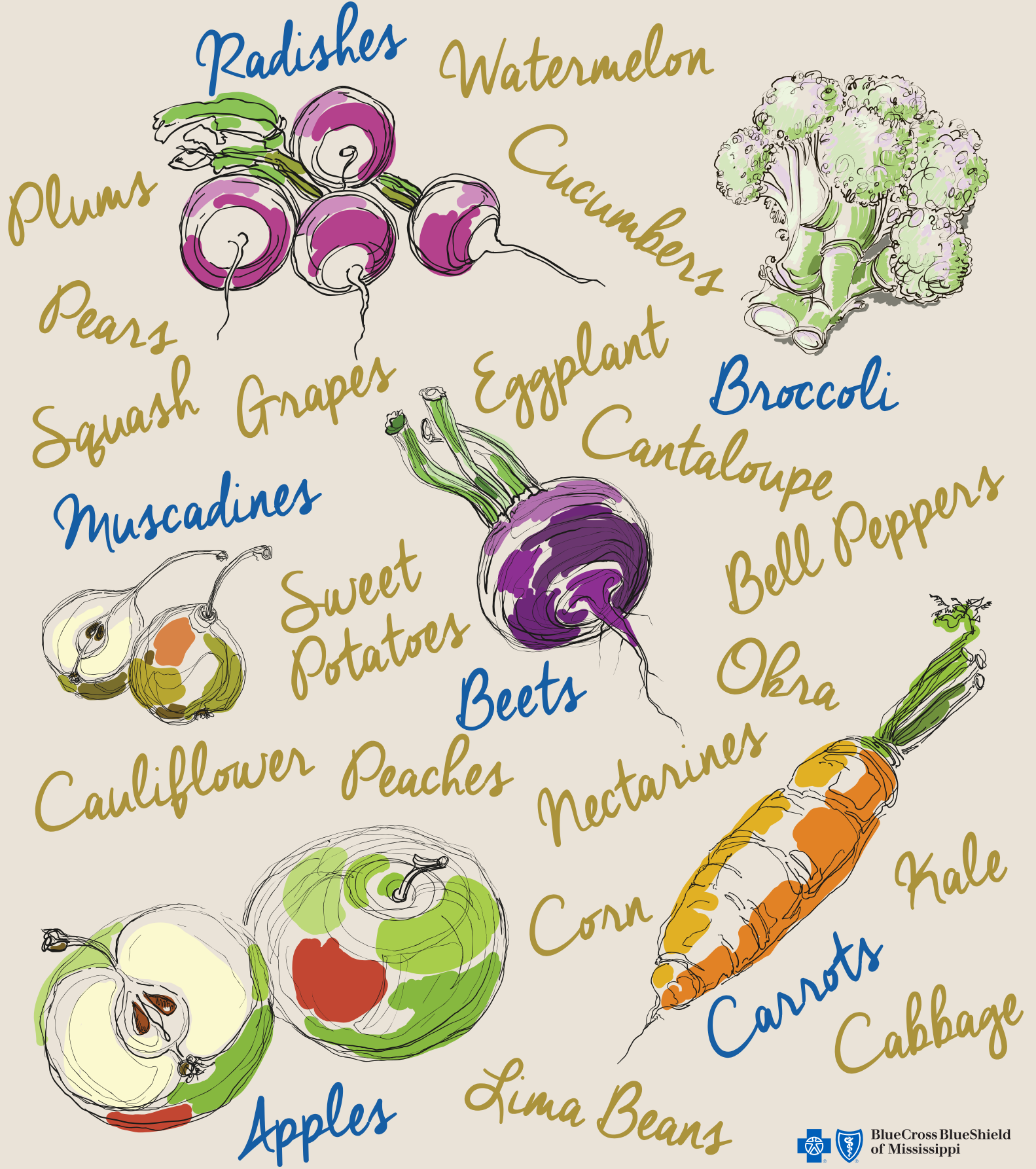


August Seasonal Produce



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.

Apples

Look for smooth skins with few bruises. Too many bruises mean the apple may rot. Choose apples with a bright and sparkly color.

Beets

Choose small or medium-sized beets whose roots are firm, smooth-skinned, and deep in color. Avoid spots, bruises or wet areas, all of which indicate spoilage.

Carrots

The best carrots are those that are well-formed, smooth and firm, and blemish-free. Smaller types are more tender and a deep color indicates more vitamin A.

Eggplant

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

Peppers

Look for peppers that are firm, deeply colored and glossy. Peppers that have the straightest sides will be the easiest to peel. Bell peppers should feel heavy for their size, indicating fully developed walls.

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.

Green Corn

Top-quality sweet corn ears have fresh green husks and ears well-filled with bright-colored, plump and milky kernels. Corn is overripe if indentions have formed in the kernels or kernel contents are doughy when broken. Ears should be free of insect and disease damage.

Radishes

Select radishes that have bright, whole leaves that are still attached. The bulbs should be firm to the touch.

Grapes

Green grapes are the sweetest and best flavored when they are yellow-green in color; red varieties when the grapes are predominately red; and the blue-black varieties when they have a full rich color.



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