

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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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.



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.



Choosing the Best

Strawberries

Strawberries are always best from a local U-Pick or Farmers' Market and we have a few tips to help you select perfection!

- Choose strawberries that are firm, plump, bright red, with a natural shine and a fresh-looking green stem.
- Strawberries should always be refrigerated and kept dry until just before serving.
- With green stems still intact, wash berries under cool water and gently dry.
- Remove the green stem from the berries with a knife.



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 <i>freezing</i>	9 to 12 months	<i>Pro Tip – Cut and wash before</i>
Carrots	7 to 9 months	
Grapes	10 to 12 months	
Tomatoes <i>cooking</i>	2 to 3 months	<i>Ripe (washed and used only for</i>

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.