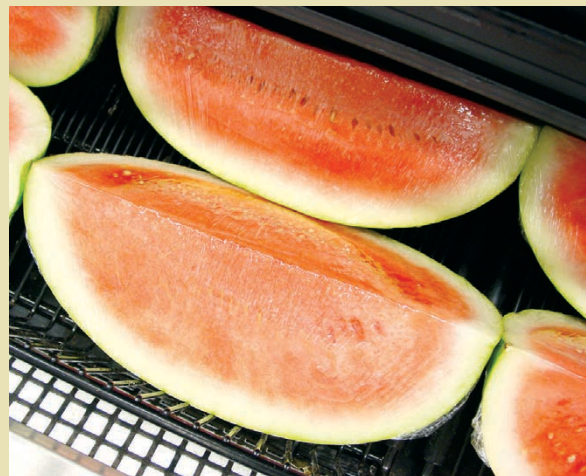
Orange



Papaya



Pineapple



Watermelon



Cabbage, Asian



Corn



Eggplant



Ginger Root



Lettuce, Baby Greens



Lettuce, Romaine



Mushrooms



Onion, Round



Sweetpotato



Taro



Tomato

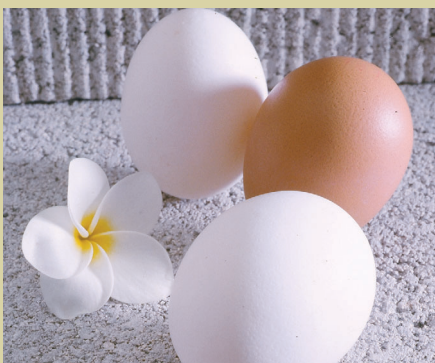


Zucchini

### 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 ( <i>Gobo</i> )											
	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 ( <i>Kabocha</i> )											
	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.