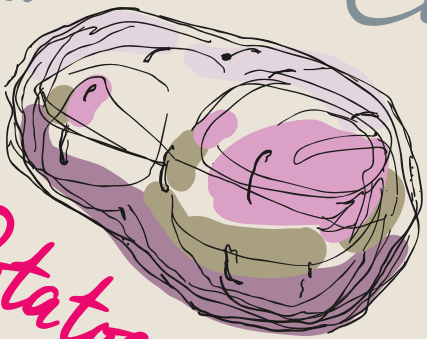


Seasonal December Produce

Avocado



Cabbage

Tomatoes



Potatoes

Collards

Pears

Turnip Greens



Peppers



Bananas

Pomegranates

Limes

Onions

Lima Beans

Spinach

Broccoli

Pecans

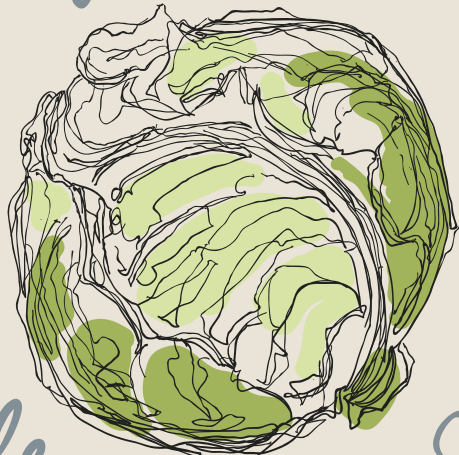
Arugula

Carrots



Pears

Kumquats



Squash

Grapefruit

Mandarins

Radishes

Kale

Lettuce

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.

Avocado

The best way to tell if an avocado is ripe and ready for immediate use is to gently squeeze the fruit in the palm of your hand. Ripe, ready-to-eat fruit will be firm yet will yield to gentle pressure.

Spinach

Choose fresh, crisp, green bunches with no evidence of insect damage. Spinach is an excellent source of fiber and high in vitamins A & C, iron, folate and magnesium.

Onions

Dry bulb onions should be firm for their size and have little to no scent. Avoid bulbs with any cuts, bruises, or blemishes. When purchasing whole peeled onions, select ones with an outside layer that does not show signs of being dehydrated. Fresh-cut onions should be purchased before the expiration date.

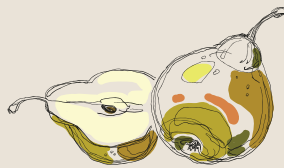


Cabbage

Look for well-trimmed heads, heavy for size and solid for the variety. Leaves should be crisp, and the stem end should be dry. Avoid decayed, burst or broken heads. Yellowed, wilted leaves indicate age.

Pears

Pears from the grocery store are almost always unripe. But don't dismay - they actually ripen better on your counter than in the store or even on a tree! Just remember to select pears a few days before you want to eat them. Place the pears in a paper bag, poke a few holes in the bag, fold over the top, and set aside for two to seven days. Check them often because their peak only lasts a couple of days.



Kale

Kale is a good source of calcium and potassium. Choose dark colored kale bunches with small to medium leaves. Avoid bunches that have brown or yellow leaves.

Radishes

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



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.

Mustard Greens

Purchase mustard greens that are unblemished and free from any yellowing or brown spots. They should look fresh and crisp and be a lively green color. Place mustard greens in a plastic bag, removing as much of the air from the bag as possible. Store in the refrigerator where they should keep fresh for about three to four days.



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