THE LOCAL 10
HOW TO EAT LOCAL YEAR ROUND IN NORTHWEST WASHINGTON

1. VEGGIES
With our temperate maritime climate, local farmers can grow a cornucopia of vegetables throughout the year — that are fresher and more nutritious.

MUSHROOMS  SPROUTS  KALE & LEAFY GREENS  SQUASH  CARROTS  BEETS  POTATOES  ONIONS & GARLIC

2. FROZEN BERRIES
Find fresh and frozen blueberries, strawberries, blackberries and raspberries.

3. SEAFOOD
The beautiful Salish Sea is rich with salmon and shellfish, and many local fishermen travel up to Alaska, returning with wild-caught bounty.

4. DAIRY
With 100+ dairy farmers producing everything from milk and cheese to yogurt and butter, NW Washington has it all!

5. EGGS
Farm-fresh eggs are a treasure to behold. Eggs from pastured hens contain up to 20 times more healthy omega-3s than those from factory hens. Egg-cellent!

6. HONEY
Touting flavors like wildflower and raspberry, experts say local honey may help with seasonal allergies too!

7. GRAINS
Locally-milled flours from Skagit County turn into products like local breads, pastas and pastries — or make your own!

8. MEAT & Poultry
Sustainable, humanely raised pork, beef, chicken, turkey and lamb are all here. Stock up your freezer and load up the grill.

9. HAZELNUTS
This heart-healthy nut grows right in our backyard, perfect for snacking, baking, salads and more.

10. BEER, WINE, SPIRITS & MORE
We love our beverages, and lucky for us we have dozens of breweries and wineries to choose from, local kombucha, cider, spirits and more.