



# FRUIT *and* VEGGIES

*By The Season*



Have you ever taken a bite of a mushy apple, ate a tomato with very little flavor, or bought blueberries at double the regular cost and wonder what went wrong?

The most likely culprit is that you bought them out of season. This means they might have been shipped in from places that grow them year-round.

A great way to eat fresh and flavorful fruits and vegetables at a lower cost is choosing food that is grown by a local farm in the community.

Another option is to have a Community Supported Agriculture (CSA) basket delivered right to your door. For more information visit: [localharvest.org](http://localharvest.org).

Local farmer's markets also offer a great way to see, smell, and oftentimes, taste fresh fruit and veggies.

The Downtown Escondido Farmer's Market is open Tuesdays from 2:30 p.m. – 6 p.m., where you can enjoy fresh-picked California-grown fruits, vegetables, flowers, local honey, eggs, fresh-roasted nuts, pesto, fresh pasta, gourmet breads, pies, salsa, tamales, tortillas, pita and humus, cookies, dessert breads, and more! For more information, call 760.480.4101.