EASTERN MARKET

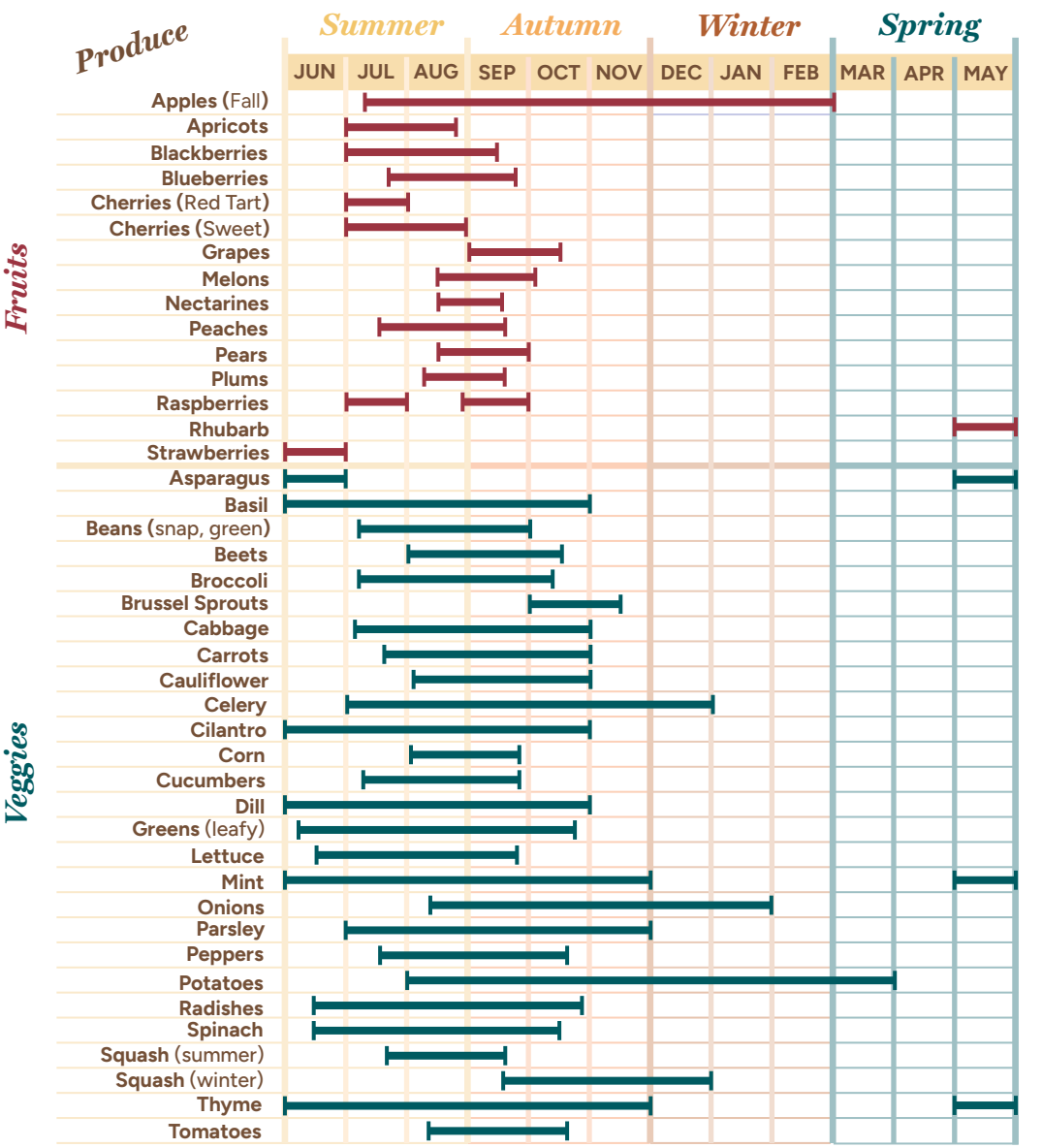
SEASONAL PRODUCE CALENDAR

Every fruit and vegetable has a time of year when it is best enjoyed. Use this guide to help you find out what's in season during a particular time of the year. Eating from local markets is good for you, the environment, and our economy!

*You can find many of these fruits and vegetables at **Eastern Market** and your local community market through the **Detroit Community Markets** network.*

BE HEALTHY!
EAT FRESH!
BUY LOCAL!

Visit Easternmarket.org/Detroit-Community-Markets to locate a community market near you!



*Learn more about Eastern Market's **Food Access Program***
Connecting Communities to Fresh Food—One Program at a Time

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