

***All Produce* is appreciated!**

If you would like to grow for a particular reason, here are some suggestions.

KEYS TO CONSIDER



Edible Raw



No-Prep



Shelf-Stable



Hard-to-Find



Costly



Shelf Life

ALWAYS IN DEMAND

TOMATOES

Any size / variety
Ripe or green



LEAFY GREENS

Spinach, lettuce, kale,
chard



PEPPERS

Both sweet and hot
varieties



"For us, fresh, local, homegrown produce keeps the carbon food-print low, and the nutritional value high, while engaging neighbors in helping neighbors."

- Healthy Day Partners, San Diego, CA



CULTURALLY RELEVANT

SPECIALTY GREENS

Sweet potato greens, collards,
bok choy, napa cabbage



SPECIALTY VEGGIES

Tomatillos, okra,
bittermelon



HERBS

Cilantro, basil, mint,
thyme



"[We're in] a densely populated county with a very diverse population. Different populations prefer different greens, but we find mustard, collards, Asian greens, Swiss chard, spinach, and lettuces are popular."

- HarvestShare, Montgomery County, MD



ACCESSIBLE / NON-TRADITIONAL LIVING

FRUIT

Tree fruits, berries,
grapes



HARDY VEGGIES

Carrots, celery,
beets



STAPLES

Potatoes, onions,
winter squash



"Produce that's ready to eat or doesn't need refrigeration helps our communities stay healthy while recognizing busy lives and non-traditional living spaces."

- Kaizen Food Share, Denver, CO



MAKE A DIFFERENCE
by Donating Homegrown Produce

Find out how at freshfoodconnect.org

