

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
