

# Harvest Valley Market

OPEN YEAR ROUND! TUES THRU SAT 6AM-1PM • LOCAL PRODUCE •  
FRESH HERBS • BAKED GOODS • ORGANIC MEATS



# Upcoming Events

- Aug 4<sup>th</sup> – Tomato Day
- Aug 18<sup>th</sup> – Watermelon Day
- Aug 23<sup>rd</sup> – Annual Food Festival
- Sept 13<sup>th</sup> – Apple Day



# Spotlight: Higgins Farms



- Vegetables
- Berries
- Herbs
- Dairy

[www.higginsfarmkansas.com](http://www.higginsfarmkansas.com)

# Selecting a Watermelon

- Look for a watermelon with a symmetrical shape
- It shouldn't have dents or bruises
- Thump it and listen for a dull hollow sound
- Underside should have a yellow spot where it rested on the soil



# Know Your Chile Peppers

Pepper	Scoville Heat Index		
	Rating	Low (Units)	High (Units)
Sweet Bell	0	0	0
Pepperoncini	1	100	500
Santa Fe Grande	1	500	750
Coronado	2	700	1,000
Espanola	2	1,000	2,000
NuMex Big Jim	3	500	2,500
Jalapeno	4	2,500	8,000
Chipotle	4	5000	8,000
Cayenne	7	30,000	50,000
Habanero	9	100,000	325,000



# Nutrition Corner: Blueberries

- 30 different varieties native to North America
- Vary in size
- Range in color from blue to purplish-black
- Known for their antioxidant properties
- 80 calories per cup with basically no fat
- High in fiber
- Great source of manganese
- Add to cereals, salads, pancakes, muffins, smoothies, or desserts



# Produce Storage Tips

- **Apples:**
  - Store in a cool, dry place.
  - Or refrigerate
- **Avocados:**
  - Never refrigerate when uncut
- **Green onions:**
  - Use as quickly as possible
  - Can be stored in the refrigerator for a few days if wrapped in a paper towel and unbagged



# Produce Storage Tips

- **Peppers:**
  - Store sweet peppers in a plastic bag that is not sealed tightly
  - Store hot peppers at room temperature
- **Potatoes:**
  - Store in a cool, dark place
  - Do not refrigerate
- **Tomatoes:**
  - Store at room temperature until fully ripened
  - Then, you can place in the refrigerator





# How To Become A Vendor

- 30,000 square feet of available space
- Current vendors sell:
  - Fresh produce
  - Herbs
  - Baked goods
  - And more.
- To apply, go to:  
[www.harvestvalleymarket.com](http://www.harvestvalleymarket.com)
- New vendors accepted based on available space
- HVM strives to maintaining a balanced product offerings.
- Questions or concerns? Call Henry Forte at:  
(555) 555-0100

