

Delaware Grown Road Trip

Hop in the Car!

Explore Delaware's many produce farms and farmers markets, and meet specialty crop farmers! Experience our rich and flavorful agricultural heritage as you travel rural roads and meet our state's specialty crop farmers.

Pick a Route or Mix and Match to Make Your Own Road Trip

Every stop on the three Delaware Grown Road Trips offers visitors opportunities to experience the best fresh, in-season fruits and vegetables for you and your family to savor. Available produce will vary throughout the year based on harvest times. Most of the stops are open from May through the end of October. It is highly suggested that visitors confirm locations are open before embarking on their trip.

Road Trip #1 Northern Route

The Northern Route can be fully completed on a Friday or Saturday!*



*Hours of operation are subject to change, please confirm locations are open before embarking on your trip!

Road Trip #2 Central Route

The Central Route can be fully completed
from Tuesday to Saturday!*



*Hours of operation are subject to change, please confirm locations are open before embarking on your trip!

Road Trip #3 Coastal Route

The Coastal Route can be fully completed
from Monday to Saturday!*



*Hours of operation are subject to change, please confirm locations are open before embarking on your trip!

Delaware Grown Passport



You can pick up a Delaware Grown Passport from the Delaware Department of Agriculture, participating sites, visitor centers, and many other locations across the state, or download and print at home:

[Download Here! Delaware Grown Passport](#)

If you have your Delaware Grown passport stamped at three locations, you can receive a free Delaware Grown t-shirt. You don't have to visit all three locations on the same day, and you can mix and match the locations throughout the state to create your ideal road trip!

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

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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.



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.
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Cooking Tips for Beginners

Cooking can feel overwhelming when you first start but don't give up. Here are a few tips that can make the experience enjoyable.

1. Prep your cooking area. (This will help you stay on task)
2. Read the recipe through once before cooking.
3. Don't crowd the pan. (Too much of any food on the pan will stop browning)
4. Season, everything.
5. Generously salt your pasta water.
6. Invest in a salad spinner. (Believe me, you'll wish you had sooner)
7. Keep your good knife sharp.
8. For easier cleanup, line your baking sheets with parchment paper.
9. Clean as you go.



Dessert Inspiration

Life is better with dessert.

Its true carbohydrates help the brain and body produce chemicals like serotonin which help with overall well-being.

We wouldn't recommend having them every day, but when you need something sweet, we have recipes that include fresh fruit and loads of goodness.



Try these recipes today –

Strawberry Tart

Old Fashion Peach Cobbler

Stuffed Pumpkin

Baked Apples & Oats

Maximize Freshness – Tips for Storing Produce



Ever wonder how to properly store produce? Or maybe you're tired of your fresh fruits and vegetables going bad before you have the chance to eat them. We are here to help with our produce storage tips.

COUNTERTOP

Melons	7 to 10 days	
Peaches	1 to 3 days	
Tomatoes	5 to 7 days	<i>Pro Tip – Lay stem down, room temperature</i>

PANTRY

Garlic	3 to 5 months	
Onions	2 to 3 months	
Potatoes	3 to 5 weeks	<i>Pro Tip – Store with apples</i>
Sweet Potatoes	1 to 2 weeks	
Winter Squash	4 weeks	

REFRIGERATOR

Apples	4 to 8 weeks	
Asparagus	3 to 4 days	<i>Pro Tip – Store upright with water</i>
Beans	7 days	
Bell peppers	1 to 2 weeks	
Berries	1 to 2 weeks	
Broccoli	1 to 2 weeks	
Carrots	3 to 4 weeks	<i>Pro Tip – Add water</i>
Cherries	5 to 10 days	
Cucumbers	7 days	
Grapes	1 to 2 weeks	
Lettuce	7 to 10 days	<i>Pro Tip – Store with a paper towel or add a little salt</i>

Tomatoes 1 to 2 weeks
Zucchini 1 to 2 weeks

FREEZER

Broccoli 9 to 12 months *Pro Tip – Cut and wash before freezing*
Carrots 7 to 9 months
Grapes 10 to 12 months
Tomatoes 2 to 3 months *Ripe (washed and used only for cooking)*

Support Local Farmers and Agribusinesses



Life changed drastically for all of us but one thing remains constant, farmers are still farming. The Delaware agricultural community is working hard to provide goods in unique and safe new ways, continuing the farm family legacy of our great state. Now is the time to purchase local and support our agriculture community. Use our Pick Fresh Map to find farm stands or even try a CSA in your town.

Honoring Traditions and Discovering New



My family, like many families, enjoy the tradition of spending Thanksgiving Day together feasting on turkey, sweet potato casserole, and many other classic holiday dishes until we are too full to eat another bite. It's not often that family gathers together, so our family utilizes every moment over the holiday weekend. Instead of spending time in large stores fighting the lines on Black Friday, we spend the day together tagging our live Christmas tree. Something is exhilarating about a cool fall day on a Christmas Tree Farm. Local Delaware Christmas Tree farms, big and small, hold a story steeped in tradition that has become part of the memories for so many families here in Delaware and surrounding states. As you embark on your yearly trip to find the perfect live tree, please stop in the shop and check out their custom holiday-inspired ornaments or gifts. Don't forget to grab some apple cider or hot chocolate before you venture through the farms.

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.