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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www.mifma.org

#FarmersMarketsMI
**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.

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**Farmers Market Shopping List**

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