



**“Building Strong and Vibrant  
New York Communities”**



**Cornell University  
Cooperative Extension**

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## **Business Food Buyer’s Guide to Purchasing Locally Grown Products**



A partial listing of farms in the greater  
Saratoga and Washington County area  
who sell directly to restaurants, retail food markets,  
schools and institutions.

Brought to you by  
**Agricultural Economic  
Development Program  
Saratoga and Washington Counties**  
[www.aedpws.org](http://www.aedpws.org)

# Pride from A(pples) to Z(ucchini)

Your guide to harvest times and availability for the incredible diversity of New York State produce.

Today more than ever, New York consumers are demanding close-to-home freshness in everything they buy. And very few places even come close to New York State for the variety and quality of its farm-fresh produce.

As the Program dedicated to advancing New York agriculture, we take a lot of Pride in New York State fruits and vegetables – and the Pride of New York members who produce them.

VEGETABLES	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Asparagus						Harvest	Harvest					
Beans, Dry										Harvest	Harvest	Harvest
Beans, Lima										Harvest	Harvest	
Beans, Snap								Harvest	Harvest	Harvest		
Beets						Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	
Beet Greens						Harvest	Harvest	Harvest	Harvest	Harvest		
Broccoli						Harvest	Harvest	Harvest	Harvest	Harvest		
Brussel Sprouts										Harvest	Harvest	
Cabbage							Harvest	Harvest	Harvest	Harvest	Harvest	
Carrots							Harvest	Harvest	Harvest	Harvest	Harvest	
Cauliflower									Harvest	Harvest	Harvest	
Celery									Harvest	Harvest	Harvest	
Collard Greens							Harvest	Harvest	Harvest	Harvest	Harvest	
Corn									Harvest	Harvest	Harvest	
Cucumbers									Harvest	Harvest	Harvest	
Eggplant									Harvest	Harvest	Harvest	
Garlic							Harvest	Harvest	Harvest	Harvest	Harvest	
Herbs									Harvest	Harvest	Harvest	Harvest
Kale										Harvest	Harvest	Harvest
Leeks									Harvest	Harvest	Harvest	
Lettuce							Harvest	Harvest	Harvest	Harvest	Harvest	
Mustard Greens							Harvest	Harvest	Harvest	Harvest	Harvest	

Vegetables continued on other side

Harvest period  
Availability period

The above periods are approximate. Harvest periods may begin a week to ten days earlier during a warmer-than-usual year. A cool spring will delay crop maturity. Call farms for exact dates of harvest.



Pride for all seasons.

1-800-554-4501 www.prideofny.com

## Top Ways to Buy Local



Shop at local farmstands and area farmers' markets. There are 15 Farmers' Markets in Rensselaer, Washington, and Saratoga Counties alone.

Join a Community Supported Agriculture (CSA) farm.



Find out what milk and eggs are produced close to home at your convenience store and grocery. Saratoga County has 46 dairy farms producing roughly 8 million gallons of milk annually.



Ask your grocery store manager and local restaurant to carry more food from area farms. Try to eat seasonally, check out the harvest calendars on [www.prideofny.com](http://www.prideofny.com) or [nyfarmersmarket.com](http://nyfarmersmarket.com) to learn what is in season for fresh or stored fruits and veggies throughout the year.



Pick your own! Find out where to pick fruits and veggies in season, at their peak of ripeness and highest nutritional value.



For more information and for local farm guides visit:

[www.aedpws.org](http://www.aedpws.org)



## Why Buy from Local Farms?

- **Good for the environment**

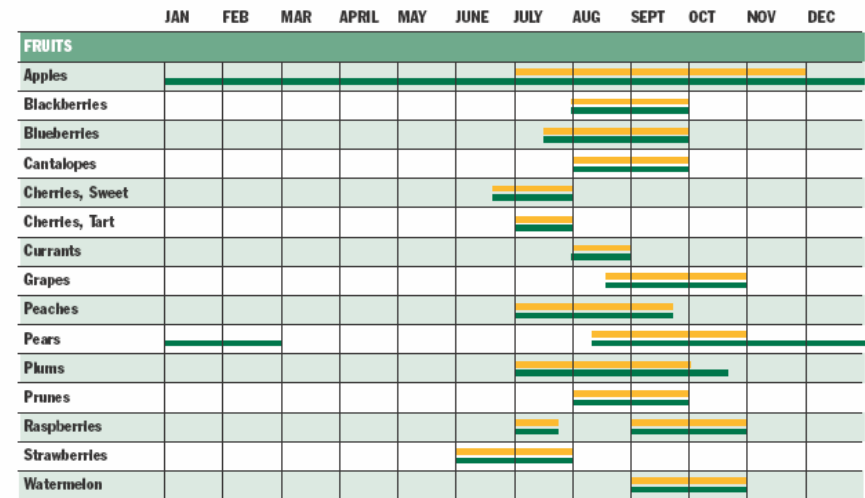
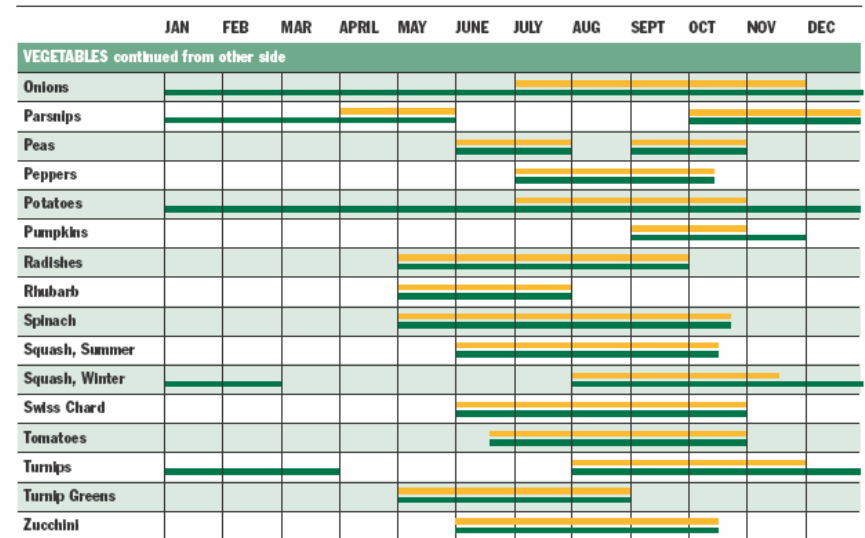
The average food product from the grocery store has traveled 1300 miles to get to your dinner plate. Farms produce food and fiber, protect open space and provide wildlife habitat, all contributing to our quality of life.

- **Food Security**

Supporting local farms helps secure our future. A reliable local supply of food is important for times of scarcity, threats of terrorism, and global food contamination issues. A balance of small, mid and large sized farms are all important in the equation. All farms of various sizes occupy important niches in the fabric of today's agricultural landscape.

- **Good for the local economy**

Farms help keep taxes low as they require fewer community services as "cows and corn don't go to school". Each dollar earned on the farm multiplies 4 times in the local economy- support services for farms are mainly locally owned businesses.



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