



Fresh Produce Chat.... On the Farm with
Zilke Vegetable Farm

Welcome!!

- Welcome
- Introductions
- Please turn microphone & video off
- Please submit questions in the chat box

Walk around with Zilke's on the Stand

- How to pick out a watermelon ???
- Fall Squash
- Sweet potatoes/potatoes
- Leeks
 - Making Potato/Leek Soup
- Tomatoes/how to use
 - Salsa
-

“How do we store fresh produce over the winter?”

Choose a few veggies and fruits (apples and squash, fall veggies)



**“It’s winter and the food stands are not open.
Where is the best place to purchase fresh
produce?”**

1. CSA’s
2. Michigan Farmer’s Market Association (MIFMA) **
3. Purchase Produce that has a longer growing season
4. Start an indoor herb garden
5. Freeze or can what you can’t get fresh
6. Purchase frozen from the grocery store

“My wife and I were curious if you could provide a chart or table we could print and put on our fridge to tell us how long each fruit can last in the fridge, safely. We appreciate any help!”

Half Your Plate

[Home Storage Guide for Fresh Fruit and Vegetables](#)

American Heart Association

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/keep-fruits--vegetables-fresher-longer>

“Why is it so important to store fruits and vegetables properly?”

- Improper storage of some whole fresh fruits and vegetables may cause deterioration of both their flavor and nutrition profile
- To keep them as fresh as possible for as long as possible
- To further ripen some fruit
- To prevent premature spoilage
- To prevent illness
- To get the most out of your money



Q & A.... & Picture Time

- Turn on your video for a video montage picture!!

Wrap up

- Thank you for attending today's session
- Thank you to the Zilke's
- Email MHealthy with any questions:
mhealthy@umich.edu