

Your guide to enjoying Washington-grown produce

Deep color denotes harvest season. Lighter shade indicates year-round availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples (1)									Dark Red	Dark Red	Dark Red	Light Red
Pears (1)	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Light Green
Potatoes	Light Brown	Light Brown	Light Brown	Light Brown	Light Brown	Light Brown	Light Brown	Light Brown	Light Brown	Light Brown	Light Brown	Light Brown
Frozen carrots/peas/corn (2)	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange
Asparagus				Light Green	Light Green	Light Green						
Strawberries						Light Red	Light Red					
Apricots						Light Orange	Light Orange	Light Orange				
Peaches/Nectarines						Light Orange	Light Orange	Light Orange	Light Orange			
Sweet cherries						Dark Red	Dark Red	Dark Red				
Tart cherries (3)	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink
Onions (4)	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange
Green (snap) beans (5)	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink
Blueberries (6)	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue
Red raspberries (6)	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink
Sweet corn, fresh						Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow		
Plums/prunes								Dark Purple	Dark Purple	Dark Purple	Dark Purple	Dark Purple
Grapes (7)	Light Purple	Light Purple	Light Purple	Light Purple	Light Purple	Light Purple	Light Purple	Light Purple	Light Purple	Light Purple	Light Purple	Light Purple
Cranberries (8)	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink	Light Pink

1. While apples and pears are harvested September through November, controlled atmosphere storage allows sweet, crisp Washington apples and pears to be enjoyed year-round.
2. The majority of carrots, peas and sweet corn are grown for processing.
3. Most Washington tart cherries are canned or frozen for year-round treats.
4. Onions store well which is why you can find Washington onions nearly all year.
5. Much of Washington's crop of green beans is frozen, providing you more options for year-round veggies.
6. Craving fruit cobbler in the middle of February? Go ahead and bake one up with frozen berries grown in Washington.
7. Washington grows grapes for both juice and wine.
8. Cranberries are available fresh seasonally, and all year frozen, canned or in juice.

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10 Reasons

to know more
about

Washington-grown food



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Everyone needs to eat. Most of us enjoy tasty, flavorful food. We are fortunate to live in Washington State. Here's why:

1. Washington grows over 300 different crops giving us many choices. Washington farmers produce some of the best fruits and vegetables in the world. Cherries, pears, nectarines, apricots, apples, blueberries and raspberries are just a few. We also grow asparagus, beans, peas, carrots, potatoes, corn and so much more.



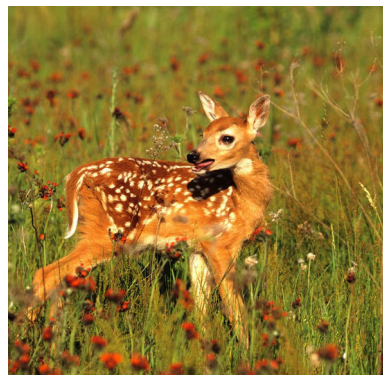
2. 95% of Washington farms are family owned. Farmers and their families live on the land and make sure it is properly cared for.

3. Supporting Washington agriculture supports Washington's economy. Agriculture is the number one employer in Washington State. Many jobs associated with agriculture and food processing are high tech and scientific. Agriculture and food processing provides jobs for engineers, computer programmers, agronomists, mechanics, truck drivers and more.



4. Nearly all of our farmers participate in certification programs to ensure that fruits and vegetables are produced, packed, handled and stored in the safest manner possible. Consumer health as well as worker health and safety are high priorities.

5. Agricultural exports support jobs at ports. Apples, wheat, potatoes, hops and many other crops are exported from Washington across the country and around the world. Exporting our crops gives others around the world access to nutritious food and creates jobs at Washington's ports.



6. Farms provide habitat for birds and other wildlife.

7. We can eat Washington-grown food year round. Apples, pears, potatoes and onions are held in controlled atmosphere storage to keep them fresh almost year round.



Blueberries, raspberries, corn, peas, carrots and other fruits and vegetables are flash frozen just hours after harvest to lock in freshness. In the middle of winter, you can enjoy Washington fruits and vegetables that have as much

nutritional value as fresh picked. Washington produces a quarter of all the frozen vegetables grown in the country.



8. Washington grown products provide a variety of beverages as well. You may already know that Washington State produces more wine than any other state except California, and you may know that Washington hops flavor beer made around the world. But did you know that nearly half of the grape juice in the country is produced from grapes grown in Washington? Cranberry juice is also made from Washington-grown cranberries.

9. Don't forget the grains. Whitman County produces more wheat than any other county in the United States.



10. After all that eating and drinking, it's time to brush your teeth. Washington



State is the top mint producing state in the nation. Mint oil from Washington flavors toothpaste, mints and gum.

These are just ten of the many reasons why agriculture is good for Washington. Share your thoughts or ask us questions at www.washivore.org or www.facebook.com/washivore/.