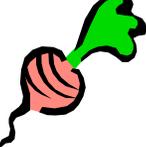


Massachusetts grown... and fresher

Farmers' Market Buying Guide

	June	July	August	September	October
Fruits					
				Green	
		Teal			
			Yellow		
				Red	
			Yellow		
			Purple		
		Red			
			Red		
					
Vegetables					
			Green		
	Red	Red			
			Green		
	Green				
		Yellow			
	Teal				
			Green		
			Yellow		
	Green				
			Purple		
	Green				
	Green				
		Brown			
	Green				
	Green				
		Brown			
			Yellow		
		Purple			
	Green				
	Green				
		Green			
		Brown			
			Yellow		
		Red			
			Brown		
					

Massachusetts Department of Food and Agriculture
 MDPH - Women, Infants and Children (WIC) Nutrition Program

