

Extension - Nutrition **Education Program**

September 2021 **EAT BETTER FOR LESS**

From Garden to Table, Make the Most of Your Produce

Across the state, farms and gardens are producing plump tomatoes, sweet carrots, crisp green peppers, and many other goodies. Make the most of your harvest with these tips:

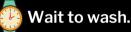


Clean your hands, utensils, and cooking surfaces.

Before prepping fruits and veggies, start with clean hands, countertops, cutting boards, and utensils.



Cleaning produce under cold, running water removes dirt, bacteria, stubborn garden pests, and residual pesticides. Use a clean bowl instead of a sink. Do not wash fruits and vegetables with detergent or bleach solutions.



Wash the fruits and vegetables just before using them. Cleaning fruits and vegetables before storing them may promote bacterial growth and cause them to spoil quickly.



Store safely.

Do not keep cut, peeled, or cooked fruits and vegetables at room temperature for more than two hours (one hour if the temperature is above 90 degrees Fahrenheit). Store fresh fruits and vegetables in the refrigerator above any raw meat, poultry, or seafood to prevent cross contamination.



Remember to eat them!

For more food safety tips or to sign up for our free classes, visit https://www.eatgathergo.org



@PurdueNEP

Purduenep



Purdue Extension Nutrition Education Program



EatGatherGo.org

Garden Sloppy Joes Ingredients

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound lean ground meat (15% fat)
- (turkey, chicken or beef)
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms or 1/2
- pound chopped fresh mushrooms
- 1/4 cup barbecue sauce
- 6 whole wheat buns

Directions

- 1. Saute onions, carrots, green pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.
- 2. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
- 3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
- 4. Toast buns if desired. Spoon sauce
- over bun halves. Serve open-faced.
- Refrigerate leftovers within 2 hours.

Resources: https://nifa.usda.gov/sites/default/files/resource/Guide%20to%20Washing%20Fresh%20Produce508.pdf https://www.eatgathergo.org/recipe/garden-sloppy-joes/

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).