



Fresh Produce Donation Guidelines

Thank you for donating fresh produce to Interfaith Food Pantry Network! We strive to distribute donated produce to our neighbors as quickly as possible. Please help us by donating produce that is **clean, fresh, and ready to enjoy.**

Before You Harvest

- Wash or sanitize your hands before harvesting.
- Harvest produce at peak freshness (see the Produce Harvest Guidelines).

Before You Donate

- **Rinse** off any **dirt, sand, or debris** from your produce **before donating.**
- Pack produce in **clean** containers or food-grade bags.
- Separate different types of produce when possible.
- Label hot peppers and fresh herbs.
- If refrigerating before delivery, store produce in a clean bag on the top shelf, away from raw meat.

IMPORTANT

Please donate produce you would be proud to share with your own family and neighbors.

Before you donate please check that your produce is:

- **Fresh and Ripe**
- **Clean and free of dirt, sand and debris**
- **Harvested at the recommended size for flavor and quality**
- **Free from mold, decay, animal damage, bruising, splits, and cracks**

Remember: Bigger isn't always better. Many vegetables become tough, woody, bitter, or less flavorful if left on the plant too long. Harvesting at the recommended size helps ensure our clients receive produce at its best. **If you wouldn't proudly share it with a neighbor or serve it to your own family, please compost it instead.**

Drop-Off Information

Please label donations with: Your name and address (home growers) or Your Community Garden or CSA name.

Location: 2
Executive Drive,
Morris Plains, NJ

Drop-Off Hours:
Monday–Thursday:
9:30 a.m.–4:30 p.m.
Friday: By arrangement

Bring donations to the warehouse door and ring the bell. A staff member will assist you.

If you have any questions about the guidelines, contact Jim Sillence at jsillence@mcifp.org or 973-538-8049 ext. 216.

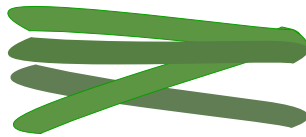
Produce Harvest Guidelines

ASPARAGUS



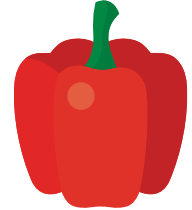
Harvest when spears are 5-8 inches long. Snap off at ground level.

GREEN BEANS



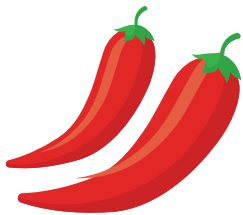
Harvest when pod is 4 to 7 inches long and when the diameter is a little fatter than a pencil.

SWEET PEPPERS



Harvest when they are firm and have reached their desired color.

HOT PEPPERS



Harvest when they are firm and have reached their desired color.

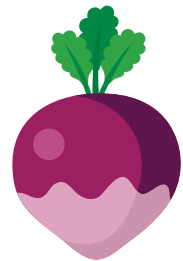
Please label.

BROCCOLI



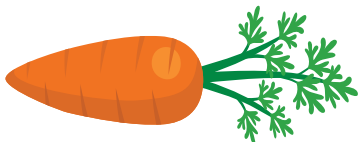
Harvest when heads are a nice green color and florets are close together.

BEETS



Harvest when they are about 2 inches in diameter at the surface of the soil.

CARROTS



Harvest when the tops of the carrot roots are about 1 inch in diameter and are starting to pop out of the ground.

CABBAGE



Harvest when heads are firm all the way through when squeezed. Do not let them get too large.

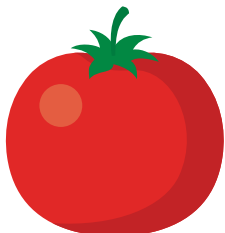
CAULIFLOWER



Harvest when the heads are white and florets are close together.

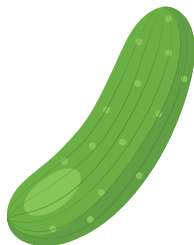
Produce Harvest Guidelines

TOMATOES



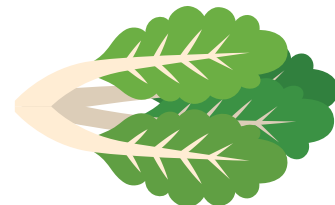
Harvest when tomatoes are bright red and firm. No splits or cracks.

CUCUMBERS



Harvest when cucumbers are dark green and about 5–7 inches long.

LETTUCE



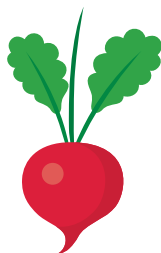
Harvest when full size but before full maturity. It tastes best when they are young and tender.

SPINACH



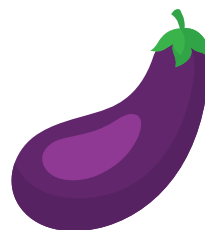
Harvest when leaves are 4-6 inches long. Baby spinach leaves have a sweeter flavor and more tender texture.

RADISHES



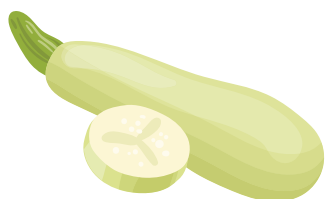
Harvest when they are about 1 inch in diameter at the surface of the soil.

EGGPLANT



Harvest when the skin is glossy and thin.

SQUASH



Harvest when squash is about 6 inches. Young squash are the most tender and flavorful.

HERBS



Harvest herbs just before they start to flower. **Please label.**

CHARD



Harvest while the leaves are young and tender, about 4 inches long.