

## Can I Sell it at a Farmer's Market?

**Acid Food** has a natural pH of 4.6 or below (from [http://pickyourown.org/ph\\_of\\_fruits\\_and\\_vegetables\\_list.htm](http://pickyourown.org/ph_of_fruits_and_vegetables_list.htm): apples, 3.2-4.0 pH; apricots, 3.3-4.8; blackberries, 3.8-4.5; blueberries, 3.1-3.3; cherries, 3.3-4.5; gooseberries, 2.8-3.1; grapes, 2.8-3.8; grapefruit, 3.0-3.75; fruit jelly or jam, 3.0-4.5; lime, 2.0-2.8; loganberries, 2.7-3.5; nectarines, 3.9-4.2; oranges, 3.7-4.4; peaches, 3.3-4.1; pears, 3.5-4.6; persimmons, 4.4-4.7\*; pineapple, 3.2-4.0; plums, 2.8-4.3; pomegranate, 2.9-3.2; raspberries, 3.2-3.95; rhubarb, 3.1-3.4; strawberries, 3.0-3.9; tangerine, 3.3-4.5; tomatoes, 4.3-4.9\*) All other foods are low-acid foods and are NOT acid foods.

**Acidified Food** is a low acid food to which acid (vinegar, lemon juice, citric acid) has been added. Acidified foods have a water activity ( $A_w$ ) greater than 0.85 and a pH of 4.6 or below. Excluded from the definition of acidified foods are carbonated beverages, jams, jellies, preserves and acid foods.

**Low Acid Food** has a pH above 4.6. Examples are vegetables, meat, poultry, fish, milk.

**Potentially Hazardous Food (PHF) requires temperature control** because of (1) rapid bacterial growth, (2) growth of botulinum toxin, (3) growth of Salmonella (raw eggs).

**PHF is** (1) **food of animal origin** that is raw or heat treated, (2) **food of plant origin that is heat treated** or consists of raw seed sprouts, (3) **cut melons**, (4) **garlic in oil mixtures** that are not modified to preclude bacterial growth.

Whole uncut produce, honey, molasses, sorghum, maple syrup, nuts, baked items and candies (not requiring refrigeration or containing dairy) are **NOT PHFs**.

Pickles processed in a "traditional method" (brined, fermented, aged for 6 or more weeks) are **not PHFs**.

Fruit butters made from low acid fruits (pumpkins, 4-9-5.5 pH, pears might be >4.6 pH) **may be a PHF** if the final product must be acidified or if it is low-acid.

### CAN I SELL IT?

= NO, you cannot sell it!

= YES, you can sell it

Is it a PHF? → YES

Is it a PHF? → NO

IS IT CANNED? → YES

IS IT ACIDIFIED? → YES

IS IT LOW ACID (vegetables, fruit butter)? → YES

IS IT VACUUM PACKED? → YES

IS IT PICKLED? → YES

HOW? TRADITIONAL METHODS (brined, fermented, aged for 6 weeks)

ACID ADDED? → YES