

LOCAL PRODUCE & SEAFOOD CALENDAR

X - In Season P - Peak	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Artichokes	X	X	P	P	P	X	X	X	P	P	P	X
Blackberries					X	P	P	X				
Beans						X	X	X	X			
Beets	X	X	X	X	X	X	X	X	X	X	X	X
Boysenberries					X	P	P	P				
Broccoli/Chard	X	X	X	X	X					X	X	X
Brussels Sprouts	X						X	X	X	P	P	P
Carrots	X	X	P	X	X	X					X	X
Corn					X	X	P	P	X			
Cucumbers	X					X	X	X	X	X		
Eggplant						X	X	X	X	X		
Endive/Arugula	X	X										X
Kale	X	X	X	X	X				X	X	X	X
Kiwi	X										X	X
Lettuce	X	X	X	P	P	P	X	X	X	X	X	X
Mushrooms	X	X	X	P	X	X	X	X	X	X	X	P
Olallieberries					X	X	X					
Onions				X	X	X	P	P				
Peas			X	X	P	X						
Peppers						X	X	X	X			
Potatoes					X	X		X				
Pumpkin/Gourd										X		
Raspberries/ Strawberries					X	X	X	X	X	X		
Squash						X	X	P	P	X	X	
Tomatoes						X	X	X	X	X	X	
Albacore (Tuna)/ Rock Fish/Cod			X	X	X	X	X	X	X	X	X	
Dungeness Crab	X	X	X	X	X	X					X	X
Halibut			X	X	X	X	X					
King Salmon					X	X	X	X	X			
Squid	X	X	X	X	X	X	X	X	X	X	X	X
Striped Bass				X	X	X	X	X				

CERTIFIED FARMERS' MARKETS IN SAN MATEO COUNTY / PALO ALTO

BELMONT

El Camino Real & O'Neil Street
Year round: Sundays
(9:00 AM-1:00 PM)

BURLINGAME

Burlingame Avenue between
Park & Primrose
Year round: Sundays
(9:00 AM-1:30 PM)
May - September: Thursdays
(3:00 PM-7:00 PM)

DALY CITY

Serramonte Shopping Center
Year round: Thursdays & Saturdays
(9:00 AM-1:00 PM)

FOSTER CITY

Peninsula Jewish Community Center
800 Foster City Blvd.
Year round: Wednesdays
(9:00 AM-12:30 PM)

HALF MOON BAY

Harbor Village- 270 Capistrano Rd.
Year round: Sundays
(10:00 AM-3:00 PM)

HALF MOON BAY

Shoreline Station / Kelly Ave.
May - December: Saturdays
(9:00 AM-1:00 PM)

MENLO PARK

Parking lot on Chestnut Street
Year round: Sundays
(9:00 AM-1:00 PM)

PACIFICA

Rockaway Beach
400 Old County Road
May - December: Wednesdays
(2:30 PM-6:30 PM)

PALO ALTO

California Avenue & El Camino Real
Year round: Sundays
(9:00 AM-1:00 PM)

PALO ALTO

Gilman Street & Hamilton Avenue
behind the Post Office
May - December: Saturdays
(8:00 AM-12:00 PM)

PALO ALTO

3801 Miranda Avenue
April - November: Saturdays
(10:00 AM-2:00 PM)

REDWOOD CITY

Kaiser Permanente
1150 Veterans Boulevard
May - September: Wednesdays
(10:00 AM-2:00 PM)

SAN MATEO

25th Avenue & Hacienda Street
May - October: Tuesdays
(4:00 PM-7:30 PM)

SAN MATEO

College of San Mateo
W. Hillsdale Blvd. & Campus Drive
Year round: Saturdays
(9:00 AM-1:00 PM)

SOUTH SAN FRANCISCO

Kaiser Permanente
1200 El Camino Real
May - October: Tuesdays
(10:00 AM-2:00 PM)

SOUTH SAN FRANCISCO

Orange Memorial Park
Orange Avenue & Tennis Drive
May - October: Saturdays
(10:00 AM-2:00 PM)

HEALTH BENEFITS OF FARM-FRESH PRODUCE & OCEAN-FRESH SEAFOOD



**Please note: Weather conditions
may affect in-season months.**

For more information, please visit our website:
www.freshasitgets.com

San Mateo County
Agricultural Commissioner
Convention and Visitors Bureau
Farm Bureau
Harbor District
Health Systems
UC Cooperative Extension

WHY EAT FARM-FRESH FRUITS AND VEGETABLES?

Locally grown produce bursts with nutrients, flavor, and freshness!

Fresh fruits and vegetables are the ultimate whole foods. They are delicious, rich sources of vitamins, minerals, fiber and antioxidants. Eat several servings every day to help reduce your risk of cancer, obesity, stroke and other serious diseases.

Compared to farm-fresh, typical supermarket produce may be picked before ripened, shipped long distances, and then stored. These factors can change the flavor and texture, and reduce the amount of several important nutrients.

San Mateo County farmers grow a great variety of produce, such as Brussels sprouts, artichokes, beans, leafy greens and berries. Many growers use sustainable farming practices. Our climate is ideal for farms, as well as community or home gardens.



Photo by Leonard Kuwahara

WHY EAT LOCAL SEAFOOD?

Fresh seafood is delicious and nutritious. Seafood is high in protein, vitamin D, and essential minerals such as iron, zinc and selenium. Most seafood is low in saturated fat, yet high in omega-3 fatty acids. Eating a variety of seafood may prevent heart disease and other health problems.

Seafood is highly perishable – freshly caught fish and crab may have better flavor, texture, appearance and nutritional quality.

You may buy fresh seafood directly from local fish markets or from the fishing boats at Pillar Point Harbor in Half Moon Bay.

For information on the daily catch, call **Fishfone: (650) 726-8724**



Photo by Margi Grant

INFORMATION ON HEALTH BENEFITS

Restaurants featuring local produce and grower profiles:
freshasitgets.com

Information on farm guides and farm stands:
sanmateo.cfbf.com

Master Gardeners: groups.ucanr.org/sanmateo

Get Healthy San Mateo County Task Force:
gethealthysmc.org

HOW DO LOCAL FARMING AND FISHING BENEFIT THE ENVIRONMENT AND THE COMMUNITY?

- Sustainable agriculture preserves open space, air quality and habitat for wildlife.
- Plants reduce carbon dioxide and ozone concentrations.
- Locally produced food can reduce the amount of fuel required to transport food and, thus, the carbon emitted into the environment.
- Buying locally improves our local economy and provides job opportunities.
- Gardening, fishing and growing food outdoors promote exercise, mental health and well-being.
- Residents learn to understand and care about their land, streams, bay and ocean.



Photo by Root Down Farm