

From Garden to Table, Make the Most of Your Produce

Across the state, farms and gardens are producing plump tomatoes, sweet carrots, crisp green peppers, and many other goodies. Make the most of your harvest with these tips:

 **Clean your hands, utensils, and cooking surfaces.**

Before prepping fruits and veggies, start with clean hands, countertops, cutting boards, and utensils.

 **Wash with water.**

Cleaning produce under cold, running water removes dirt, bacteria, stubborn garden pests, and residual pesticides. Use a clean bowl instead of a sink. Do not wash fruits and vegetables with detergent or bleach solutions.

 **Wait to wash.**

Wash the fruits and vegetables just before using them. Cleaning fruits and vegetables before storing them may promote bacterial growth and cause them to spoil quickly.

 **Store safely.**

Do not keep cut, peeled, or cooked fruits and vegetables at room temperature for more than two hours (one hour if the temperature is above 90 degrees Fahrenheit). Store fresh fruits and vegetables in the refrigerator above any raw meat, poultry, or seafood to prevent cross contamination.

 **Remember to eat them!**

 **For more food safety tips or to sign up for our free classes, visit <https://www.eatgathergo.org>**

 @PurdueNEP  Purduenep

 Purdue Extension Nutrition Education Program



Garden Sloppy Joes

Ingredients

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound lean ground meat (15% fat) (turkey, chicken or beef)
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms or 1/2 pound chopped fresh mushrooms
- 1/4 cup barbecue sauce
- 6 whole wheat buns

Directions

- 1. Saute onions, carrots, green pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.
- 2. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
- 3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
- 4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced. Refrigerate leftovers within 2 hours.

Resources: <https://nifa.usda.gov/sites/default/files/resource/Guide%20to%20Washing%20Fresh%20Produce508.pdf>
<https://www.eatgathergo.org/recipe/garden-sloppy-joes/>

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).