

GUIDE TO PRODUCE

PRODUCE	SEASONALITY	SELECTION	STORAGE
Apples	Apples are their best in the fall, when they are freshly harvested.	Look for firm, brightly colored apples free from bruising or blemishes.	Store apples in a perforated bag in the refrigerator for up to four months.
Asparagus	The peak season for asparagus lasts from February until June.	Look for firm, bright green stalks with fresh, tightly closed tips.	Store upright in a tall container filled with one inch of water in the refrigerator for 3 to 4 days.
Beets	Beets reach their peak season from June through October	Choose small to medium beets that are firm and smooth with crisp, bright greens.	Store beets in an airtight container in the refrigerator for up to 3 weeks.
Blueberries	Look for blueberries from the end of May through early October.	Choose plump, dry berries that are a deep blue with a white bloom on their skins.	Store unwashed berries in a shallow container in the refrigerator for up to 5 days.
Broccoli	The peak season for broccoli lasts from October through April	Look for richly colored broccoli with tightly closed buds and crisp leaves.	Store unwashed broccoli in an airtight container or bag in the refrigerator up to 5 days.
Brussels Sprouts	Brussels Sprouts are available from late August through March.	Purchase small, bright green sprouts with compact heads free from blemishes.	Store unwashed sprouts in an airtight container in the refrigerator for up to 3 days.
Cabbage	Cabbage is readily available year-round but reaches its peak in the fall.	Opt for heavy cabbage heads with crisp leaves that are firmly packed in a tight ball.	Store in an airtight container or bag in the refrigerator for up to 2 weeks.
Cantaloupe	Look for the tastiest cantaloupes from June through August.	Look for fragrant melons that are heavy for their size and free from bruising.	Store whole cantaloupes in the refrigerator for up to 5 days.
Carrots	Carrots are available year-round but are at their peak from October through April.	Look for firm, unblemished carrots with fresh, brightly colored greenery.	Remove greenery; store in an airtight container in the refrigerator up to 10 days.
Cauliflower	Cauliflower is available year-round, but is at its best in the fall months.	Look for firm cauliflower with compact florets and no signs of browning.	Store in an airtight container or bag in the refrigeraor for 3 to 5 days.
Cherries	The peak season for sweet and sour cherries is during the summer months.	Choose brightly colored cherries that are shiny and plump with fresh stems.	Store unwashed cherries in the coldest part of the refrigerator.
Corn	The peak season for fresh corn lasts from May through September.	Choose ears that are bright green with tight-fitting husks and golden-brown silk.	Corn is best cooked the day it is purchased, but it can be refrigerated for 1 day.
Cucumbers	Cucumbers reach their peak season from May to August.	Look for small to medium cucumbers that are firm and brightly colored.	Store unwashed cucumbers in the crisper drawer of the refrigerator for up to 10 days.
Eggplant	Eggplant is available year-round but reaches its peak in Asugust and September.	Eggplants should be heavy for their size and have firm, glossy skin free from bruising.	Store in the refrigerator and use within 1 week of purchasing.

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Fennel	Although fennel is available year-round, its peak season is from fall to spring.	Choose crisp bulbs with fresh greenery that has no signs of browning or wilting.	Wrap unwashed fennel in plastic and store in the refrigerator for up to 5 days.
Garlic	Garlic is available year-round but reaches its peak in summer and fall.	Purchase bulbs that are firm and plump with dry, papery skins and only a mild aroma.	Store in an open container in a cool, dark place. Whole bulbs will keep for up to 8 weeks.
Green Beans	The peak season for green beans lasts from May to October.	Opt for slender beans that are crisp, brightly colored, and free from blemishes.	Store green beans in an airtight container in the refrigerator for up to 5 days.
Leeks	Leeks are in season October through May and are divided into summer and winter leeks.	The white part of the leek is what's edible. Look for a long white section and fresh roots.	Store leeks unwashed and untrimmed in the refrigerator for up to 2 weeks.
Lettuce	Different lettuce varieties reach their peaks throughout the year.	Choose crisp, dry salad greens that are free from blemishes.	Store washed & dried lettuce in an airtight container in the refrigerator for 3 to 5 days.
Onions	Onions are available year-round, but most sweet onions are best during the summer.	Choose onions that are heavy for their size with dry, papery skins and free from soft spots.	Store fresh onions in a cool, dry dark place with good circulation for up to 2 months.
Peaches	Look for peaches from May through October, depending on the region.	Choose fragrant peaches that give slightly to palm pressure.	Store ripe peaches in an airtight container in the refrigerator for up to 5 days.
Pears	Pears reach their peak from late July to early spring, depending on the region.	Choose fragrant pears that are free from bruising and blemishes.	Store unripe pears at room temperature until ripe. Store ripe pears in the refrigerator.
English Peas	Look for the tastiest peas from midspring through early summer.	Choose crisp pea pods that are plump and a bright green color. Some blemishes are okay.	Store snap peas in an airtight container in the refrigerator for up to 3 days.
Potatoes	Many varieties are available year-round. Look for new potatoes from spring to summer	Look for firm potatoes with no green spots, soft spots, wrinkling or sprouting.	Store in a cool, dry, dark place for up to 1 month. Use new potatoes within 3 days.
Radishes	Radishes are available year-round but are at their peak in the spring months.	Choose radishes that feel firm when squeezed. They should have crisp leaves.	Remove leaves and store in an airtight container in the refrigerator for up to 1 month.
Raspberries	The peak season for red raspberries runs from May through September.	Choose bright, clean, and uniformly colored raspberries without hulls.	Store unwashed berries in a shallow container in the refrigerator for 2 to 3 days.
Rhubarb	Rhubarb is a winter plant that is available in spring at the same time as strawberries.	The stalk is what's used; purchase rhubarb with long, fresh, crisp-looking stalks.	Remove and discard the leaves; the stalks will keep for 2 weeks refrigerated.
Strawberries	Strawberries are available year-round but are at their peak from spring to fall.	Look for firm, bright, uniformly colored berries with the hulls attached.	Store unwashed berries in a shallow container in the refrigerator for 2 to 3 days.

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Summer Squash	Summer squash varieties are at their peak from early to late summer.	Chose smaller summer squash that are brightly colored with no blemishes.	Store summer squash unwashed in the refrigerator for up to 5 days.
Sweet peppers	The peak season for sweet peppers lasts from July through September.	Look for peppers with shiny skin that are firm, richly colored, and heavy for their size.	Store peppers in an airtight container in the refrigerator for up to 1 week.
Sweet potatoes	The season for sweet potatoes is at its peak in the winter months.	Look for small to medium sweet potatoes with smooth, unbruised skins.	Store in a cool dry, dark place and use within 1 month of purchasing.
Tomatoes	Look for the best tomatoes from June through September.	Look for fragrant tomatoes that are firm, richly colored, and heavy for their size.	Store ripe tomatoes in a single later at room temperature. Use within a few days.
Turnips	Turnips are available year-round but reach their peak from October through March.	Choose small, firm turnips that are heavy for their size with bright, fresh greens.	Remove greens; store in an airtight container for 10 to 14 days.
Watermelon	Watermelons are available from May to September but are best during the summer.	Choose watermelons that are blemish-free and sound hollow when rapped.	Store whole watermelons in the refrigerator for about 1 week.
Winter Squash	Squash is at its tastiest from early fall through the winter months.	Look for winter squash that is heavy for its size with a hard rind that is blemish-free.	Store winter squash in a cool, dark place for 1 month or more.