

# 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



Find a Farmers Market Near You

[www.mifma.org](http://www.mifma.org)



#FarmersMarketsMI



# 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	_____	Other	_____
	_____		_____
	_____		_____
	_____		_____
Veggies	_____	_____	
	_____	_____	
	_____	_____	
	_____	_____	
	_____	_____	
	_____	_____	