

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



Find a Farmers Market Near You
www.mifma.org



#MIFarmersMarkets



Food Safety Tips

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.

Farmers Market Shopping List

Fruits

Other

Veggies