

Yes! I am a partner who would like free Choose LI signs to display in my business!

Sign Up Here!



Sign up and Take The Pledge!

Commit 10% of your weekly food spending on local produce and seafood! For most Suffolk County households, that's only \$17.60 per week!

Take The Pledge!



The Vision:

Inspire the community to choose goods from local and independent farmers and fishermen to preserve our heritage industries and cultivate a vibrant, diverse and robust economy. Support the growth of a well nourished community that is unique and resilient by fostering healthy food choices and creating dynamic life experiences.

The Mission:

A collaborative initiative to raise awareness, advocate and inspire the community to support local and independent businesses by spending 10% of their weekly food allowance on local and seasonal food goods across Suffolk County, Long Island.





The Facts:

New Yorkers spend \$176 a week on Food (US Bureau of Labor Statistics). Suffolk County, NY has 474,311 households. If 10% of Suffolk County households commits to spending 10% of their weekly food allowance on local food goods over a typical harvest season for Suffolk County, that spending would add **19 million dollars into the Suffolk County economy**. 19 million dollars in direct spending will **create 33 million dollars in total economic activity** and **create nearly 1,000 local jobs**.



Spending local during the Summer and Fall months is easy on Long Island! Look at what you can buy just once a week over the course of the next few weeks to meet that pledge:

June

Vegetables - Asparagus, Beets, Broccoli, Carrots, Herbs, Kale, Lettuce, Mesclun, Peas, Radishes, Rhubarb, Scallions, Spinach, Swiss Chard, [More...](#)

July

Vegetables - Beets, Broccoli, Cabbage, Carrots, Collard Greens, Corn, Cucumbers, String Beans, Eggplant, Herbs, Kale, Lettuce, Mesclun, Onions, [More...](#)

August

Vegetables - Beets, Broccoli, Cabbage, Carrots, Celery, Collard Greens, Corn, Cucumbers, String Beans, Eggplant, Herbs, Kale, Leeks, Lettuce, [More...](#)



September

Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Corn, Cucumbers, String Beans, Eggplant, Herbs, Kale, [More...](#)



October

Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Corn, Cucumbers, String Beans, Eggplant, Herbs, Kale, [More...](#)



November

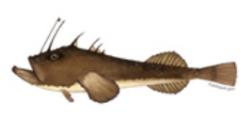
Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Collard Greens, Mesclun, Parsnips



Fish Available

Here is a list of fish caught in Long Island waters. Seasonal availability may vary. Be sure to ask your local fishmonger for weekly specials!

Striped Bass, Tautog (Black Fish), Summer Flounder, Winter Flounder, Pollack, Haddock, Atlantic Cod, Monkfish, Weakfish, Bluefish, Scup, Black Bass, Squid



Find More Information About...





What's In Season?

From Apples to Zucchini, your guide to harvest times and availability for the incredible diversity of New York State produce.

[Download PDF](#)



Suffolk Farmers Markets 2018

A list of Farmer's Markets across Suffolk County that accept SNAP and FreshConnect Coupons.

[Download PDF](#)



Choose Local F.I.S.H.

Learn more about Long Island's fresh and sustainable seafood industry here. The website includes information about locally caught species, innovative recipes, and upcoming events.

[Choose Local F.I.S.H.](#)





Choose LI - Local and Independent

@LiChoose

Our friend's at Cornell Cooperative Extension of Suffolk County will be rolling out some exciting new demonstrations and promotions to remind folks about sustainable fisheries and the nutritional value they bring to the region! #ChooseLI facebook.com/permalink.php?...



Dec 24, 2019



Choose LI - Local and Independent

@LiChoose

#ChooseLI food truck partners - economic opportunities abound! facebook.com/permalink.php?...



Dec 17, 2019



Choose LI - Local and Independent

@LiChoose

We grow everything in Suffolk County!!! facebook.com/story.php?stor...



Nov 23, 2019



Choose LI - Local and Independent

@LiChoose

Did you know many, if not most, farmstands in Suffolk County re-open the week of Thanksgiving? Check out our map to find a farmstand near you. It's always great to source local produce when... facebook.com/permalink.php?...



Nov 22, 2019

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