



King County
Farmers Share

Nutrient, Cost, and Consumer Preference Report



Top 15 Nutrient Rich Fruits and Vegetables

- Fresh Herbs
- Dark Leafy Greens
- Bell Pepper
- Bok Choy
- Winter Squash
- Broccoli
- Peas
- Carrots
- Cantaloupe
- Fava Beans
- Garlic
- Head Lettuce
- Kohlrabi
- Cauliflower
- Leeks

Top 15 Fruits and Vegetables with the Lowest Price

- Winter Squash
- Leeks
- Cantaloupe
- Carrots
- Head Lettuce
- Mustard Greens
- Bell Pepper
- Bok Choy
- Chard
- Turnip Greens
- Fava Beans
- Cauliflower
- Kale
- Collards
- Arugula

Top 15 Fruits and Vegetables by Consumer Preference

- Broccoli
- Garlic
- Cucumbers
- Cauliflower
- Greens
- Peppers
- Lettuce
- Tomatoes
- Beets
- Onions
- Fresh Herbs
- Kale
- Cabbage
- Celery
- Apples

Maximizing Cost, Consumer Preference, and Nutrient Intake

Cost, Preference, and Nutrient Intake



Dark Leafy Greens
Bell Peppers
Head Lettuce
Cauliflower



Price and Nutrient Content

Bok Choy
Winter Squash
Carrots
Cantaloupe
Fava Beans
Leeks



Consumer Preference and Nutrient Content

Fresh Herbs
Broccoli
Garlic



*Providing healthy food
to people in need builds
healthier communities*

