

# Fresh Market Availability

From April through December, Delaware produces a bountiful amount of fresh fruits and vegetables, honey, cut flowers, and evergreens. Our seasonality offers distinct flavors, colors, and variety that appeal to all. As a consumer, you want the best for yourself and your family. Knowing that the fresh produce you purchased has had the minimum amount of time “off the vine” is essential. In a small state like Delaware, our farmers pick early in the morning, so you have the freshest selection at the market. And with less time to reach the market, nutrients are retained, making Delaware grown produce more nutritious. Our Fresh Market Availability Chart is a great reference to check before heading to the market.



# DELAWARE PRODUCE

## Fresh Market Availability



Apples

July - November



Asparagus

April - June



Blueberries

June - August



Broccoli

June - August



Cabbage

June - November



Cantaloupe

June - September



Cucumbers

June - October



Eggplant

July - October



Green Beans

June - October



Peaches

June - September



Peppers

July - October



Potatoes

June - August



Pumpkin

August - November



Radishes

May - October



Squash

July - September



Strawberries

May - June



Sweet Corn

June - October



Sweet Potato

August - November



Tomatoes

June - October



Watermelon

July - October

[delawaregrown.com](http://delawaregrown.com)

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# Cutting Leeks

Don't be intimidated; leeks are a wonderful alternative to onions and easier to clean and cut than you think. Follow these five steps for the perfect leek experience.

- Chop off the base (roots)
- Chop off the flag (green leaves)
- Cut the remaining leek in half lengthwise
- Cut half-moon sections
- Place in a bowl of water to remove dirt

Leeks tend to have dirt in them, so don't skip the last step.



# Soup Month is Here!

Did you know January is National Soup Month? That's right, and we have lots of unique soup recipes to share. Start your soup journey with our Kale and Sausage Soup recipe. It won't disappoint.

## • Cauliflower Soup

An adventurous cook looking for a new recipe will want to give cauliflower soup a try.

## • Asparagus Soup

A low-fat cream soup that can be enjoyed all season long.

## • Carrot and Bow Tie Soup

This vegetable soup is far from boring with a variety of healthy ingredients including onions, parsley, and tomatoes, not to mention it's naturally vegetarian. Enjoy on a cold day with friends and family.

## • Lima Bean Soup

A hearty, rustic soup that will warm you on cool fall nights.



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# Cooking with Kids

Cooking with your child can educate and empower them to make healthy choices with fresh local ingredients. We have a few tips to keep cooking with children low stress and safe:

1. Bring out a step stool. Help them get involved with a safe full view of the kitchen counter.
2. Dress for a mess. It's time to get your hands dirty, and there is no need to stress over the clothing.
3. Follow a recipe. Using a recipe helps children go step by step and learn how to measure ingredients out. We have many kid-friendly recipes to try out, <https://delawaregrown.com/local-recipes/>
4. Taste test. Taste-testing makes it more fun, and children are more likely to try healthy foods when they are the ones making them.