

TAKE THE **GUESSWORK** OUT OF GROCERY SHOPPING!

What to look for when choosing fruits and veggies at your local farmers market or grocery store

Asparagus



Firm, smooth, bright colored stalks with compact tips

Avocado



Tight skin, free of dry spots

Bok Choy



Dark green leaves with bright white stalks

Blueberries



Dark blue color, uniform in size

Broccoli



Bright, compact dark green heads

Cabbage



Firm heads, heavy for size

Cucumber



Dark green, firm, free of spots

Eggplant



Smooth, shiny and firm

Garlic



Tight outside, free of spots and shriveling

Green Beans



Slender beans that snap, not bend

Kale



Crisp, deep colored leaves, smaller leaves are more tender

Mushrooms



Dry, not slimy, make sure the gills are lighter in color

Pineapple



Fresh, dark green leaves. Green and yellow coloring, not brown – heavy for size

Potatoes



Firm, smooth skin – avoid bruising or green spots

Tomato



Bright, shiny skin, free of blemishes and wrinkles

Spinach



Dark-green leaves, avoid wilting or discoloration

Watermelon



Smooth surface, yellow underbelly, rounded ends

Yellow squash



Bright skins, firm stem, less than eight inches long

Zucchini



Shiny skin, free of cuts and bruises, heavy for size