

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

<u>Veggie</u>	<u>Harvest Info</u>	<u>Packaging Info</u>
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