

# Grow & Give Donation Program

Your extra garden-grown produce  
can make a difference to those in need.

GREATER LANSING  
**foodbank**  
GARDEN PROJECT



MEMBER OF  
**FEEDING  
AMERICA**

## Top fresh produce varieties to grow for donation

### Popular & Easy to Grow

- 1) **Summer squash (patty pan, zucchini, etc.)** Refrigerate in a plastic bag until drop off. Do not wash.
- 2) **Cucumbers** Store in perforated plastic bag, in cool spot, ~55°F. Ok to store in fridge for a few days.
- 3) **Tomatoes & Tomatillos** Loss of color, firmness and flavor if stored below 40°F, so do not refrigerate!
- 4) **HARDY greens (spinach, kale, Swiss chard)** Harvest the outer leaves when plants are sturdy and well established. Leave 4-6 leaves so that the plant can continue to grow and produce throughout the summer. Consider dipping greens in cool water before bagging and refrigerating before dropping off.

### Easy to Store

- 5) **Winter squash** Harvest before frost (or string of cold nights below 50F) and cure for at least a week before storage, allowing any bruises or cuts to heal.
- 6) **Onions, leeks, shallots, garlic** Cut tops after 2 weeks of field/bench curing before dry, cold storage.
- 7) **Beets** Consider long-season varieties, Detroit Dark Red and Lutz Green Leaf.
- 8) **Potatoes** Properly harvested and stored potatoes typically last 3 to 6 months or as long as 6 to 9 months!
- 9) **Carrots** Trim tops to within a ½ inch before storing.
- 10) **Kohlrabi, parsnips, turnips** Store well, but are not as popular.

**Note:** Be sure to store these crops separately from ethylene producing crops like apples, since exposure to ethylene can cause bitter flavors.

### In general:

- The later the harvest can be delayed, the greater the stability in storage.
- When possible, harvest them cold & keep them cold!

### For hot meal sites like soup kitchens, churches, and Tri-County Commission on Aging (Meals on Wheels and Senior Dining Sites), also think about:

- **Herbs:** mint, oregano, sage, basil, dill, chives
- **Peppers** (dried are good too!) Just be sure to clearly label to indicate the level of hotness.

### For seniors, people who are confined to their homes, your neighbors...

- Small quantities of your garden produce (*already cleaned is helpful*)
- Raspberries, blackberries (*expensive & perishable*)

### Home-prepared items

- Items that aren't prepared in a commercial kitchen - like eggs and home canned items - can't be given to pantries or agencies. Share these items only with people you know.

### Friendly reminders

- Please, no strange looking garden leftovers! If you wouldn't want to eat it, others won't either!
- Remember, what is "unique" to you, might just be "weird and unfamiliar" to others.
- **Recognizable & common varieties of produce are popular and desired!**

### Further Resources...

Harvest & Storage Options: <https://www.reneesgarden.com/blogs/gardening-resources/98156289-when-the-time-is-ripe-harvesting-vegetables-for-best-flavor>

Gardening in Michigan: <http://miqarden.msu.edu/>

Volunteer with the GLFB: <https://greaterlansingfoodbank.volunteerlocal.com/volunteer/>