



# KEEP GROWING DETROIT'S FARM FOOD SAFETY TIPS

## FOR MARKET GARDENERS & GROWN IN DETROIT GROWERS

### WHAT IS FARM FOOD SAFETY?

Farm food safety refers to what you do to make sure the food grown on your farm is safe to eat. What does your harvest process look like? How do you wash and pack your produce? How do you store your produce? How often do you wash your hands and tools when you work? All of these questions have to do with food safety. Thinking about these questions and having defined answers can help you produce food that is safe for you, your family, and your customers to eat.

### WHAT IS A FARM FOOD SAFETY PLAN?

A farm food safety plan (FFSP) is a written guide that outlines all of your farm food safety procedures and practices. Your FFSP should include a description of your farm/garden, should identify the person responsible for farm food safety, should outline the procedures you will follow, and should describe how you will make sure the procedures are carried out properly. If this sounds like a lot, don't worry! FFSPs do not need to be extensive or complex.

### DO I NEED ONE?

ABSOLUTELY! We encourage all growers to practice safe food handling and storage regardless of the size of their farm and marketing goals. Even if you grow primarily to feed your family, the safe harvesting and handling of produce is important for your family's health and well-being. The steps you already take to ensure that your produce is safe to eat should be written down and communicated to all who work with you on your farm. Creating a farm food safety plan is the first step toward becoming food safety certified. If you run a larger farm and regularly sell at markets, you may be required under the new Food Safety Modernization Act (FSMA) to have a Farm Food Safety Plan and undergo regular Good Agricultural Practice (GAP) audits.

#### FSMA Rule:

Farms that have an average annual value of produce sold during the previous three-year period of \$25,000 or MORE and sell produce that is consumed raw may be required to have a Farm Food Safety Plan!

### SELLING THROUGH GROWN IN DETROIT

Produce sold at the Grown In Detroit (GID) Farm Stand, GID CSA, and KGD Online Store comes from many farms and gardens across Detroit. In order to ensure that the produce sold to customers is both high quality and safe to eat, we strongly encourage all GID growers to practice safe food handling and harvesting on their farms. This includes completing a pre-harvest, harvest, and post-harvest checklist each time produce is being handled on your farm. The checklist on the back of this sheet will help you get started!

This Resource Guide is prepared by Keep Growing Detroit for participants of the Garden Resource Program. For more info please contact 313-656-4769, [keepgrowingdetroit@gmail.com](mailto:keepgrowingdetroit@gmail.com) or visit our website at [www.detroitagriculture.net](http://www.detroitagriculture.net)



# GROWN IN DETROIT SAFE HARVEST CHECKLIST

To put it simply, farm food safety is good for our health and the health of our customers. It is important to practice the best food safety procedures and keep track of how food is handled and stored, BEFORE any food safety issues are even present. Use the list of below as a guide when harvesting produce on your farm for sale through Grown In Detroit.

## PRE-HARVEST

Worker Health & Hygiene	IF YOU'RE SICK, DON'T PICK! Keep sick family members away from the garden on harvest days. Remember to wear clean clothes, boots, and harvest gloves.
Water Source	Use POTABLE WATER only. Water used for washing hands, tools, and produce should be treated and should NOT come from a water catchment system.
Handwashing	Wash hands with clean, warm water for a minimum of 20 seconds. Use a nail brush. Re-wash hands after using the restroom. Dry hands with a clean towel.
Clean & Sanitize Tools	TWO STEPS: 1) Clean all tools/bins/knives & surfaces with soap to remove dirt and grime. 2) Sanitize all tools/bins/knives & surfaces with a mild bleach solution.
Animal Check	Keep any pets or farm animals away from the field and washing area during harvest to minimize cross contamination.

## HARVEST

Animal Contamination	Inspect all produce for animal wastes during harvest. DO NOT HARVEST any produce that has been contaminated with animal feces.
One Cut	Each harvest cut introduces potential pathogens to the plant and the produce to be sold. Minimize risk by cutting greens and heading crops once.
Be Picky!	Only harvest the best! Leave produce that is damaged, may have been chewed by an animal, or looks sickly in the field. Only the best will be accepted at the GID table.
Handwashing... Again	Did you stop to take a smoke break? Use the restroom? No? Wash 'em again anyway, it can only help. Use potable water and dry hands with a clean towel.

## POST-HARVEST

Keep It Cool	Move produce quickly from the field to the washing area to storage. Keep washed produce in a controlled cooler at 40 degrees for most vegetables.
Clean Wash Water	Change your wash water regularly! Don't let it turn brown before you change it out. Use potable water only. DO NOT USE HARVESTED RAINWATER.
Use Clean Packaging	Only use clean containers, bags, and boxes for produce storage and transportation. NEVER re-use produce bags or rubber bands.
Clean & Sanitize... Again	After all produce is washed with POTABLE WATER and stored, take the time to clean AND sanitize all harvest tools/bins/knives & surfaces for next time.
Clean Transportation	If you have to transport produce to market, make sure you do so in a covered container. Don't leave produce in a hot car! Pathogens love to be warm!