

Week One Resource Sheet



Key Resources

✓ WVU Extension Service – Gardening & Crop Fact Sheets

Provides reliable, research-based information on crops that grow well in WV, helping participants understand what specialty crops are and how they are produced locally.

Links —→ extension.wvu.edu/lawn-gardening-pests/gardening/wv-garden-guide
extension.wvu.edu/lawn-gardening-pests/garden-calendar

✓ WV Department of Agriculture – Farmers' Market Directory

Helps participants find local farmers' markets, making it easier to access fresh, locally grown specialty crops and support local farmers.

Link —→ agriculture.wv.gov/farmers-market-search/

✓ Farm Fresh WV – Local Food & Farmers' Market Finder

User-friendly directory that helps participants quickly find farmers' markets, local farms, and fresh food sources across WV, supporting access to local products and community engagement

Link —→ farmfreshwv.com/wv-markets/

✓ USDA MyPlate – Healthy Recipes & Nutrition Resources

Supplies simple, healthy recipes and nutrition information to help participants incorporate specialty crops into everyday meals.

Link —→ myplate.gov/

✓ WVU Extension Family Nutrition Program – Cooking & Nutrition Education

Focuses on practical cooking skills and healthy eating habits, making it easier for participants to use fresh produce at home.

Link —→ extension.wvu.edu/food-health/nutrition/fnp

This week's resources introduce participants to West Virginia specialty crops, including how they are grown, when they are in season, and how to use them. Tools like farmers' market directories and shopping guides help participants find and select fresh, local produce, while recipe and nutrition resources support using these foods at home.