

# April Seasonal Produce



Blueberries

Collards Grapefruit



Artichokes

Potatoes

Honeydew Melon Limes



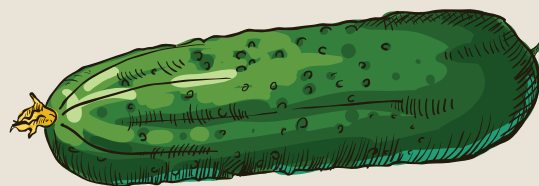
Radishes

Okra

Cabbage  
Eggplant



Tomatoes



Cucumbers

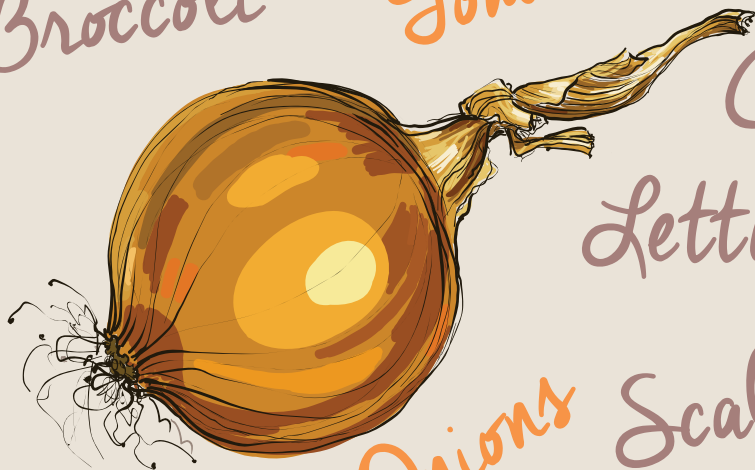
Broccoli

Celery

Strawberries

Lettuce

Turnips



Onions

Scallions

Peppers

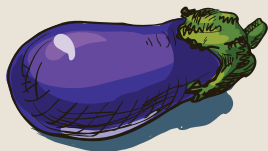
**Choosing the best quality and most flavorful produce can sometimes be a guessing game! Here are tips on choosing some of the most common produce available now.**

## Potatoes

Choose firm, smooth potatoes with few eyes. Avoid those with green patches—a sign of prolonged exposure to light. The discolored spots taste bitter and are toxic if eaten in large quantities.

## Eggplant

Look for eggplants that are heavy for their size and without cracks or discolorations.



## Grapefruit

When selecting grapefruit look for heavy, firm and smooth texture. A well-rounded or flattened shape indicates a juicy grapefruit. Avoid grapefruit that is coarse, puffy and rough. Do not worry about color when selecting grapefruit; color can range from pale yellow to russet or bronze. Minor surface blemishes do not affect the eating quality, although the presence of a bad bruise may indicate some internal breakdown.

## Blueberries

Blueberries should have a slight frosty-white hue. Check all fruit for mold, and inspect containers for stickiness or stains.

## Cucumbers

For both regular cucumbers and smaller, bumpier Kirbys (often used for pickles), choose firm, dark green ones with no wrinkles or spongy spots. No matter the variety, smaller cucumbers contain fewer and tinier seeds. The skins contain vitamin A, so try to buy unwaxed cucumbers, whose skin you can eat.

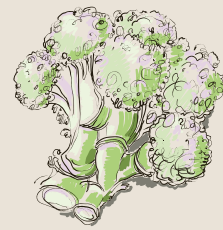
## Strawberries

Pick up the berries and give them a good sniff. Sweet, ripe strawberries are going to have a great strawberry scent to them, much as very ripe peaches, nectarines and other fruits smell great when they're at their peak.



## Broccoli

Choose bunches that are dark green in color. The florets should be firmly attached to the stem, and should be bright or light green, not yellow or brown. The bottoms should not be overly dried out. Florets that are darker in color contain more vitamin C.



## Okra

Okra is an excellent source of vitamin C. Fresh okra will have firm, dry pods and be a rich green. Okra pods are typically picked while they are still small and immature. This ensures they are tender and tasty.

## Honeydew Melon

A ripe honeydew melon will have a pleasant fragrance at the blossom end. It will feel heavy for its size and be the color of butter. Choose spherical melons that have a waxy, not fuzzy surface.



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of Mississippi**

It's good to be **Blue**.