

A Spring Shopping List

Spring is here and with it comes the first fresh flavors of the year! Below is a list of foods available locally, April through June.

Farmers' markets and farmstands are opening up for the season, CSAs are accepting farm share memberships, and retailers and restaurants are making space on their shelves and menus for the influx of fresh, locally grown products. **Visit CISA's website, www.buylocalfood.org, for a searchable database of local farms and other sources of local food.**



Fruits and Vegetables

- Arugula
- Asparagus
- Carrots, spring dug
- Chives
- Cooking Greens
- Garlic Scapes
- Green Onions
- Kale
- Lettuce
- Mushrooms
- Parsnips, spring dug
- Pea Greens
- Ramps*
- Radishes
- Rhubarb
- Salad Greens
- Spinach
- Sprouts
- Turnips

Meat and Dairy

- Beef
- Cheese (Cow/Goat)
- Chicken
- Eggs
- Fish (Barramundi)
- Lamb
- Milk and Cream
- Pork
- Yogurt

Grains and Beans*

- Barley
- Dried Beans
- Bread (local wheat)
- Flour
- Wheatberries

Beverages

- Cider
- Black Currant Cordial
- Mead
- Wine

Sweeteners

- Honey
- Maple Syrup

Prepared Foods

- Dips
- Jams/Preserves
- Pickles
- Salad Dressing
- Salsa
- Sauces
- Vinegar

**These items are currently in very limited supply so they may not be available at grocery stores.*

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