

EATING WITH THE SEASONS IN THE NORTH COUNTRY

Suggestions to Help You Eat Local Food Throughout the Year

JANUARY

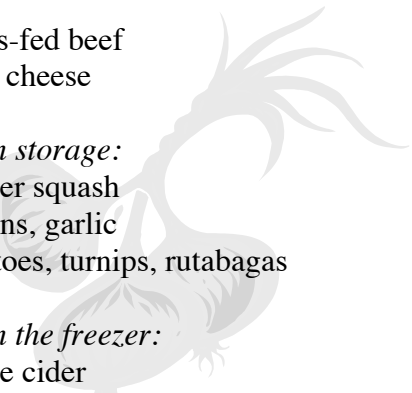
Grass-fed beef
Goat cheese

From storage:

Winter squash
Onions, garlic
Potatoes, turnips, rutabagas

From the freezer:

Apple cider
Homemade pesto
Garden vegetables



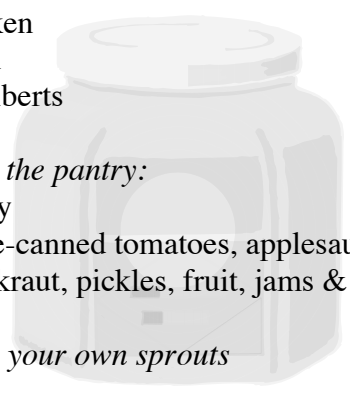
FEBRUARY

Chicken
Bison
Hazelberts

From the pantry:

Honey
Home-canned tomatoes, applesauce,
sauerkraut, pickles, fruit, jams & jellies

Grow your own sprouts



MARCH

Maple syrup
Dry beans

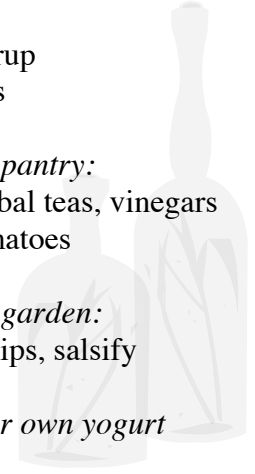
From the pantry:

Dried herbal teas, vinegars
Dried tomatoes

From the garden:

Dig parsnips, salsify

Make your own yogurt



APRIL

Eggs
Cheese

From field & stream:

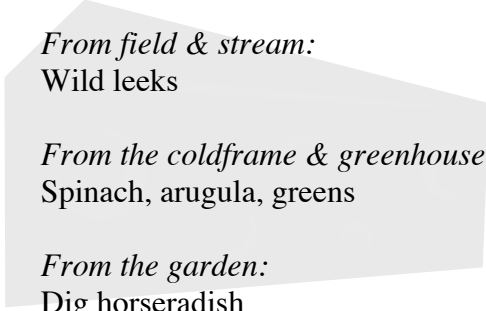
Wild leeks

From the coldframe & greenhouse:

Spinach, arugula, greens

From the garden:

Dig horseradish



MAY

Spinach
Sorrel
Asparagus
Rhubarb

From field & garden:

Fiddleheads
Wild orpine
Dandelion greens
Chives, green onions



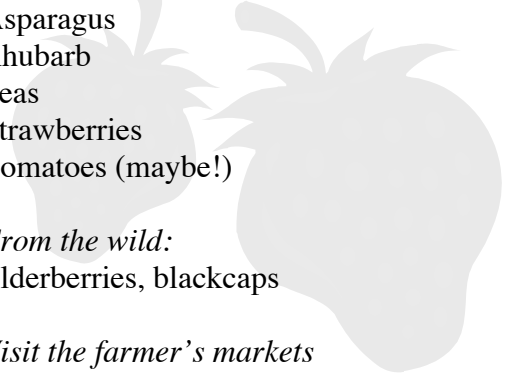
JUNE

Lettuce & greens
Asparagus
Rhubarb
Peas
Strawberries
Tomatoes (maybe!)

From the wild:

Elderberries, blackcaps

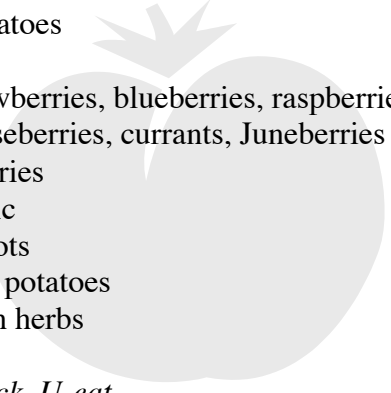
Visit the farmer's markets



JULY

Tomatoes
Peas
Strawberries, blueberries, raspberries
Gooseberries, currants, Juneberries
Cherries
Garlic
Carrots
New potatoes
Fresh herbs

U-pick, U-eat



AUGUST

Sweet corn
Tomatoes, peppers, eggplant
Early apples
Blueberries
Melons
Onions
Carrots
Basil, cilantro

Farm stands & gardens overflowing!



SEPTEMBER

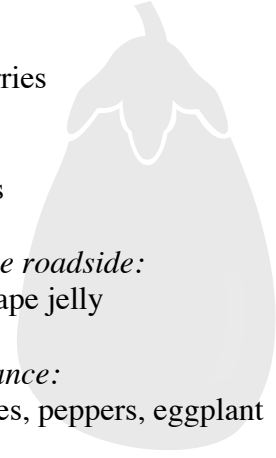
Apples
Raspberries
Melons
Onions
Potatoes

From the roadside:

Wild grape jelly

Last chance:

Tomatoes, peppers, eggplant

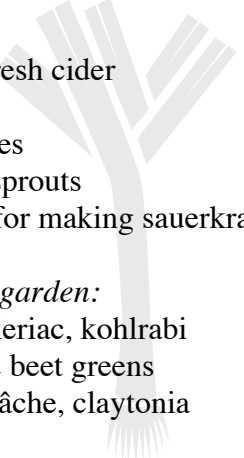


OCTOBER

Venison
Apples, fresh cider
Pumpkins
Raspberries
Brussels sprouts
Cabbage for making sauerkraut

From the garden:

Leeks, celeriac, kohlrabi
Collard & beet greens
Salads: mâche, claytonia



NOVEMBER

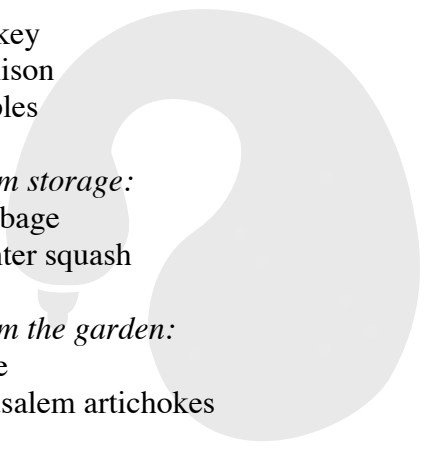
Turkey
Venison
Apples

From storage:

Cabbage
Winter squash

From the garden:

Kale
Jerusalem artichokes



DECEMBER

From storage:

Potatoes, turnips, rutabagas
Onions, garlic
Dried tomatoes

From the garden:

Kale
Carrots (mulched)

Bake your own bread

