



PICK-YOUR-OWN

A guide to picking your own produce

Pick-Your Own Tips and Tricks!

Don't pick fruit that has fallen on the ground.

Use a clean container when collecting your fruit. Some operations provide containers. Others ask that you bring your own.

Use the restroom before going to the field. If they are available, you can also use portable restrooms in the field. Just wash your hands afterward.

A farm field is not a place for dogs or other animals. Leave them at home.

Don't leave trash or spit in the field.

Select only fresh-looking fruits and vegetables. They should not be bruised, shriveled, moldy, or slimy. Don't pick or touch any produce that shows signs of decay.

Check with the farmer about field policies before eating, drinking, or smoking in the field.



Wash Your Hands Before and After Picking Your Food

There is lots of wisdom in washing your hands before going out to pick.



In fact, there is lots of wisdom in washing your hands frequently, no matter what you're doing.

Farmers ask pick-your-own patrons to help them keep the fields safe. After all, providing their customers with wholesome and safe fruits and vegetables is a priority. The last thing they want is for you to pick up bacteria along with the produce.