What’s in Season in Iowa This January

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While Iowa fields may be resting in January, local food is still very much in season. Thanks to greenhouses, storage crops, and year-round production, many Choose Iowa members continue to offer fresh, locally produced items throughout the winter months.

Year-Round Produce

Several Choose Iowa members operate greenhouses or farm hydroponically, allowing them to grow fresh produce even during the coldest months. In January, you can often find Iowa grown lettuce mixes, spinach, herbs, microgreens, and other produce available through on farm sales, winter farmers markets, or direct orders.

Heritage Hill Farm – Opening a retail greenhouse and farm market this year in Nevada, IA, with transplants, annuals, vegetables, and fruits.

Hilltop Greens – Based in Dyersville, IA, producing pesticide-free greens and cherry tomatoes year-round for local customers, restaurants, and schools.

Lee's Greens – A small 7-acre farm with 2 acres of heated greenhouses between Nevada and Colo, IA. Provides salad greens September through May, plus early tomatoes, zucchini, squash, and cucumbers.

Phelps Farm – Located outside Guttenberg, IA, offering year-round produce, honey, maple syrup, eggs, beef, and flowers through farmers markets, CSA boxes, and direct sales.

Pleasant Grove Homestead – Fremont, IA farm offering some produce year-round, including winter squash.

Groovy Greens – Located in Charles City, Iowa, Groovy Greens is regional supplier of hydroponically grown microgreens serving markets, restaurants, and catering companies across north central Iowa.

Clayton Farms – A hydroponic farm based in Ames, IA, focused on providing fresh food year round. Clayton Farms designs and manufactures its own indoor farming equipment and grows an assured supply of produce that is sold through its retail locations.

Prairie Meadows Hydroponic Farm (WesleyLife) – Located in the Des Moines metro, this farm supports the WesleyLife Meals on Wheels program by growing salad greens for meals delivered to homes and served at Polk County congregate meal sites. Greens are also available through local Communities for Healthy Living, the Iowa Food Coop, and at Hugo’s.

Greenhouse and Nursery Products

Many members also offer houseplants, succulents, and winter greenery during January. Perfect for adding some green to your home while supporting Choose Iowa growers.

Greene Goods Market – Greenhouse, garden center, and flower shop in Jefferson, IA. Shop online, call to order, or visit the market.

Mogo Farms – Mt. Pleasant, IA, providing evergreens in winter. Purchase online or visit the farm.

Pinter's Gardens and Pumpkins – Decorah, IA greenhouse offering perennials, containers, shrubs, trees, garden gifts, birdhouses, and supplies year-round.

Plantpeddler, Inc. – Cresco, IA family-owned production greenhouse with 10+ acres of greenhouse space producing spring annuals, mums, poinsettias, and more!

Red Granite Farm – Boone, IA garden center open November–April by appointment for plants and greenhouse products.

Meat, Dairy and Pantry Staples

January is also a great time to stock up on Iowa-raised meats such as beef, pork, poultry, bison, and lamb. Local dairy, eggs, honey, maple syrup, jams / jellies, baked goods, and other shelf-stable items are readily available throughout the winter.

Find Local This Winter

No matter the season, supporting Iowa farmers is always in season. Visit the Choose Iowa Find Local Directory to discover greenhouse growers, farms, and food producers offering fresh and locally made products throughout January and beyond.

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