
NY FOODS THAT PROMOTE CLIMATE HEALTH



DIVERSE VEGETABLES

Select heirlooms and uncommon varieties to promote resilience in the local food shed.



LEAFY GREENS

Eat the whole plant when possible, including beet and turnip greens. Purchase winter grown spinach, kale, and bok choy to encourage season extension at local farms.



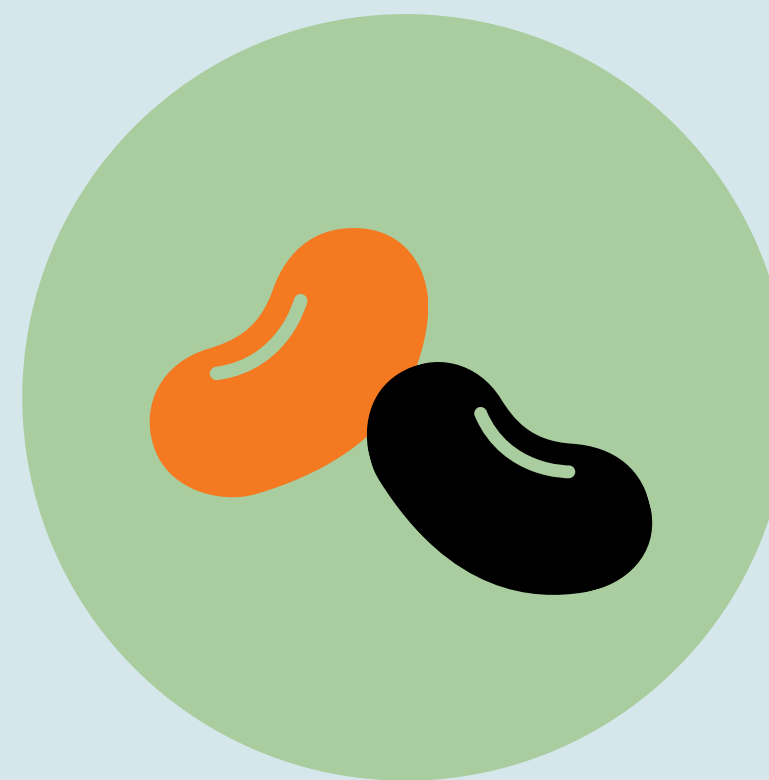
UNCOMMON ROOTS

Promote diverse crops by purchasing white icicle radish, black salsify, and parsley root as well as heirloom varieties of carrots.



NUTS AND SEEDS

Reduce your reliance on animal protein by eating nuts and seeds. Nut trees are important to permaculture systems and provide wind blocks.



BEANS

Support crop rotation and the use of cover crops by eating fava beans and other legumes, which have the added benefit of sequestering nitrogen in the soil.



MUSHROOMS

Keep forests in tact by eating mushrooms, which are grown under trees and reduce the need for clear cutting in agricultural landscapes.

Cooperative Extension
Tompkins County