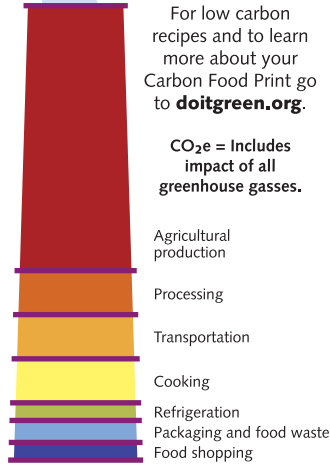


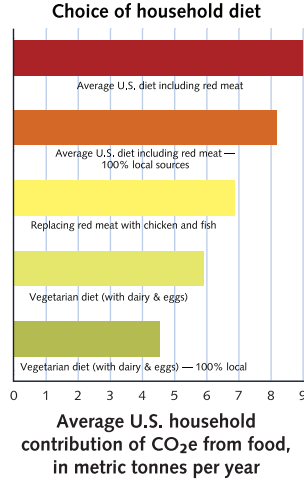
LOWER YOUR FOOD PRINT

- ★ **EAT LOW ON THE FOOD CHAIN**
Commit to eating meatless meals one or two days a week.
- ★ **EAT LOCAL** Shop at farmer's markets; look for signs at your supermarket for Midwest produce or ask your grocer.
- ★ **SEASONAL** Use this guide to choose foods that are in season.
- ★ **LESS PROCESSED & PACKAGED**
Shop the produce and bulk foods sections first before hitting the packaged goods aisles.
- ★ **ORGANIC** Choose the top most important organic foods to buy; apples, corn, rice, milk, strawberries, broccoli.
- ★ **RECYCLE & COMPOST** Look for foods that have recyclable packaging (and recycle them!). Turn your food scraps into soil by composting.
- ★ **HOME GROWN FOOD**
Start a vegetable garden! Consider canning, freezing and drying your abundant produce.

THE AVERAGE MEAT-EATER'S CO₂e



YOUR CARBON FOOD PRINT



MINNESOTA/MIDWEST
www.doitgreen.org
ci.minneapolis.mn.us/sustainability
mnproject.org

The MINNESOTA PROJECT

Do It Green! MINNESOTA



YEAR-ROUND

Fruits: Apples
Vegetables: Kale
 Beets
 Shallots
 Leeks
 Mushrooms
 Turnips
 Cabbage
 Carrots
 Onions
 Winter squash

Other:
 Meat, fish, eggs
 Grains
 Tree nuts
 Jams, jellies,
 Pickles
 Dairy products
 Wild rice
 Indoor herb garden
 Syrups, honey

NOTE: These foods require storage in winter months.
SHOPPING TIPS: Choose local, organic, and humanely raised meat, egg, and dairy products. Replace farm-raised with freshly hunted or fished meat. Choose dolphin safe and sustainably harvested seafood.

When Shopping Consider: Local * Seasonal * Try growing your own food!
 Recyclable * Low on Food Chain * Organic

FALL/STORAGE (September-October)

Fruits: Apples
 Crabapples
 Plums
 Pears
 Elderberries
 Raspberries
 Wild Grapes
 Melons (all types)

Vegetables:
 Peppers
 Arugula greens
 Brussels-sprouts
 Broccoli
 Pumpkins
 Radishes
 Rutabaga turnip
 Cabbage
 Carrots
 Celeraic root
 Shallots
 Turnips
 Watercress
 Winter squash;
 Fennel
 Collard greens
 Chard
 Mustard greens
 Acorn, Pie
 pumpkins
 Onions

SUMMER (June-August)

Fruits: Blueberries
 Chokecherries
 Plums
 Raspberries
 Currants
 Gooseberries
 Junberries
 Melons
 Peaches
 Sweet cherries
 Green Beans
 Kale
 Lettuce
 Mustard greens
 Onions
 Peppers
 Cauliflower
 Celery
 Potatoes, baby
 Radicchio greens
 Spinach
 Collard greens
 Cucumbers
 Eggplants
 Endive greens
 Fennel
 Zucchini

Vegetables:
 Pears
 Plums
 Chokecherries
 Raspberries
 Currants
 Gooseberries
 Junberries
 Melons
 Peaches
 Sweet cherries
 Green Beans
 Kale
 Lettuce
 Mustard greens
 Onions
 Peppers
 Cauliflower
 Celery
 Potatoes, baby
 Radicchio greens
 Spinach
 Collard greens
 Cucumbers
 Eggplants
 Endive greens
 Fennel
 Zucchini

SPRING (April-early June)

Fruits: Strawberries
 Rhubarb

Vegetables:
 Mustard greens, baby
 Asparagus
 Beet greens
 Fennel
 Chard, baby
 Radishes
 Rhubarb
 Dandelion
 Greens
 Romaine
 Scallions
 Green onions
 Lettuce
 Sorrel greens
 Spinach
 Wild Mustrooms,
 Sprouts

SHOPPING TIPS: Choose local, organic, seasonal and less packaged fruits and vegetables when possible.

MINNESOTA/MIDWEST guide