

A Guide to Picking Produce

Eat Seasonally For...

- **Better Variety!**
Eating different produce during different seasons provides you with a better variety of nutrients!
- **Better Quality!**
Seasonal produce maintains more nutrients because it is eaten closer to harvest!
- **Fresher Foods!**
Seasonal foods are harvested at their peak ripeness and nutritional value!
- **A Healthy Environment!**
Decreasing the distance produce has to travel from farm to table saves energy and resources!

RECOMMENDED

SERVINGS:

Fruits & Vegetables



Children 1-1½ cups per day



Adults & Adolescents 2-3 cups per day



Peaches

Give under gentle pressure

Have a creamy yellow background color

Note: Amount of redness on the skin does NOT indicate ripeness!

\$1.63 Per lb

What to look for
When selecting your summer produce

\$ = Average pricing in the supermarket



Watermelon

Firm, symmetrical, and sounds hollow when thumped

A creamy yellow spot indicates ripeness

Note: The yellow spot is where the melon sat on the ground and ripened in the sun!

\$4.99 Each

Summer Squash

Small and shiny!

Note: Small size and shiny skin are good indicators of tenderness!

\$1.52 Per lb

Cantelope

Slightly soft at the stem end with a firm body

Smells fruity, NOT moldy, at the stem end

Note: In a juicy cantelope, the seeds will rattle when shaken!

\$1.74 Each

Potatoes

Firm with unshriveled skin

Round or oblong shape

Note: The skin of the potato contains most of the nutrients!

\$0.85 Per lb

Blueberries

Firm, dry, plump

Smooth skin and a silvery surface bloom

Note: Juice stains in the container can indicate bruising!

\$1.98 Per pint

Carrots

Smooth, firm, and free from cracks

Dark orange color

Note: Carrots with more nutrients have a darker orange color!

\$0.82 Per lb