Indiana Guide

For Preparation of Fruit and Vegetables

Exempt from Processing Requirements

February 2004

PURPOSE

This guide for growers is developed to promote the sale of farm fresh, locally grown, wholesome fruits and vegetables to school systems, farmers' markets and consumers. The pictures in the guide demonstrate commonly grown produce and the extent to which it may be trimmed without being regulated. Trimming and/or cutting of fruits and vegetables on the farm at the time of picking is prohibited. Growers who exceed these guidelines would be regulated as food processors and would need to meet all the Indiana State Department of Health's food sanitation requirements.

The produce may be initially washed by the growers to remove excessive soil, but the produce is not to be considered ready-to-eat without further washing with potable water by the purchaser. During preparation, some produce, such as cantaloupe, may require scrubbing with a brush to thoroughly remove dirt from the skin surfaces.

Any questions pertaining to food safety may be directed to the health department located in your county.

Developed in cooperation with

Indiana State Department of Health
Scott Gilliam & Shirley Vargas - Food Protection

Indiana Office of Agriculture
Kathy Altman – Value-Added Business Development & Marketing

Purdue Extension
Kirby Hayes – Department of Food Science
Roy Ballard – New Ventures Team

Indiana Farm Bureau
Karen Lackey – Certified Home Economist
Bud Beesley – Value-Added Committee

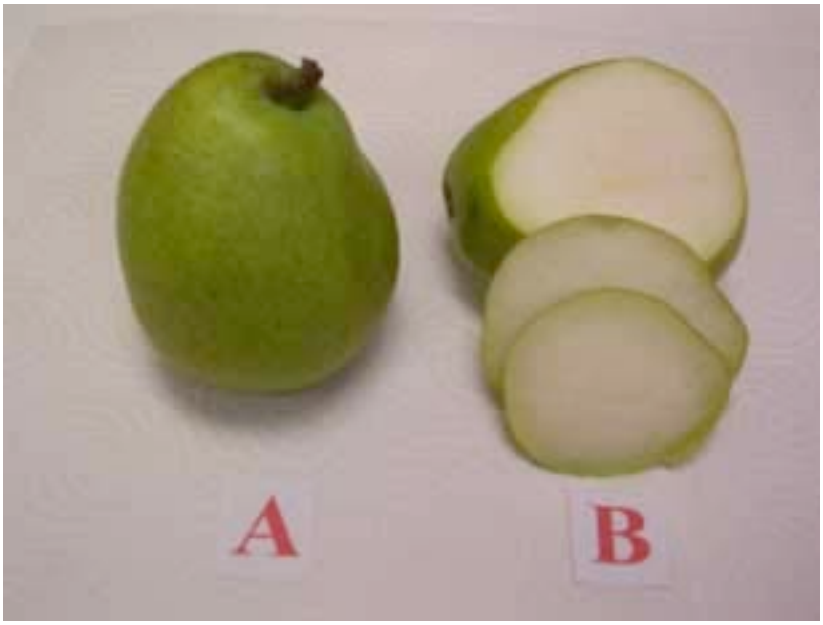
Jennings County School Corporation
Michael Bushong – Superintendent

Jennings County Health Board
Merrill Salyers – Board Member

Jennings County Growers Co-operative
Richard Adrian – President

Fruits:

Pear



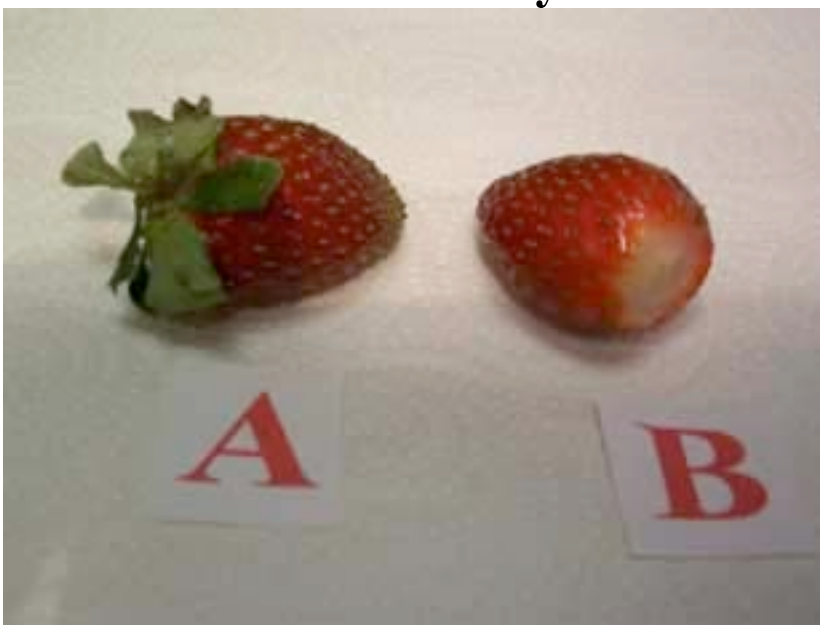
A.
Acceptable

B.
Not acceptable

Reason

Contamination can enter fruit if it is sliced and the stem is broken out.

Strawberry



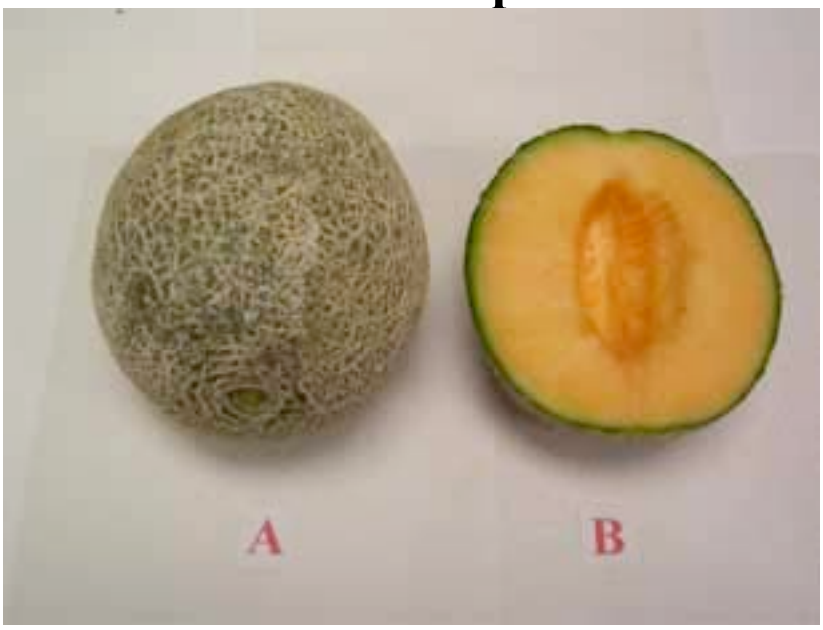
A.
Acceptable

B.
Not acceptable

Reason
Contamination can enter into the berry where the crown is cut off.

Vegetables:

Cantaloupe

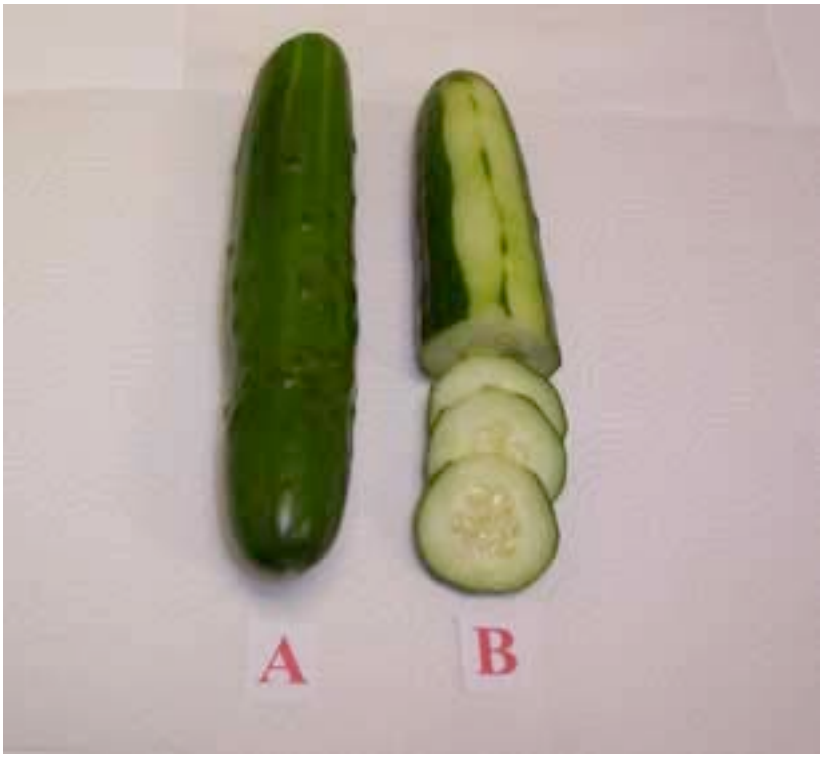


A.
Acceptable

B.
Not acceptable

Reason
Contamination can enter when the melon is cut.

Cucumber



A.
Acceptable

B.
Not acceptable

Reason

Contamination can enter when it is strip pealed or sliced.

Green Bean

A.
Acceptable

B.
Beans that break during picking are acceptable

C.
Not acceptable

Reason:

Contamination can enter the bean when it is cut.

Lettuce

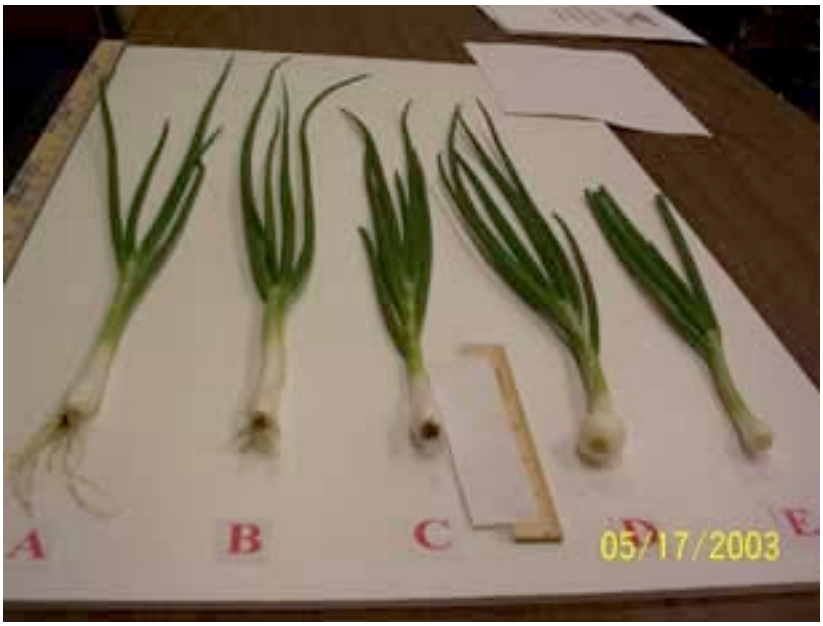
A. and B.
Acceptable

C.
Not acceptable

Reason

Contamination can enter the leaf when cut.

Onions

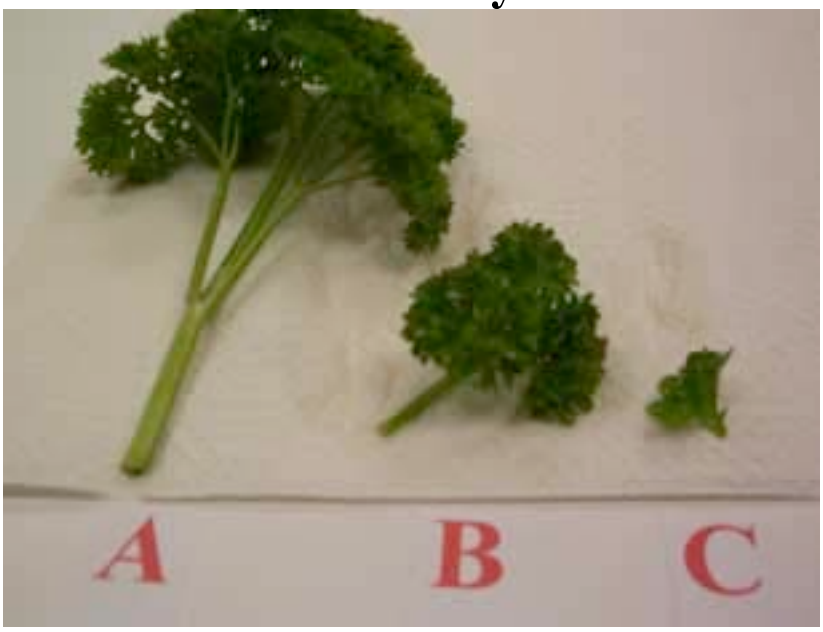


A., B. and C.
Acceptable

D. and E.
Not acceptable

Reason:
Contamination can enter when samples are cut too close at the root end. E has the top cut off.

Parsley

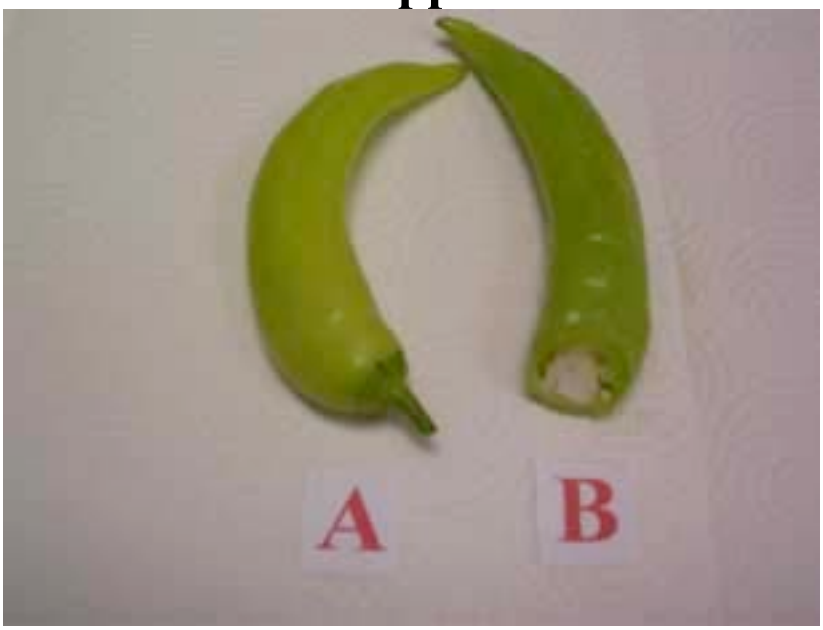


A. and B.
Acceptable

C.
Not acceptable

Reason
Stem was cut too short. Contamination can enter.

Pepper



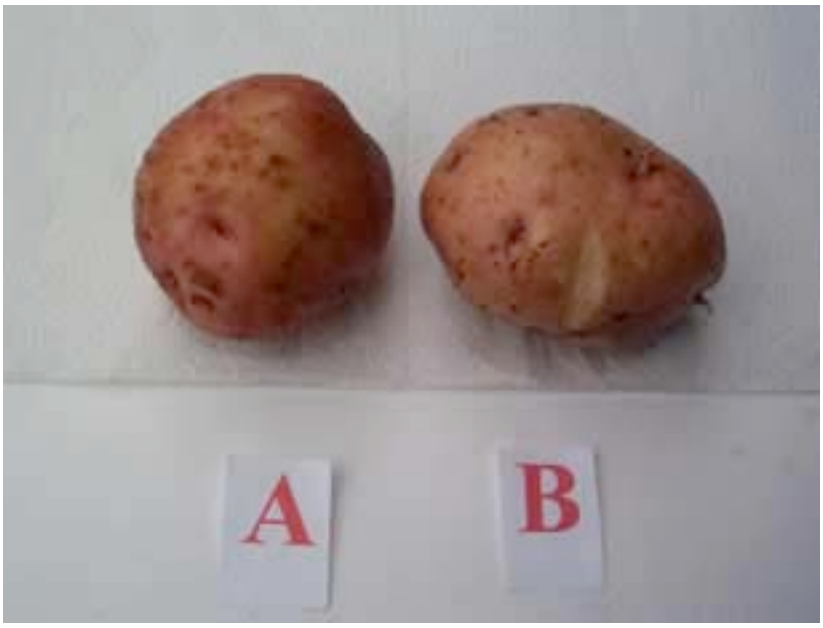
A.
Acceptable

B.
Not acceptable

Reason

Contamination can enter when stem is broken or cut.

Potato



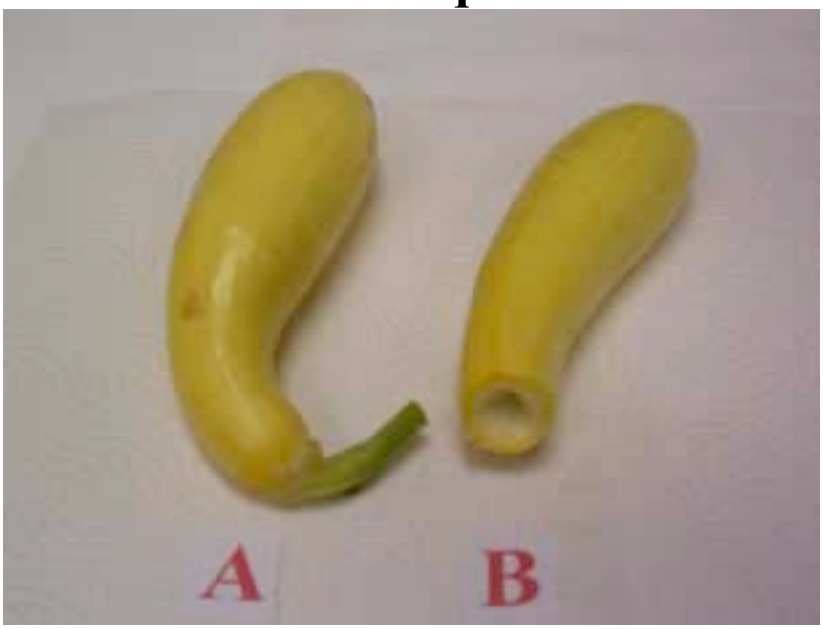
A.
Acceptable

B.
Not acceptable

Reason

Sample has a slice out of it and contamination can enter.

Summer Squash



A.
Acceptable

B.
Not acceptable

Reason
Contamination can enter when the stem is broken. or cut.

Sweet Corn

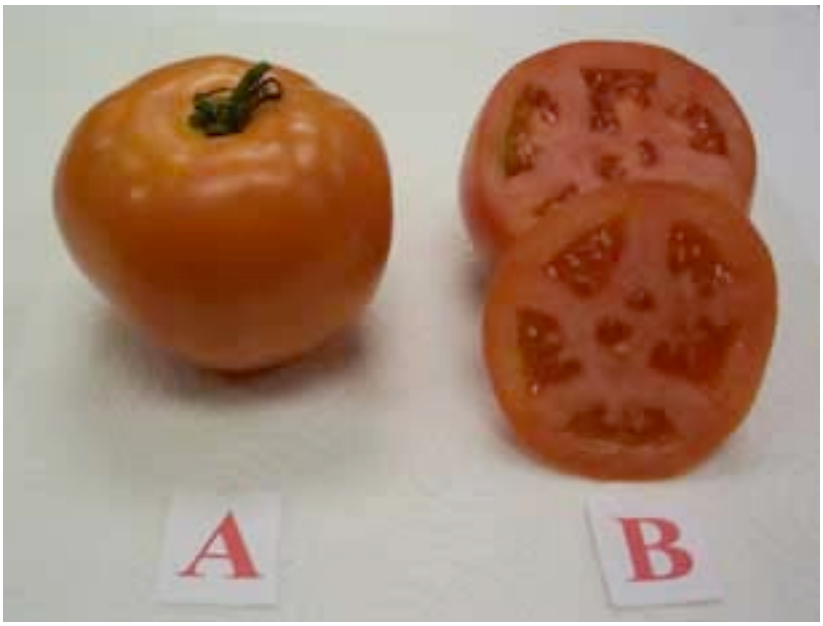
A.
Acceptable

B.
Not acceptable

Reason

Leaves are striped back and exposing the kernels to contamination.

Tomato



Acceptable

A.

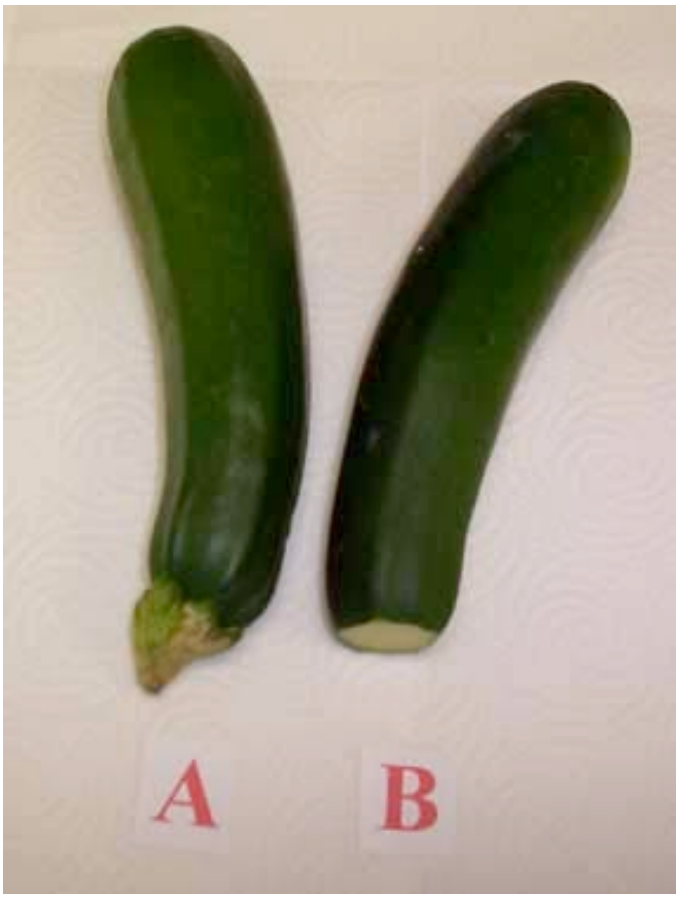
Not acceptable

B.

Reason:

Sample is sliced and contamination can enter.

Zucchini



Acceptable

A.

Not acceptable

B.

Reason:

Contamination can enter when the stem is broken or cut.