

Great Produce to Grow & Donate

What Produce Should I Grow to Give?

- Produce easy for the consumer and the emergency food provider to keep fresh
- Produce requiring minimal sub-packaging to keep fresh and safe during distribution
- Produce easily recognizable and accessible for all home cooks

Examples:

- Melons
- Tree fruit
- Winter Squash (butternut, acorn, delicata, spaghetti)
- Summer Squash (zucchini, yellow, pan – keep it consumer-sized)
- Cucumbers
- Slicing and Roma tomatoes (no cherry or large heirloom that will crush easily)
- Corn
- Eggplant
- Green beans
- Carrots
- Bulb onions
- Tomatillos
- Peppers (sweet, mild, or medium)

Check with your local organization before growing and donating the following:

- Produce that is difficult to keep fresh: microgreens/delicate greens, green onions, herbs, berries
- Produce that is difficult to distribute without crushing: cherry or heirloom tomatoes or perfectly ripe tree fruit
- Produce that might be challenging for a new cook: Broccoli rabe, leeks, okra
- Exotic root veggies: beets, turnips, parsnips, rutabaga
- Intimidating greens: kale, chard, collard greens, bok choy, etc.



Thanks for growing to give!

Send your questions, stories and pictures to
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