

What's in SEASON?



Spring

FRUITS

- Apples
- Pears

VEGETABLES

- Arugula
- Asian Greens
- Asparagus
- Garlic
- Greens
- Lettuce
- Leeks
- Parsnips
- Peas
- Radishes
- Rhubarb
- Scallions
- Spinach
- Sprouts
- Turnips

OTHER

- Mushrooms
- Herbs
- Maple Syrup
- Vegetable and Flower Plants



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Food Safety Tips

Freezing foods safely and getting the most out of your frozen foods:

- **Use proper containers for freezing.** The best way to keep food safe and appealing is to use freezer safe plastic containers or freezer quality bags. Unlike single use containers (such as old margarine containers), these have airtight seals and are resistant to moisture vapors, preventing freezer burn.
- **Cool cooked meals in the refrigerator before freezing.** Cooling the cooked food first can prevent the formation of ice crystals in the freezer, which can reduce the chance of freezer burn.
- **Lower the freezer temperature when freezing large batches of food.** When preparing multiple meals or preparing a large batch of food, such as soup, lower the freezer temperature until the food is frozen. This prevents the freezer temperature from warming and compromising the already frozen contents.
- **Label frozen items with the name of the food item and the packaging date.** Monitoring the age of frozen foods ensures quality.

Farmers Market Shopping List

Fruits

Veggies

Other

What's in SEASON?



Summer

FRUITS

- Apricots
- Blackberries
- Cantaloupe
- Cherries
- Nectarines
- Peaches
- Plums
- Raspberries
- Strawberries
- Watermelon

VEGETABLES

- Beans
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Garlic Scapes
- Greens
- Kale
- Kohlrabi
- Leeks
- Onions
- Peppers
- Potatoes
- Radishes
- Scallions
- Sprouts
- Summer Squash
- Swiss Chard
- Tomatoes
- Turnips
- Zucchini

OTHER

- Herbs
- Mushrooms
- Cut Flowers
- Honey



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Food Safety Tips

When and how to wash fruits, vegetables, and other farm products:

- **Wash fruits with a rough protective skin prior to consuming.** Particles can be housed in the fruit skin and cutting through this skin before washing may contaminate the fruit.
- **Use a scrub brush on any fruits where you eat the skin.** A brush helps to remove particulates and bacteria from the surface of the fruit.
- **Grouped vegetables, such as broccoli or lettuce, should be rinsed before consuming.** Rinsing just before preparing or consuming keeps the food safe and fresh.
- **Avoid washing berries until just before consuming.** Washing berries and storing them may accelerate the growth of mold and increase spoilage.
- **Don't wash eggs.** Washing eggs may increase the risk of contamination, as it removes the natural protective coating and allows water and bacteria to enter the egg.

Farmers Market Shopping List

Fruits

Other

Veggies

Materials are supported through a Food Safety Training and Education grant and a Specialty Crop Block grant through the Michigan Department of Agriculture and Rural Development.

What's in SEASON?



Fall

FRUITS

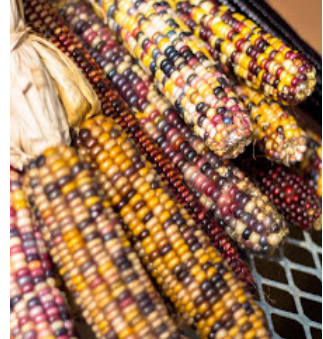
- Apples
- Cantaloupe
- Cranberries
- Grapes
- Pears
- Watermelon

VEGETABLES

- Arugula
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Edamame
- Eggplant
- Garlic
- Greens
- Kale
- Kohlrabi
- Lettuce
- Leeks
- Onions
- Parsnips
- Peas
- Peppers
- Potatoes
- Pumpkins
- Radishes
- Rutabaga
- Scallions
- Spinach
- Sprouts
- Sweet Potatoes
- Turnips

OTHER

- Herbs
- Honey
- Mushrooms



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Food Safety Tips

Keeping food safe and fresh during the fall markets and through winter:

- **Understand the difference between pasteurized and unpasteurized juice and cider.** Pasteurized products have been heated to kill any bacteria or microorganisms that may be present. Unpasteurized liquids may contain harmful bacteria that can cause illness.
- **Purchase and store healthy squash.** Look for stems that are not shriveled, blackened, or moist. Uncut varieties can last up to three months when stored between 45°F and 50°F.
- **Know how to store your honey indefinitely.** As long as the container has a lid and remains water free, honey can last without spoiling.
- **Avoid cross contamination.** Keep raw meat and seafood away from fresh fruits or vegetables, and never let cooked food touch a surface that was shared with a raw food.

Farmers Market Shopping List

Fruits

Veggies

Other

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What's in SEASON?



Winter

FRUITS

- Apples
- Pears

VEGETABLES

- Beets
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Garlic
- Greens
- Kale
- Lettuce
- Onions
- Potatoes
- Radishes
- Rutabaga
- Sprouts
- Sweet Potatoes
- Swiss Chard
- Turnips
- Winter Squash

OTHER

- Christmas Trees
- Herbs
- Honey
- Maple Syrup
- Mushrooms



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Food Safety Tips

Use these food safety tips to keep your produce and farm products safe in the event of a winter storm:

- **Take preventative measures before losing power.** Freeze water in small containers before a storm to keep fresh produce, such as lettuce or kale, cold during an outage.
- **Separate meats from produce if the power goes out.** Thawing meat and poultry can cross contaminate fruits or vegetables, so be sure to securely separate them in the freezer during an outage.
- **Stock produce that doesn't need to be refrigerated to keep cold items safe.** Keeping the fridge closed helps keep temperatures low during an outage, so be sure to stock easily prepared and non-refrigerated produce, such as whole potatoes and winter squash.
- **Label frozen items with the name of the food item and the packaging date.** Monitoring the age of frozen foods ensures quality.
- **After the storm, check each food item separately.** Throw out foods with unusual odors, colors, textures, or that feel warm to the touch.

Farmers Market Shopping List

Fruits

Other

Veggies