

Enjoying Summer Foods

Celebrate the summer bounty of Ohio local foods.

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<http://go.osu.edu/OhioSummerBounty>



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
FAMILY AND CONSUMER SCIENCES
OHIO STATE UNIVERSITY EXTENSION
COLLEGE OF EDUCATION AND HUMAN ECOLOGY



Gardens Farmers Markets Produce Auctions CSA's

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Twelve Months of Ohio Foods



January	February	March	April	May	June
Apples that were picked in the fall or lettuce from a greenhouse	Local foods that have been canned or frozen	Meats, eggs, and dairy can be local all year round	Asparagus Rhubarb	Radishes Spinach Lettuce	Beets Strawberries Peas Broccoli
July	August	September	October	November	December
Blueberries Green Beans Peppers	Corn Tomatoes Cantaloupe	Watermelon Cabbage Grapes	Squash Pumpkins Apples	Potatoes Onions Carrots	Bok Choi Mushrooms Winter squash

<https://localfoods.osu.edu/sites/localfoods/files/imce/pdf/farmtohealth/placemat%20-%20seasonality.pdf>





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Table 1. Recommended storage temperature and shelf life of common produce items. The storage times listed in this chart are helpful guidelines, not set rules.

Storage location	Fruits	Shelf life	Vegetables, herbs, spices	Shelf life	Vegetables, herbs, spices	Shelf life
Store in refrigerator (set at 41 F or lower)	Apples	>7 days	Artichokes	1-2 weeks	Green onions	1-2 weeks
	Apricots	2-3 days	Asparagus	3-4 days	Herbs	1 week
	Blackberries	1-2 days	Beets	7-10 days	Leeks	1-2 weeks
	Blueberries	1-2 days	Broccoli	3-5 days	Lettuce	1 week
	Cherries	1-2 days	Cabbage	1-2 weeks	Lima beans	3-5 days
	Citrus fruits	1-2 weeks	Carrots	3 weeks	Mushrooms	2 days
	Cut fruits	2-4 days	Cauliflower	3-5 days	Peas	3-5 days
	Grapes	3-4 days	Celery	1-2 weeks	Peppers	4-5 days
	Mango	1 week	Cucumbers	4-5 days	Radishes	10-14 days
	Raspberries	1-2 days	Eggplant	3-4 days	Spinach	3-7 days
	Strawberries	1-2 days	Ginger	1-2 weeks	Summer squash	4-5 days
			Green beans	1 week	Sweet corn	1-2 days
Ripen, then store in refrigerator	Avocados	3-5 days				
	Kiwifruit	3-4 days				
	Nectarines	3-4 days				
	Peaches	3-4 days				
	Pears	3-4 days				
	Plums	3-4 days				
Store out of direct sunlight and at room temperature	Apples	<7 days	Basil	1 week	Sweet potatoes	2-3 weeks
	Bananas	Until ripe	Dry onions*	2-4 weeks	Winter squash	1 week
	Citrus fruit	10 days	Garlic*	1 month		
	Mangoes	3-5 days	Potatoes	1-2 months		
	Melons	1-2 days	Pumpkins	2-3 months		
	Pineapple	5-7 days	Tomatoes	Until ripe		

Sources: Kader et al. (2012); McCurdy, Peutz, and Wittman (2009).

*Potatoes, onions, and garlic should be stored in a cool, well-ventilated location, such as a pantry.



Summer CSA Share



How many ways to eat lettuce?





How many ways to eat tomatoes?



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Flexible recipes



Can't use it all this week?

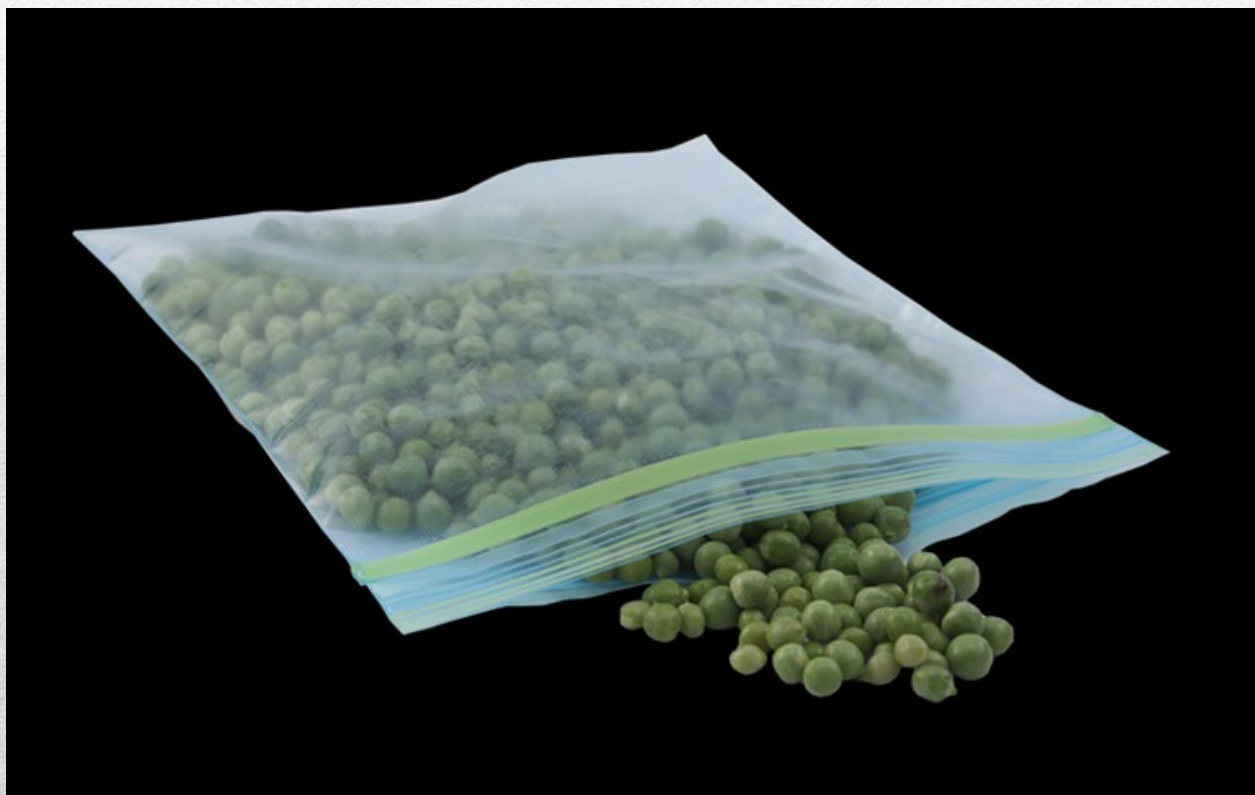


Home Food Preservation

What works for you?



Freezing Produce Can Be Simple



Boiling Water Bath Canner



Pressure Canner



For Food Safety, Low Acid Foods Must Be Canned in a Pressure Canner



<http://go.osu.edu/OhioSummerBounty>

- ❖ Copy of PowerPoint
- ❖ Links to all the resources mentioned
- ❖ Link to Ohioline – all of OSU Extension's factsheets and specifically the factsheets for home food preservation
- ❖ Link to OSU Extension offices
- ❖ Summer Recipes



What foods are you enjoying this week?



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Note: this site has links to all of the references for this webinar presentation

