



## EP!C Harvest at a Glance

EP!C's horticulture program, the EP!C Harvest, helps provide on-the-job training and employment in EP!C's greenhouse, garden, and market stand for over eighty adults with developmental and intellectual disabilities. The EP!C Harvest program empowers individuals with vocational, life, and social skills; enhanced self-sufficiency and independence; improved self-esteem; and a sense of pride and accomplishment in providing fresh, local produce to their community.

## Our Commitment to Fresh, Natural, Locally-Grown Produce

EP!C Harvest produces high-quality, locally-grown produce that is always vine-ripened, time-tested hybrid and heirloom varieties, never any laboratory-produced GMOs. We only use Organic Materials Review Institute (OMRI) certified soil additives in conjunction with cover crops to maximize soil health and growing potential without using chemical fertilizers. To deter pests and prevent disease, we use an integrated pest management program that minimizes accidental injury to non-pest wildlife and only use OMRI-certified pesticides if absolutely necessary. We intentionally make our garden a haven for people and wildlife. Birds, butterflies, and bees are natural partners with us in our garden as they reduce pests and increase crop pollination. Native plants and flowers are also often planted in and around our garden to draw pollinators of all types.

## Partnering with EP!C Harvest

We offer a wide variety of vegetables, herbs, and fruits, and if there is something you or your business needs, we can accommodate special requests for hard to find vegetables and herbs. All of our produce is picked fresh, cleaned, and delivered to you the same day, often within hours of coming out of the garden. We are known throughout the community for delivering high-quality, naturally grown produce and currently partner with Table 19 at the Pere Marquette, Naturally Yours Grocery, Lutheran Hillside Village, and Alwan & Sons. Proceeds from EP!C Harvest support EP!C programs and help reduce EP!C's dependence on State funding.



For more information contact Marc Britton at (309) 689-3706 or [mbritton@epicpeoria.org](mailto:mbritton@epicpeoria.org).



**LUTHERAN HILLSIDE VILLAGE**  
LUTHERAN SENIOR SERVICES

**ALWAN & SONS**  
★  
**MEAT COMPANY**  
*Since 1957*



# EP!C Harvest's 2016 Offerings



**Heirloom Tomato**  
July, August,  
September, October



**Medium Red Tomato**  
July, August, September,  
October



**Cherry Tomato**  
July, August,  
September, October



**Heirloom Peppers**  
July, August, Sep-  
tember, October



**Red Bell Pepper**  
July, August,  
September, October



**Red Onions**  
June, July



**Green Beans**  
May, June, July,  
August, September,  
October



**Heirloom "Music"  
Garlic**  
June, July



**Summer Squash &  
Zucchini**  
May, June, July,  
August, September,  
October



**Candy Onions**  
July, August,



**Red & Russet  
Potatoes**  
June, July



**Genovese Basil**  
May, June, July, Au-  
gust, September,  
October



**Cucumbers**  
May, June, July,  
August, September,  
October



**Lettuce & Mixed Greens**  
March, April, May, June, Sep-  
tember, October, November



**Kale**  
April, May, June,  
September, October,  
November



**Broccoli**  
April, May, June,  
September, October, No-  
vember