

Keep Your Spud From Turning into a Dud

There are 25 Delaware family farms growing potatoes – red, yellow, and white, along with some specialty potatoes. No matter whether you buy your potatoes from the grocery store, on-farm market, or at a farmers' market, there are a few tips you need to know to keep your spud from turning into a dud.

What's your style...curly, wavy, or flat?



Until it came into favor a few years ago, kale probably was not something you thought of eating. Your only interaction might have been the pretty green garnish the chef put on your plate. Due to all the health crazes, kale has become one of today's most

popular green vegetables. Consumers can purchase kale at the grocery store all year long and can find it locally at a Delaware farmers' market between August and November. If you haven't figured out which style of kale you prefer, let's help differentiate between curly, wavy, or flat kale.

Nutrient packed, kale provides a good dose of fiber, more than twice the daily amount of Vitamin C, and high levels of Vitamins A and K, and magnesium. As with any food, moderation is key because too much kale has been found interfere with thyroid regulation and the higher levels of Vitamin K can be

detrimental for individuals on blood thinning medication. You should consult your medical professional if you have any concerns about eating kale.

Curly Kale

Can be pale to dark green with large, curly edged leaves with long stems. Curly kale is thicker with a fibrous stem that should be removed before preparing the rest of the leaf according to the specific recipe. This type of kale provides a peppery flavor to dishes. Since it has a thicker leaf, it does well roasted or sautéed with oil.

Wavy Kale

An Italian kale that goes by many names, including Tuscan Kale and Dinosaur Kale (someone thought through the marketing on this one to get kids to eat kale). Deeper in color, the leaves are thinner and more tender. This kale lends itself to salads, slaw, and slow cooking.

Flat Kale

The Red Russian kale has a beautiful flat teal/purple leaf that has edges much like an oak leaf. This kale is much more tender than the other varieties and has a sweeter flavor making it perfect for salads.

Looking to try kale for the first time or need some new recipes to finish up the kale you bought? If you love potato chips, try making our Delaware Grown Kale Chips – just make sure you make extra because they will go very quickly. We also have a hearty Kale and Sausage Soup that is perfect for cooler nights.

Have Fun with Asparagus Etiquette



Move over chicken nuggets because there is another finger food in town! Asparagus.

Sitting politely in the very formal etiquette school that the Delaware FFA State Officers attend, I had my fork in my left hand and my knife in my right cutting my asparagus into bite size pieces. When I was done, I found I was guilty of an etiquette faux-pas. Asparagus is actually meant to be eaten with your fingers – as long as it is not covered in sauce.

So if you are looking to partake, pick up your asparagus from the base with your index finger and thumb. Then daintily bite off pieces from the flower end until you reach your fingers.

You might have some lookers if they are not aware of the asparagus etiquette rule, but it definitely makes for a great conversation. And if you are having trouble getting kids to eat their veggies, this one will guarantee they clear the plate. Try out your finger food skills using our Roasted Asparagus recipe.

Delaware Fresh Produce

Delawareans and visitors alike enjoy shopping locally for Delaware Grown products. Plan your visit based upon your current location or design a day trip and explore Delaware agriculture. Try out our Delaware Grown interactive map for local U-Picks, Farm Stands, and even Wineries.

Let's Talk

Let's keep the conversation going. If you have a question about Delaware Grown, would like more information, or even have a topic you would like to see covered, just drop us a note here.

The Search is Over

Highlighting Delaware Grown fruits, vegetables, herbs, and honey, our searchable recipe collection is at your fingertips making cooking local easy and delicious.

How to Shop at a Farmers' Market

A friend of mine, Trish, told me that she avoids shopping at farmers' markets. Honestly, she was a bit scared because it is nothing like shopping at her local grocery store. I encouraged her to visit a farmers' market with me so I could show her how to shop.



I picked Trish up early on Saturday morning and we drove to the largest market in Delaware. On the way there, we talked about the type of food she likes to eat, because just like going to the grocery store, having somewhat of a list in mind is

helpful. Except for bananas – not locally grown – I assured her that I thought we would find everything she was looking for that was in season. When we arrived, we parked on a side road, grabbed our reusable tote bags and walked to the park.

I always love walking up and seeing all the white canopy tents set up against the green grass in the park, and the overall community feel to the market. This first look allows me to get an idea of the market layout. Some of the markets utilize a

courtyard setup with all of the vendors set up along the outside of a square, others use a straight walkway with tents on either sides, while some of the larger ones will have the vendors set up on the outside with a few islands in the center courtyard. With more than 30 vendors, this market utilizes the latter.

I reminded Trish to think about her mental list, but before we checked off any items we were going to do an initial walk around the market. During my walk, I always look for:

- Where vendors are located (it can change from week to week);
- What produce and other items like honey, jams and jellies, cut flowers, fresh farm eggs, meats, etc. are available;
- Who has more of what I need on my list;
- How items are priced (by the bunch, container size, piece, or weight);
- What and where the high demand items (typically fruit) are located; and
- One item that looks interesting and I have never tried before.

With our walk around completed, I suggested that we head over to get blueberries first. Only in season for about 8 weeks, people will line up all the way out the market to get local blueberries. While some vendors will accept credit cards, I always like to



bring a bunch of \$5 bills with me. It makes the exchange easier and quicker, so the farmer can keep moving product. I try to purchase larger items like sweet corn early, so it can be on the bottom of my tote. This leaves the top for the more delicate items like fruit, lettuces, herbs, and cut flowers. Last on the list is always eggs. The vendor can do a better

job keeping them at the proper temperature in a cooler on ice, than I can in my tote walking around the market.

By the time we were done shopping, Trish had overcome her fear of shopping at a farmers' market. She engaged in conversation with several of the farmers, learning how they grew different items and getting tips on how to prepare the fruit or vegetable. Trish made purchases that she never would have in the grocery store because the colors and variety were more attractive. In fact, she bought quite a few items, like the cucamelons that weren't on her list.



Don't be afraid to shop at your local farmers' market to enjoy locally grown, in-season produce.

Farmers' Market Fun for the Family



You might find your kids are more open to eating their fruits and veggies if you incorporate them into your visit to the local farmers' market. Many parents find it a struggle when introducing children to new foods. The resistance can be

even worse when the dreaded V-word, aka "vegetable," becomes the topic of meal planning. If your children are anything like mine they don't like the "flavor green" and incorporating healthy fresh produce into their diet can become a challenge.

However, when put to the task of finding ways to join shopping, healthy foods, and children together, the local farmers' market is a parent's dream. Turn shopping at your local farmers' market safely into a game. How? Create a scavenger hunt! As you move down the list, your children can actively hunt each stand for unique food items that raise awareness and get them asking questions. Let them know that they can ask the farmers and vendors questions about each item and there may even be samples.

Download and print our Delaware Grown Farmers' Market Scavenger Hunt for the next time you go shopping at the farmers' market.

Happy hunting!

Buying locally supports

family farms



Buying locally produced agricultural products has gained substantial interest in recent years. For consumers, the benefits of buying local are an increased consciousness in healthier living, a desire to be more engaged in the community

and sustain the local economy, and the reward of knowing they are purchasing the highest quality and freshness.

So we really wanted to know why consumers buy Delaware grown products and what they know about Delaware agriculture. We asked 250 Delaware residents and 100 Delaware visitors who had purchased fresh produce from Delaware, within a specified time period. We also had consumers do the final selection of the new Delaware Grown logo.

The top ten key points we learned about Delaware grown crops and the residents and visitors who enjoy them are:

- Delaware agricultural products are fresh.
- Delawareans buy local produce to support their community, for its freshness, and they enjoy shopping at farmers' markets.
- Visitors' key reasons for buying local are value, enjoyment of shopping at the farmers' markets, variety, and knowing where their food originates.
- Eighty percent of residents and visitors believe it's important to buy from local growers of produce.
- Top 6 recognized Delaware grown fruits: strawberries, watermelon, berries, apples, peaches, and cantaloupe.
- Top 6 recognized Delaware grown vegetables: sweet corn, tomatoes, cucumbers, pumpkins, green beans, and

lettuce. Why

- Honey is the most recognized horticultural crop.
- Visitors seek out Delaware grown produce when they go back home.
- Millennials want to eat at restaurants that have locally grown produce on the menu.
- The Delaware Grown logo, designed and selected based on consumer input, was preferred overwhelmingly for capturing their attention, promoting Delaware agricultural products, and being more memorable.

Head on over to our map to find a Delaware grown products available right in your community. Can't make it to the farm or farmers' market? Stop by your local grocery store to find fruits and vegetables grown by one of your neighbors.