

Your guide to enjoying Washington-grown produce

Deep color denotes harvest season. Lighter shade indicates year-round availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples (1)												
Pears (1)												
Potatoes												
Frozen carrots/peas/corn (2)												
Asparagus												
Strawberries												
Apricots												
Peaches/Nectarines												
Sweet cherries												
Tart cherries (3)												
Onions (4)												
Green (snap) beans (5)												
Blueberries (6)												
Red raspberries (6)												
Sweet corn, fresh												
Plums/prunes												
Grapes (7)												
Cranberries (8)												

1. While apples and pears are harvested September through November, controlled atmosphere storage allows sweet, crisp Washington apples and pears to be enjoyed year-round.
2. The majority of carrots, peas and sweet corn are grown for processing.
3. Most Washington tart cherries are canned or frozen for year-round treats.
4. Onions store well which is why you can find Washington onions nearly all year.
5. Much of Washington's crop of green beans is frozen, providing you more options for year-round veggies.
6. Craving fruit cobbler in the middle of February? Go ahead and bake one up with frozen berries grown in Washington.
7. Washington grows grapes for both juice and wine.
8. Cranberries are available fresh seasonally, and all year frozen, canned or in juice.



10 Reasons

to know more about
Washington-grown food



Become a **Washivore**

www.washivore.org

Everyone needs to eat. Most of us enjoy tasty, flavorful food. We are fortunate to live in Washington State. Here's why:

1. Washington grows over 300 different crops giving us many choices. Washington farmers produce some of the best fruits and vegetables in the world. Cherries, pears, nectarines, apricots, apples, blueberries and raspberries are just a few. We also grow asparagus, beans, peas, carrots, potatoes, corn and so much more.



2. 95% of Washington farms are family owned. Farmers and their families live on the land and make sure it is properly cared for.
3. Supporting Washington agriculture supports Washington's economy. Agriculture is the number one employer in Washington State. Many jobs associated with agriculture and food processing are high tech and scientific. Agriculture and food processing provides jobs for engineers, computer programmers and agronomists as well as for mechanics, truck drivers and more.



4. Nearly all of our farmers participate in certification programs to ensure that fruits and vegetables are produced, packed, handled and stored in the safest manner possible. Consumer health as well as worker health and safety are high priorities.
5. Agricultural exports support jobs at ports. Apples, wheat, potatoes, hops and many other crops are exported from Washington across the country and around the world. Exporting our crops give others around the world access to nutritious food and creates jobs at Washington's ports.
6. Farms provide habitat for birds and wildlife.



7. We can eat Washington-grown food year round. Apples, pears, potatoes and onions are held in controlled atmosphere storage to keep them fresh almost year round.



- Blueberries, raspberries, corn, peas, carrots and other fruits and vegetables are flash frozen just hours after harvest to lock in freshness. In the middle of winter, you can enjoy Washington fruits and vegetables that have as much nutritional value as fresh picked. Washington produces a quarter of all the frozen vegetables grown in the country.

8. Washington grown products provide a variety of beverages as well. You may already know that Washington State produces more wine than any other state except California, and you may know that Washington hops flavor beer made around the world. But did you know that nearly half of the grape juice in the country is produced from grapes grown in Washington? Cranberry juice is also made from Washington-grown cranberries.



9. Don't forget the grains. Whitman County produces more wheat than any other county in the United States.



10. After all that eating and drinking, it's time to brush your teeth. Washington State is the top mint producing state in the nation. Mint oil from Washington flavors toothpaste, mints and gum.



These are just some of the many reasons why agriculture is good for Washington. You may think of others. We invite you to share your thoughts through www.washivore.org.