

What to Grow & How to Package It

Description

Spring

- Beets
- Lettuce
- Spinach
- Collards
- Kale
- Carrots & radishes

Summer

- Tomatoes
- Peppers (all kinds)
- Cucumbers
- Summer Squash
- Green Beans
- Kale

Winter

- Winter squash
- Dried herbs
- Collards
- Radishes
- Kale
- Turnips
- White potatoes and sweet potatoes

Other

- Garlic & onions
- Hard fruit (apples, pears)

General rule of thumb:

- A good rule of thumb: donate only produce which you would purchase for your own family.
- Vegetables should be free of dirt and mud.
- Vegetables should not be insect ridden, have serious bruising, or splitting.
- Do not mix vegetables. It takes time for volunteers to sort and repackage them.
- Preferred packaging methods: clam shells or zip-lock bags. Portion sizes should be good for a family of 4.
- Label produce so families and volunteers know what it is.

Category

1. Plot Against Hunger

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Author
robinb