



# PESTICIDE LEVELS

Some crops are more contaminated with pesticides than others, so if you have to make choices about when to insist on organic, pesticide-free produce, use this reference list.

Of course, there are many reasons for choosing organically grown besides the effects on your health. Organic practices protect soil, water and air quality and farmworker health. They also promote biodiversity and habitat for beneficial insects.

The Co-op's Produce Department features 100% organically grown produce, so when you shop here you will know that all your fruits and vegetables are pesticide-free!

TOP 12 MOST CONTAMINATED ALWAYS BUY ORGANIC	TOP 12 LEAST CONTAMINATED ENJOY IN SEASON
1. Strawberries	1. Avocados
2. Apples	2. Sweet Corn
3. Nectarines	3. Pineapples
4. Peaches	4. Cabbage
5. Celery	5. Sweet Peas (frozen)
6. Grapes	6. Onions
7. Cherries	7. Asparagus
8. Spinach	8. Mangoes
9. Tomatoes	9. Papayas
10. Sweet Bell Peppers	10. Kiwi
11. Cherry Tomatoes	11. Eggplant
12. Cucumbers	12. Honeydew Melon



# EATING LOCALLY

## SEASONAL, LOCAL, ORGANIC

Eating locally and in season is good for your health, the community, and the environment – and it’s easier than you might think.

Our ancestors had no choice but to eat with the seasons: a local diet is by default a seasonal diet. In our modern food system, that way of life isn’t necessary thanks to advances in transportation and the rise of industrial agriculture. But some elements of ancient eating and cooking that may have been forgotten—like eating with the seasons—are worth rediscovering.

## Why Eat Local?

- **Enjoy better flavor and more nutrients.** When grown locally, crops are picked at their peak of ripeness versus being harvested early to ship far away. Fresher is better since nutritional value declines, often dramatically, as time passes after harvest.
- **Support the local economy.** The money that is spent with local farmers and food artisans all stays close to home and is reinvested with businesses and services in your community.
- **Protect the environment.** Not only are you saving energy because the food doesn’t have to travel as far, but choosing food from organic local farms helps preserve the soil, protect wildlife, promote biodiversity improves native ecosystems.
- **Preserve local culture.** Part of what makes any community great is how well it preserves its unique culture, foods, ecology, architecture, history, music, and art. Local businesses celebrate these features, while chains tend to homogenize, following a corporate template rather than respecting local architecture or customs.
- **Create the community you want to live in.** Get to know the people behind your food! You’ll enjoy more personal interactions, more distinctive choices, and real value.

## How to Eat Local and in Season

Shop at the Co-op where locally grown produce is on display every day. Look for signs specifying where each fruit and vegetable is grown, and how far the farm is from the Co-op.

Community Supported Agriculture is a great way to connect to a local farm. Join a CSA and get a weekly delivery of locally grown produce. Good Humus Produce, Say Hay Farms and Soil Born Farms are a few favorite CSA farms in our area.

## Eating Locally is Eating Seasonally Four Seasons – Four Reasons

1. Seasonal produce gives us the nutrients we need. Nature knows what works; eating seasonal produce helps protect the body during seasonal changes. Apples grow in the fall and are the perfect transition food helping the body get rid of excess heat and cool down before winter. Winter gives us foods with high levels of vitamin C like citrus and kiwi, anti-viral properties like radishes and other roots, and lots of antioxidants like those in the brassica family (cabbage, kale and broccoli, to name a few). In the spring the abundance of leafy greens help us alkalize and detox after a long winter of heavier foods. In the summer we need to cool down and stay hydrated by eating more fruits, like berries, cucumber, and watermelon.
2. Eating in season supports local growers. Growers in California coax wonders out of the earth year-round.
3. Choosing produce that is grown locally and in-season reduces food miles and increases nutritional benefits. Fruits and vegetables that are local and in season stay on the plant longer because they don’t have to travel long distances on a truck, so they have time to develop to their peak flavor and nutrition.
4. Eating with the seasons gives the thrill of anticipation. To quote Alice Waters, “The things most worth waiting for are not available everywhere all the time.” What could taste better than the first crunch of an apple in the early fall or the juicy goodness of a sun-ripened tomato?

California Harvest Calendar			
Spring	Summer	Fall	Winter
asparagus arugula green garlic lettuces spinach swiss chard carrots herbs peas fava beans fennel leeks spring onions new potatoes turnips radishes artichokes strawberries rhubarb cherries apricots	tomatoes peppers corn eggplant shelling beans cucumbers okra tomatillos summer squash onions green beans basil watermelon peaches plums nectarines pluots blackberries grapes figs melons blueberries pear	kale collard greens beets Brussels sprouts celery root winter squash sweet potatoes sunchoke arugula Asian pears apples pomegranates pumpkins persimmons mandarin oranges	broccoli bok choy cabbage cauliflower kale parsnips rutabagas turnips oranges tangerines lemons grapefruit kiwi kumquats pomelos