

# Kansas Seasonal Local Food

Items are organized based on when they are generally available fresh at your local farmers market, roadside stand, U-pick or CSA program. Local climate and growing practices may alter these seasons and harvesting windows.



Learn more



## Why buy in season?

Shop locally grown produce, protein, grains, and dairy to support your local farmers and economy. Choosing fresh, seasonal, Kansas-grown food provides high quality nutrition to your diet.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.



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