# Local Produce & Seafood Calendar

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Blackberries</td>
<td></td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Beets</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Boysenberries</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>P</td>
<td>P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli/Chard</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>P</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Corn</td>
<td></td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Endive/Arugula</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Kiwi</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Lettuce</td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Olallieberries</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Onions</td>
<td></td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Peppers</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Pumpkin/Gourd</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Raspberries/Strawberries</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td></td>
<td>X</td>
<td>X</td>
<td>P</td>
<td>P</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Albacore (Tuna)/Rock Fish/Cod</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Dungeness Crab</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Halibut</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>King Salmon</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Squid</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Striped Bass</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

**BELMONT**
El Camino Real & O’Neill 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)

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

For more information, please visit our website: [www.freshasitgets.com](http://www.freshasitgets.com)
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.

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

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.

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