FOR IMMEDIATE RELEASE

For more information, contact: Katherine Pinto
Nutrition, Food Safety and Health Agent, Wildcat Extension District
kdpinto@ksu.edu, 620-232-1930

Spring Flavors

Although Kansas weather is somewhat unpredictable, spring seems to have sprung and will hopefully stay for the next several weeks. I plan to take advantage of the spring weather over the next few weeks and prepare my garden beds for seasonal produce.

Don't worry you don't have to have a garden to enjoy the flavors of spring and summer produce. When fruits and vegetables are in season, they're more abundant, which means lower prices at the grocery store or farmers' market.

If you shop for seasonal produce, it will taste fresher, tastier, and packed with nutrients because it is picked at peak ripeness, not to mention that it typically comes at a cheaper cost.

In Kansas, April marks the beginning of the spring harvest season bringing a variety of seasonal fresh vegetables to our tables.

Below is a list of produce that might be popping up around you soon:
- Asparagus- Begins mid-April and continues through early June
- Rhubarb- Available from mid to late June
- Radishes- Available from mid to late April
- Spinach- Begins appearing in mid to late April
- Lettuce- Starts mid to late April
- Arugula- Available mid to late April
- Scallions (Green Onions)- Begin mid to late April
- Mixed Salad Greens- Fresh greens become available mid to late April
- Strawberries- Early varieties may start appearing in late April with peak season in May and June.

For more information visit https://fromthelandofkansas.com, OR contact, Katherine Pinto, Nutrition, Food Safety and Health Agent at, kdpinto@ksu.edu or 620-724-8233.

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service