

Seasonal Produce Resources

By purchasing local foods in season from local farms, your food dollar goes directly to farmers, you eliminate environmental damage caused by shipping foods thousands of miles, and you'll enjoy the health benefits of eating fresh, unprocessed fruits and vegetables.

Seasonal Food Guide

- Includes a filter to filter down to regions, time of the month, and produce

What's in season? The New Mexico Farmers Market Association

- Shows a seasonal calendar of in-season food within New Mexico. Also has links of in season produce based on Northern or Southern New Mexico Regions.

MyPlate Recipes

- Shows recipes that can be filtered based on cost, cookware, meats, produce, etc.

Memberships

Become a farm member- Bomvida Farm

- Bomvida Farms is a CSA that provides a weekly and monthly subscription on local and seasonal foods in New Mexico.

Membership- La Montanita Co-Op

- La montanita isn't a CSA but they still do have a membership that provides members with discounts on store items, seasonal products and when ordering bulk.

Books

Cooking in Season: 100 Recipes for Eating Fresh - By Briget Binns

- This book provides 90+ seasonal recipes, promoting the use of veggies at their peak flavor, freshness, and highest nutritional value. This book is found on Amazon.