



Add locally grown, raised, or produced foods to your plate
THIS THANKSGIVING

ICT YOUR PLATE



From locally grown vegetables to locally raised meats, you can still #ICTYourPlate in the winter months! This Thanksgiving add a locally grown, raised, or produced food to your family's plate with any of these seasonal and locally sourced foods.

PROTEIN

- Turkey
- Eggs
- Pastured Chicken
- Pastured Pork
- Pasture Raised Beef

BREADS

- Artisan Breads
- Egg Noodles
- Dinner Rolls
- Turkey Red Winter Wheat Flour

HONEY

Add some sweetness with local honey in place of sugar

GREENS

- Arugula
- Lettuce
- Kale
- Microgreens
- Salad Mix
- Spinach
- Swiss Chard

IN SEASON

Arugula, Beets, Carrots, Garlic, Green Onions, Herbs, Kale, Kohlrabi, Leafy Greens, Leeks, Lettuce, Onions, Pumpkins, Radishes, Spinach, Sweet Potatoes, Swiss Chard, Tomatoes (red/green), Turnips, Winter Squash

For resources to shop locally produced foods visit: ICTfoodcircle.org

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