



Celebrate Your Plate's Farmer's Market Guide

How to select, prepare, cook, and store in-season produce from Ohio Farmer's Markets.

Visit CelebrateYourPlate.org for more tips and healthy recipes!

Information adapted from Ohio Farm Bureau.



Farmer's Market Guide to BEETS

- **Peak Season:** June-October
- **Ripeness:** pick firm, round beets. They should be deep in color and have a smooth surface.
- **How to clean:** rinse with water and scrub with a scrub brush.
- **Prep:** if greens are attached, remove and set aside. Use a vegetable peeler to peel the skin off the beet.

Cook and Store

- **Cook:** place beets in a large pot. Add water to pot until beets are mostly covered. Place pot on burner at high heat. Once the water starts to boil, turn burner to medium-low heat and place lid on pot. Let boil for 10-15 minutes, then drain and cut beets into cubes.
- **Store:** Uncooked beets can be stored in the fridge for 7-10 days. Cooked beets can be stored in the fridge for 1 week.



Farmer's Market Guide to SWEET CORN



- **Peak Season:** July-October
- **Ripeness:** pick an ear with a green husk, fresh silk, and tight rows of kernels. This will insure a fresh and tasty piece of produce!
- **How to clean:** remove leaves, silk, and tassel from the ear. Run under water with a veggie scrub brush.

Cook and Store

- **Cook:** fill a large pot 3/4 full with water and bring to a boil. Gently place ears of corn in the pot and cover. Turn off the heat and let the ears cook in hot water for 10 minutes.
- **Store:** after purchasing your corn, it will store best in the refrigerator with the husks on for 1-2 days.



Farmer's Market Guide to ZUCCHINI

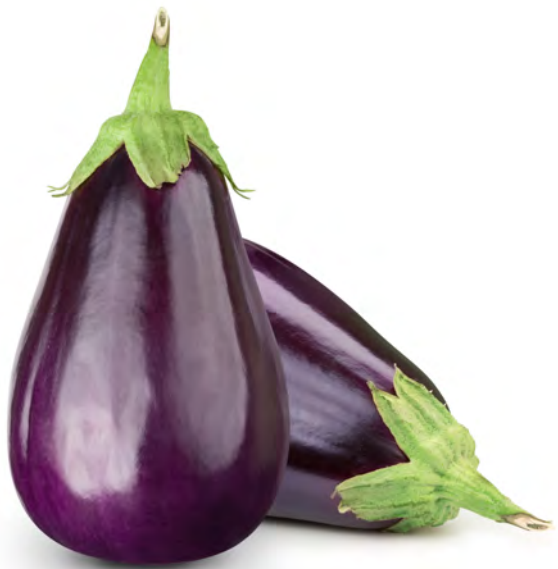


- **Peak Season:** June-September
- **Ripeness:** look for zucchini no larger than 8 inches long. Choose zucchini that is firm and feels heavy for its size. The skin should be even colored and slightly shiny with a green stem.
- **How to clean:** rinse with water and scrub with a veggie brush.
- **Prep:** remove both ends from zucchini. Cut zucchini into slices or discs.

Cook and Store

- **Cook:** place on cookie sheet and toss with oil, salt, and pepper. Cook zucchini in the oven at 350 degrees and bake for 15 minutes.
- **Store:** store uncooked zucchini in the refrigerator for 5-7 days.





Farmer's Market Guide to EGGPLANT

- **Peak Season:** July-September
- **Ripeness:** look for firm, smooth, deep-purple skin. Choose a medium-sized eggplant that is free of brown or blue streaks.
- **How to clean:** rinse with water and scrub with a veggie brush.
- **Prep:** remove both ends of the eggplant. If desired, remove the skin with a vegetable peeler. Cut into slices or cubes.

Cook and Store

- **Cook:** preheat oven to 400 degrees. Place cut eggplant on baking sheet and toss with oil, salt and pepper. Cook for 25-30 minutes.
- **Store:** eggplant can be stored in the refrigerator for 2-5 days.



Farmer's Market Guide to SALAD GREENS



- **Peak Season:** May-October
- **Ripeness:** select fresh, tender greens with a healthy color. Greens should be crisp!
- **How to clean:** rinse with water.
- **Prep:** if your Salad Greens have ribs or steams in them, fold the greens in half and cut along the inside of the rib to remove it, if desired. Chop greens into desired pieces.

Store

- **Store:** put Salad Greens into a big bowl and drape a paper towel or two over the top so that moisture doesn't settle on the leaves. Salad Greens will last in the fridge for 3-5 days.





Farmer's Market Guide to VEGETABLE GREENS

- **Peak Season:** May-October
- **Ripeness:** pick greens that are unblemished, crisp and deep green in color.
- **How to clean:** soak greens in a large bowl to rinse them. Replace water and repeat 2-3 times.
- **Prep:** remove stems from greens and chop into bite-size pieces.

Cook and Store

- **Cook:** add greens to a large skillet and stir over medium-high heat with vegetable or olive oil for 1-2 minutes. Reduce heat to medium, add minced garlic, and cook greens for 5-7 minutes. Add salt and pepper to taste.
- **Store:** greens can be kept in the refrigerator, uncooked for 5-7 days.



Farmer's Market Guide to STRAWBERRIES



- **Peak Season:** May-June
- **Ripeness:** strawberries should have a full red color. The caps should be bright green and fresh-looking. For best eating quality, pick medium to small sized berries.
- **How to clean:** rinse with water.
- **Prep:** use a small knife to remove the caps or tops of the berries.

Store

- **Store:** berries should be stored in a clean and dry bowl or container. Line the container with a paper towel to avoid moisture. Strawberries can be stored in the refrigerator for 3-7 days.



Farmer's Market Guide to WINTER SQUASH



- **Peak Season:** August-November
- **Ripeness:** when choosing squash, pick one that is full-sized. The outside rind should be hard and tough.
- **How to clean:** rinse with water and scrub with a veggie brush.
- **Prep:** in order to cut into the squash, microwave in a microwave safe dish for 6 minutes or until soft. Let squash cool and cut into halves, scooping the seeds and pulp out. Peel off skin and cut squash into cubes.

Cook and Store

- **Cook:** Preheat oven to 375 degrees. Place cubed squash on baking sheet and toss with oil to coat. If desired, add salt, pepper, rosemary, and maple syrup for seasoning.
- **Store:** wrap uncooked, whole squash in a cloth and store in a cool, dark place like a pantry or cabinet. Squash will last up to three months in this condition.



Farmer's Market Guide to BLUEBERRIES

- **Peak Season:** June-September
- **Ripeness:** choose blueberries that are plump and firm with a dark blue color. Avoid "juicy" fruit, this means the berry is old.
- **How to clean:** rinse under water and pat to dry.

Store

- **Store:** keep berries in a clean and dry container lined with a paper towel. Blueberries will keep best if they are stored on the middle or bottom shelf of the refrigerator. Berries will last up to two weeks using this method.





Farmer's Market Guide to ASPARAGUS

- **Peak Season:** April-June
- **Ripeness:** pick asparagus that is firm and straight with a compact point. Large or "fat" asparagus is a better pick than thin.
- **How to clean:** rinse with water.
- **Prep:** cut off woody ends of produce.

Cook and Store

- **Cook:** preheat oven to 400 degrees. On a baking sheet, add prepped asparagus and toss with oil, salt, and pepper. Cook for 12-15 minutes.
- **Store:** if asparagus came in a rubber band, leave in place. Stand asparagus up in a glass or jar with an inch of water. Loosely cover with a plastic bag. Asparagus will last up to 7 days using this method.

