



Island Fresh

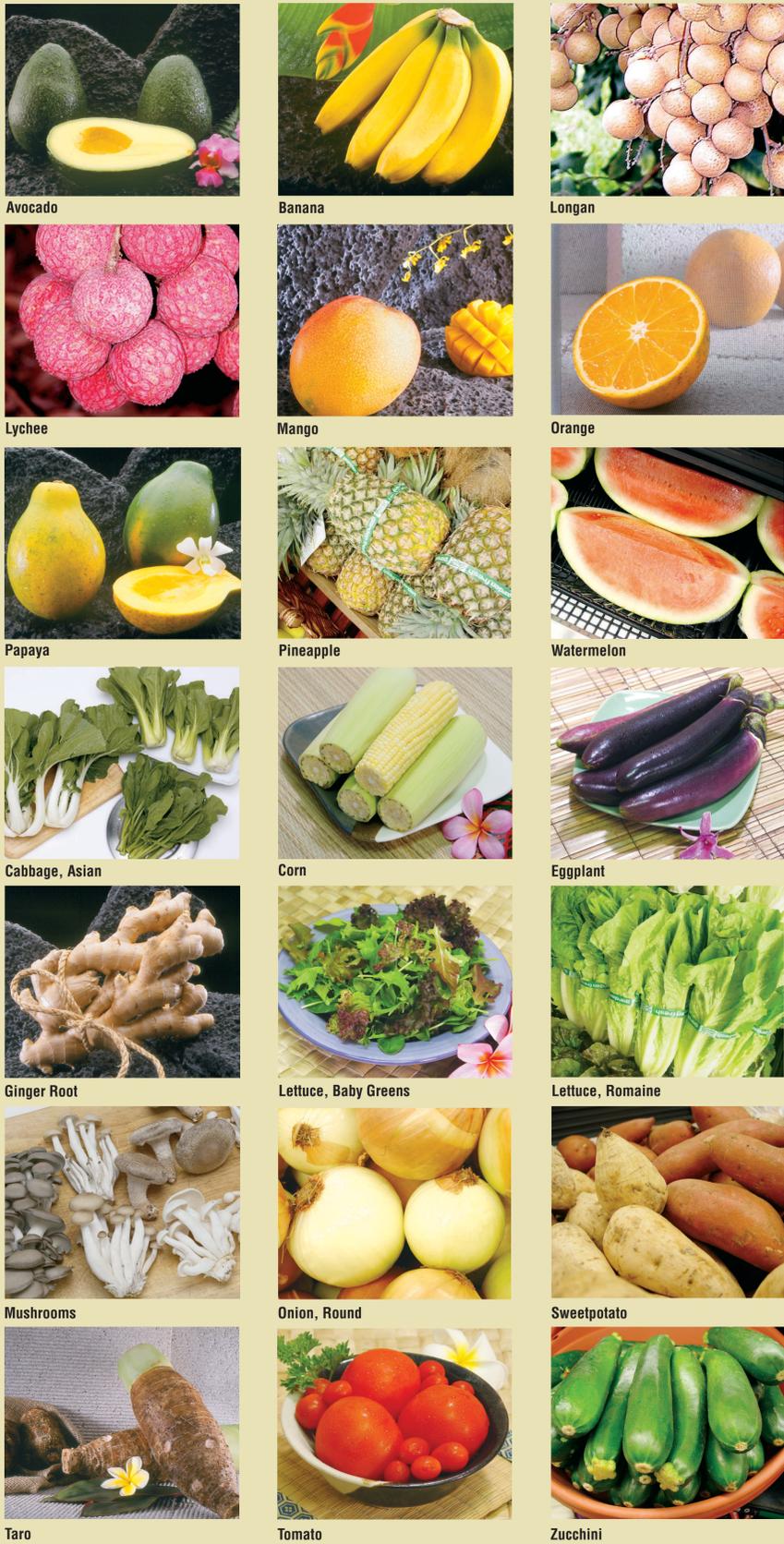
Buy Local It Matters

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.

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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												
Luuu (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.



Indicates PEAK availability
 Indicates MODERATE availability