Enjoy the freshness, flavor and excellence of **Kentucky Proud Produce**

It really makes a difference when you purchase locally grown fruits and vegetables. You provide your family with garden fresh taste and quality, while also helping the community by keeping your food dollars close to home.

Colorful Eating

Color-code your shopping and be on your way to better health. Each color group of produce offers different phytochemicals, antioxidants and nutrients that help you stay healthy in a variety of ways.



Get the blues (and purples)

Brain/memory, healthy aging, urinary tract

Fruits

- Blackberries
- Blueberries
- Grapes
- Plums

Vegetables

- Eggplant
- Kohlrabi
- Purple asparagus
- Purple cabbage
- Purple carrots
- Purple peppers

Great greens

Vision, bones, teeth

Fruits

- Apples
- Grapes
- Paw paws
- Pears

Vegetables

- Asparagus
- Beans
- Broccoli
- Brussel sprouts
- Cabbage
- Cucumbers
- Kohlrabi
- Leafy greens
- Lettuce
- Okra
- Onions (green)
- Peas
- Peppers
- Zucchini

Wonderful whites

Heart, maintain healthy cholesterol

Fruits

- Pears (brown)
- White peaches

Vegetables

- Cauliflower
- Kohlrabi
- Onions
- Potatoes
 - White corn

Outstanding oranges (and yellows)

Vision, immune system, heart

Fruits

- Cantaloupe
- Peaches
- Yellow apples
- Yellow pears
- Yellow watermelon

Vegetables

- Carrots
- Corn
- Golden potatoes
- Peppers
- Pumpkins
- Squash
- Sweet potatoes
- Yellow tomatoes

Radiant reds

Heart, urinary tract, brain/memory

Fruits

- Apples
- Grapes
- Pears
- Raspberries
- Strawberries
- Watermelons

Vegetables

- Beets
- Radishes
- Red peppers
- Sorghum
- Tomatoes
 - Turnips



Kentucky Proud Produce Availability

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. Our secret ingredient is the hard work and dedication of Kentucky's farm families. Find out why "Nothing else is close."

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	0CT	NOV	DEC
Apples												
Asparagus												
Beans												
Beets	Get th	e Blues										
Blackberries	Great	Greens										
Blueberries	Wond	erful Whit	es									
Broccoli		anding Ora										
Brussel Sprouts		nt Reds	inges									
Cabbaga		fer to any nu	mbor of									
Cantaloupe	different	plants includ	ling the									
Carrots	traditiona	l spinach, m	ustard, collar newer Asian	d,								
Cauliflower	varieties a	and Swiss ch	ard.									
	** Storage c	rops										
	-	the use of se	ason									
Eggplant	extension	methods m	any of the									
Grapes	availabilit extended	y dates are o in either dir	ommonly ection for									
Greens*	many of t	hese crops.		_								
Kohlrabi												
Lettuce	Č	Kentucky										
Okra		Froud.	/									
Onions (white)** ***												
-												
Onions (green) Paw Paws												
-												
Peaches												
Pears												
Peas												
Peppers												
Plums												
Potatoes** ***												
Pumpkins	-											
Radishes												
Raspberries												
Sorghum												
Squash (summer)												
Squash (winter)** ***												
Strawberries												
Sweet Potatoes** ***												
Tomatoes												
Turnips												
Watermelons												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC