

## SEASONAL AND SIMPLE

*A website for all things fruit  
and vegetable in the Midwest!*



**FIND**—Use the zip code locator to find local farmers markets.

**SELECT AND STORE**—Learn what is in season and how to pick and preserve fresh produce.

**PREPARE**—Browse simple and nutritious recipes.

Visit the Seasonal and Simple website:  
<https://seasonalandsimple.info/>

Developed as a collaborative effort between Iowa State University Extension and Outreach, University of Missouri Extension, Kansas State Research and Extension and Nebraska Extension.

### **Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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