

When to buy *Alaska Grown* Vegetables

ABC's of *Alaska Grown*

A = Fresh products widely available
B = Some fresh products available
C = Products available from storage

	January	February	March	April	May	June	July	August	September	October	November	December
Beans							B	A	A			
Beets								A	A/B			
Broccoli						B	B/A	A	A			
Brussels Sprouts								A	A/B			
Cabbage							B	A	A/B	C	C	C
Carrots	C	C	C	C				A	A/B	C	C	C
Cauliflower							B/A	A	A			
Celery								B	A			
Cucumbers						B	B/A	A	A	B		
Greens						A	A	A	A			
Green Onions						B	A	A	A			
Head Lettuce							A	A	A			
Leaf Lettuce						B	A	A	A			
Onions								A	A/B			
Peas							B	A	A	A		
Potatoes	C	C	C	C	C	C	C/B	B/A	A	C	C	C
Radishes						A	A	A	A	A		
Snow Peas							B/A	A	A			
Summer Squash							B/A	A	A			
Tomatoes					B	A	A	A	A	B		
Turnips/Rutabagas							A	A	A/B			
Winter Squash								A	A/B	C		

The Agricultural and Forestry Experiment Station and the Alaska Cooperative Extension of the University of Alaska Fairbanks have provided this information to help you know when to buy high-quality *Alaska Grown* vegetables and fruits.

The dates on this brochure are for both the Matanuska and Tanana valleys. Produce may not be available in all areas of the state on the same dates. Dates may also vary from year to year.

Remember, if your favorite vegetable or fruit is not available, just ask. Producers and retailers welcome your suggestions.

The *Alaska Grown* program assures quality in Alaska agricultural production. Only produce which meets the top two USDA ratings qualifies for the coveted *Alaska Grown* logo. When grading standards do not exist, the state Division of Agriculture develops its own. The logo guarantees products have the finest flavor, freshness, and appearance. Only products produced in Alaska are eligible for this classification.

The *Alaska Grown* logo is used frequently in advertisements, retail markets, and food shows around the state. Posters, stickers, and labels help consumers identify the many products brought to the market by Alaska's farmers.

Every year Alaska farmers grow a wider variety and an increasing volume of products. The *Alaska Grown* program should assure the future availability of high-quality farm products throughout the state as more produce reaches the grocery shelves.

Alaska Grown products can be purchased in urban supermarkets as well as farmers' markets and roadside stands. Those most widely available are broccoli, cabbage, cauliflower, carrots, European cucumbers, greens, leaf and head lettuce, potatoes, summer squash, tomatoes and winter squash. Fruits are generally only available at farmers' markets and roadside stands. Those who enjoy picking their own fruits and vegetables will find a number of U-pick farms in both the Matanuska and Tanana valleys. For those who enjoy rustic settings, blueberries, raspberries, lingonberries (lowbush cranberries), highbush cranberries, to name a few, can be found in the wild. *Wild, Edible and Poisonous Plants of Alaska*, published by the Cooperative Extension Service, is an excellent guide for identifying and locating indigenous berries.

Consumers and merchants have learned to trust the *Alaska Grown* logo. Help Alaska's agriculture grow. Buy *Alaska Grown* produce.

Buying *Alaska Grown* Vegetables

Product	What to Look for
Beans	Crisp, tender, fairly straight, free from blemishes.
Beets	Firm and smooth, free from cracks and blemishes.
Broccoli	Tender, firm stalks with compact green heads.
Brussels Sprouts	Firm, compact heads with fresh green leaves.
Cabbage	Firm heads with crisp green or red leaves, heads heavy for size.
Carrots	Well-formed, smooth, well-colored, no green color and firm.
Cauliflower	Firm, creamy white, smooth head, compact flowerets, heavy.
Celery	Crisp, green stalks, free from blemishes, healthy green color.
Cucumbers	Green color, firm over entire length, not too large in diameter, small bumps on surface.
Greens	Tender, free from blemishes, healthy green color.
Green Onions	Crisp, green tops, white portions two to three inches from root end.
Head Lettuce	Bright, medium-to-light green no brown tips on leaves, firm, not hard, heads.
Leaf Lettuce	Crisp leaves, bright-green color without brown tips on leaves.
Onions	Firm with dark, brownish-yellow skins.
Peas	Crisp, bright-green pods, well-filled but not bulging.
Potatoes	Well-shaped, free from blemishes, no green color, Alaska potatoes, labeled US #1 Grade.
Radishes	Medium size, plump, firm, good red color.
Snow Peas	Crisp, bright-green pods, relatively flat.
Summer Squash	Glossy skin, well-formed, free of blemishes at stem and blossom ends.
Tomatoes	Uniform red color, firm skin, free from blemishes at stem and blossom ends.
Turnips/Rutabagas	Firm and heavy with few scars and roots.
Winter Squash	Hard, tough rind, heavy for size, variations in skin color are acceptable.

Buying *Alaska Grown* Fruits

Product	What to Look for
Apples	Good color, bright appearance and firm to touch.
Blueberries	Firm, plump and full-colored.
Currants	Firm and ripe.
Gooseberries	Soft with a light amber color.
Lingonberries	Glossy, firm, plump and red.
Raspberries	Good color, firm and plump.
Rhubarb	Firm, crisp, tender, cherry red or pink in color.
Strawberries	Good color, firm and plump.

Look and ask for other *Alaska Grown* products such as honey, meat, dairy, hay and wool.

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Division of
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Publication by Carol E. Lewis, AFES, Michele Hébert, CES, Ruthann B. Swanson, AFES. This revision by Michele Hébert, 2003.

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Reprinted March 2004

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Ask for *Alaska Grown*

HGA-00033



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