

Tips for Buying Local Year 'Round

- Know what's in season. Check out the Kentucky Proud Produce Availability Guide.
- Know what stores well. Some varieties of apples, winter squash and root vegetables stay crisp and tasty for months if kept cool and dry.
- Buy from farmers who raise hydroponically in greenhouses year round or extend the growing season by using high tunnels.
- Preserve produce for later use.
- Use local produce in the Summer Food Service Program.
- Serve local foods that don't have a limited growing season. Examples are meat, milk, eggs, flour and cornmeal.

Follow this link to 10 Facts About Local Food in School Cafeterias:

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_10_Facts_english_10_3v_0.pdf