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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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

Veggies

Other

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