SUPPORT LOCAL FARMERS - EAT LOCAL FRUITS

Eating local, in-season fruits is a great way to support your local farming community, save money, and give your body all the nutrients it needs. How many seasonal fruits can you check off this year?



Winter

- □ Apples
- □ Clementines
- □ Dates
- □ Grapefruit
- □ Kiwi
- □ Oranges

Spring

- □ Apricots
- □ Honeydew
- □ Limes
- □ Mango
- □ Oranges
- □ Pineapple
- □ Rhubarb
- □ Strawberries
- □ Tomatoes

- Summer
 - □ Apricots
 - □ Blackberries
 - □ Blueberries
 - □ Blackcurrants
 - □ Cantaloupes
 - □ Cherries
 - □ Grapefruit
 - □ Honeydew
 - □ Limes □ Nectarines

□ Passionfruit

□ Passionfruit

□ Pomegranates

□ Red Bananas

□ Tangerines

□ Pears

- □ Peaches
- □ Plums
- □ Pears
- □ Raspberries
- □ Sugar Plums
- □ Strawberries
- □ Tomatoes
- □ Watermelon

- Fall
 - □ Apples
 - □ Macintosh
 - □ Red Delicious
 - □ Ionagold
 - □ Ida Red

 - □ Gala
 - □ Fuji
 - □ Braeburn
 - □ Granny Smith
 - □ Pink Lady

- □ Grapes
- □ Cranberries
- □ Pears
- □ Anjou
- □ Bartlett
- □ Keiffer
- □ Magness
- □ Moonglow
- □ Tomatoes



12025 Susquehanna Trail Glen Rock, PA 17327



thursday 9am - 5pm

friday 9am - 7pm saturday 8am - 4pm