## Make choices for Sustainable Agriculture.

Look around the produce section of your grocery store. Chances are that the fruits and vegetables you see have traveled nearly 1,500 miles from the farm where they were grown to the store where you shop.

Seek out grocery stores that stock locally grown alternatives. Use your power as a consumer to personally contribute to a sustainable future.

Choosing fresh, local foods means that your food travels a shorter distance to reach you, requiring fewer natural resources, and also ensures that your money stays within the community, supporting NM farmers and your local economy.

## You have the power to make a difference.

Support sustainable agriculture.

- Use this guide to learn what fruits and vegetables are local and seasonal.
- Visit your local growers and markets to buy directly from local farmers.
- Encourage your grocery store to stock locally grown foods.

### Learn more.

www.farmersmarketsnm.org
Comprehensive information on farmer's markets in New Mexico.

www.slowfoodusa.org
Information on the Slow Food Movement, a unique approach to eating sustainably, for your health and the health of the planet.

## Other New Mexico foods.

New Mexico has a plentiful supply of locally grown fruits and vegetables, but be on the lookout for other locally produced foods: breads, salsa, jam & jellies, chicken, lamb, beef, milk, eggs, cheeses, and honey.

Read labels and talk to sellers to find out which of your favorite groceries are locally produced.

The BioPark is a division of the City of Albuquerque's Department of Cultural Services.

ALBUQUERQUE BIOLOGICAL PARK

Martin J. Chávez
Mayor

# Sustainable Food Guide for New Mexico

Albuquerque Biological Park's Rio Grande Botanic Garden

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## How to use this chart:

The foods listed in this guide are all grown in New Mexico.
Use this guide to select locally grown produce that is in season.
Doing so will support sustainable agriculture, a practice that has positive implications for the environment, your health and the well-being of those who grow the food we eat.

### New Mexico Seasonal Food Chart

| Food | Season (months) |
|---|---|
| | **Spring:** April – June · **Summer:** July – September · **Fall:** October – December |
| Apples (with storage to June 1) | August – December |
| Apricots | July – August |
| Asparagus | April – May |
| Beets | June – September |
| Bell Peppers | August – September |
| Broccoli | June – October |
| Cabbage | July – October |
| Cantaloupe | August – September |
| Carrots | July – December |
| Cauliflower | August – October |
| Celery | August – October |
| Cherries | May – June |
| Chiles | August – September |
| Cucumbers | August – September |
| Eggplant | August – September |
| Grapes | September – October |
| Green Beans | July – August |
| Herbs | July – September |
| Honeydew Melons | August – September |
| Lettuce (leaf and head) | April – October |
| Onions (with storage to March 15) | September – December |
| Peaches | July |
| Pecans | November |
| Pears | September – October |
| Pinto Beans (All year) | April – December |
| Pistachios | October – December |
| Plums | July |
| Potatoes | September – December |
| Pumpkins | September – October |
| Raspberries | September – October |
| Rhubarb | May – July |
| Snap Peas | May – June |
| Spinach | April – May |
| Strawberries | June – August |
| Summer Squash | August – October |
| Sweet Corn | August – October |
| Tomatoes | August – October |
| Watermelon | August – September |
| Winter Squash | October – November |