

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
- Greens
- Kale
- Kohlrabi
- Leeks
- Onions
- Peppers
- Potatoes
- Radishes
- Scallions
- Sprouts
- Summer Squash
- Swiss Chard
- Tomatoes
- Turnips
- Zucchini

OTHER

- Herbs
- Mushrooms
- Cut Flowers



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www.mifma.org



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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	_____	_____	
	_____	_____	
	_____	_____	
	_____	_____	
	_____	_____	
	_____	_____	