

SAFE PRODUCE HANDLING

From FARMER'S MARKETS and CSAs

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WASH, WASH, WASH

Wash HANDS -

People carry many bacteria.

Wash HARVESTING EQUIPMENT -

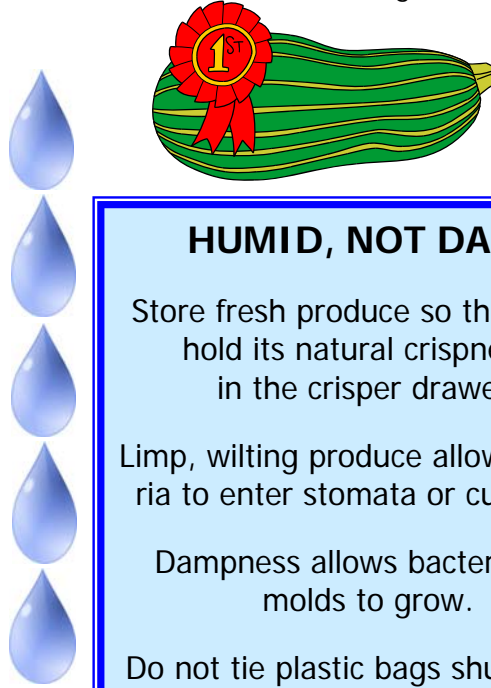
Knives, shears, baskets, trugs.

Wash PRODUCE **ONLY** if it's dirty,
Otherwise just brush clean.

Especially things that grow on ground.
Keep it as clean and dry as possible.

Wash most produce **just before you use it.** Water on it will make it spoil faster so keep it dry in the 'fridge.

Use potable water, hoses can be iffy.



HUMID, NOT DAMP

Store fresh produce so that it can hold its natural crispness - in the crisper drawer.

Limp, wilting produce allows bacteria to enter stomata or cut veins.

Dampness allows bacteria and molds to grow.

Do not tie plastic bags shut. Keep open, or use paper bags.

REFRIGERATE

Bacteria and molds grow more slowly in the cold, 34° to 40°F.



PERFECT IS NOT NECESSARY

Misshapen produce is okay to use!

Trim bruised, diseased spots from **firm** produce. Trim more than just the obviously diseased area.

Soft produce such as tomatoes, berries or cucumbers with mold should be discarded.

Green on potatoes is toxic. Peel it all off.

PRESERVATION

Blanching before freezing improves texture and flavor.

As long as the freezer stays on the food will be safe, but quality may suffer.

ONLY use reliable canning directions, preferably the USDA 2009 *Guide To Home Canning* or University of Georgia's *So Easy to Preserve*, or our website <http://hillsboroughnutrition.ifas.ufl.edu/CanningFreezing>

