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.

ABQ BIOPARK

Cultural Services Department,
City of Albuquerque
Richard J. Berry,
Mayor

Sustainable Food Guide for New Mexico
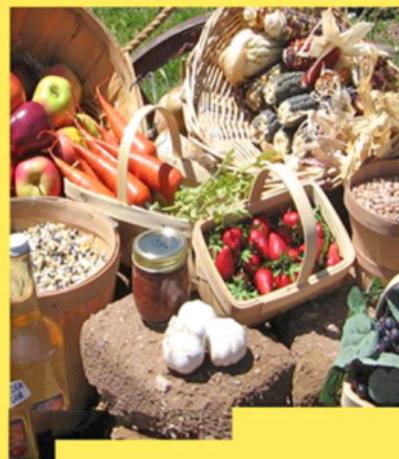
ABQ BIOPARK
BOTANIC GARDEN

New Mexico Seasonal Food Chart

	Spring			Summer			Fall		
April	May	June	July	August	September	October	November	December

Apples (with storage to June 1)
<-Apricots->
<-Asparagus->
Beets
<--Bell Peppers-->
Broccoli
Cabbage
Cantaloupe
Carrots
Cauliflower
Celery
<--Cherries-->
Chiles
Cucumbers
Eggplant
<--Grapes-->
<--Green Beans-->
Herbs
Honeydew Melons
Lettuce (leaf and head)
Onions (with storage to March 15)
<--Peaches->
<-Pecans->
Pears
Pistachios
Pinto Beans (All year)
<--Plums-->
Potatoes
Pumpkins
Raspberries
Rhubarb
<--Snap Peas-->
Spinach
Strawberries
Summer Squash
Sweet Corn
Tomatoes
<--Watermelon-->
<--Winter Squash-->

	Spring			Summer			Fall		
April	May	June	July	August	September	October	November	December