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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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.

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