Harvest basket meal planner

Record what came in, decide what to use first, and choose a meal before shopping. Dates on this page are your planning notes, not food-safety limits.

Harvest / shopping date and household

Ingredient	Amount + unit	Use first / storage plan	Meal or use

Three meals I can make from this basket

References and further guidance

Harvest and storage notes: University of Minnesota Extension — https://extension.umn.edu/garden-and-home/yard-and-garden/gardening-in-minnesota/harvesting-and-storing-home-garden-vegetables

Clean, separate, cook, chill: FoodSafety.gov — https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety

Freezing procedures by food: National Center for Home Food Preservation — https://nchfp.uga.edu/how/freeze/

Read full, food-specific guidance. This guide provides no canning instructions. Check local Cooperative Extension for growing advice; there are no universal planting dates.

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