

BUY GUAM GROWN

Local Fresh Vegetables

Get unique local varieties.

Enjoy premium taste and maximum freshness. Produce picked and eaten closer to its desired maturity has exceptional flavor and when handled properly, is packed with nutrients.

Support local farmers.

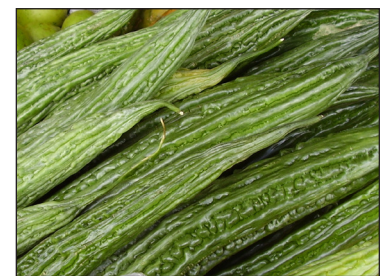
Buying locally helps to build and maintain relationships with the local farmers, and ultimately, the whole community. With your support, farmers can help grow our economy.

Go green.

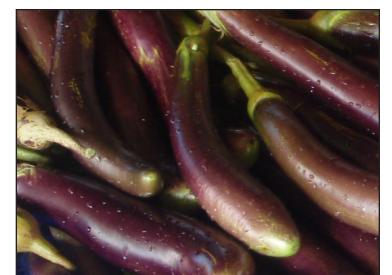
Growing food locally helps cultivate the land and reduces the need of international transportation, shelf life, and pollution emissions. This helps for a greener, cleaner island.

Guam Seasonality Chart*

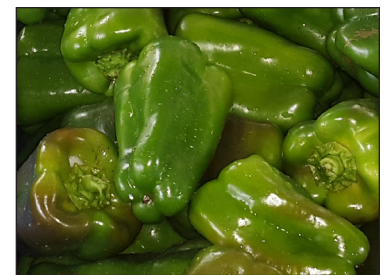
COMMON NAME	CHAMORU NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Beans, Bush, Pole	Abuchuelas												
Beans, Yardlong	Friholes												
Beans, Wing	Sigidiyas												
Bittermelon	Atmagosu												
Bok choy, Pak choy	Pechai												
Cabbage, Chinese	Nappa'												
Cabbage, Head	Ripoyu												
Cassava	Mendioka												
Chinese Water Spinach	Kangkong												
Corn, Sweet	Mai'es/Iotes												
Cucumber	Kâmba												
Eggplant	Birenghenas												
Ginger, Tumeric	Mango'												
Ginger, White	Hâsngot												
Gourd, Bottle	Kalabâsa/Upo/Tagua												
Gourd, Spanish	Chaiote												
Gourd, Sponge	Patola												
Gourd, Wax	Kondot												
Leafy Greens													
Okra	Okra												
Onion, Green	Siboyas Chamoru												
Pepper, Bell	Donne' Mames												
Pepper, Hot	Donne' Pika												
Pumpkin	Kalamasa												
Pumpkin Tips	Puntan Kalamasa												
Radish, Daikon/Red													
Sweet Potato	Kamuti												
Taro, Red	Sunen Agaga'												
Taro, White	Sunen 'Honolulu'												
Tomato, Cherry	Tumâtes Ubas												
Tomato, Large	Tumâtes Dângkolo												
Vegetable Sprouts													
Yam	Dâgu/Nika/Gaddo'												



Bittermelon



Eggplant



Bell Pepper



Lettuce



Cherry Tomato

* Availability could vary from year-to-year depending on weather conditions.

Indicates PEAK availability

Indicates MODERATE availability

Indicates NO availability

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