**HELENA FOOD SHARE VEGGIE HARVEST & PACKAGING GUIDELINES**

- Fill food safe plastic bags keeping the tops open; fill out sticker place on bag; put bag upright into crate,

- Transfer to **Helena Food Share (HFS) 1616 Lewis St (443-3663) email:** **hfsvista@helenafoodshare.org**

**- Hours Monday: 8am – 6pm Tuesday to Friday: 8am – 4pm**

- Identify self & community garden to Helena Food Share employee.

- Get receipt with weight, return crate to garden on next visit

- Packaging kit can be found in each garden shed. It contains: Food safe plastic bags (more rolls available at HFS), labels, sharpie, knife, and paper towels. Make bags perforated with a pencil.

**\*\*DO NOT WASH UNLESS OTHERWISE SPECIFIED**

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| **Veggie** | **Harvest Info** | **Packaging Info** |
| **Beans****Peas**  | \*Discard fat inedible ones\*Do not pick when wet | 3 servings per bag (3 handfuls) Put in food safe perforated bag by type of pea and bean |
| **Beets****Carrots** **Parsnips****Radishes** | \*Wipe off dirt or rinse & pat dry\*Cut off green tops unless baby beets\*Cut off tap roots | 3 servings per bag (3 handfuls ) |
| **Broccoli heads** | \*Trim leaves | Put into food safe perforated plastic bag |
| **Cabbage** | \*Remove dirty outer leaves | No bag needed unless small  |
| **Chard****Collards****Kale****Spinach****Lettuce** | \*Rinse and pat dry with paper towel\*De-stem large leaves & discard stems | Chard, collards, kale, spinach – full food safe plastic bag Lettuce- half of food safe plastic bag Package only leaves.If too tall for bag, cut off stems and discard.  |
| **Kohlrabi** | \*Pick while small and wipe off dirt\*Separate leaves from bulb | 3 kohlrabi  |
| **Summer Squash Zucchini****Patty pan Squash** | \*Wipe clean\*Pick before become too big | 2-3 small zucchini or squash 1-2 large squash or zucchini  |
| **Winter Squash****Pumpkins** | \*Wipe clean\*Pumpkins no bag needed  | 2-3 small winter squash 1-2 large  |
| **Tomatoes****Peppers****Onions (red yellow white)** | \*Wipe clean | 3 medium tomatoes, peppers, or onions per bag  |
| **Green Onions** **Scallions** | \*Wash and cut off tap root\*Trim off some of green tops | 1 bunch of 6 |
| **Basil****Cilantro****Rosemary****Garlic** | \*Wipe Clean if needed  | Quarter to half of a food safe plastic bag. |
| **Potatoes**  | \*Rinse clean and pat dry  | 4-5 small to medium potatoes  |

 **THANK YOU SO MUCH FOR YOUR DONATIONS!!! Revised 5/5/16**