

# January

# Seasonal Produce

Grapefruit



Cauliflower

Radishes

Celery



Papaya

Oranges Pecans

Squash Avocado

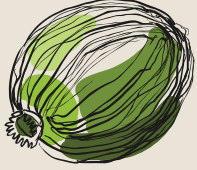
Cucumber

Bananas

Carrots



Okra

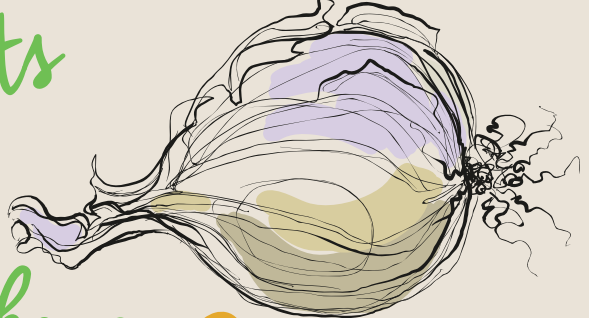


Turnip Greens

Limes

Eggplant

Kumquats



Watermelon

Broccoli

Cabbage

Onions

Turnips

Peppers

Collards

**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.**

## Papaya

Select fruits that are mostly yellow with a bit of green and let them fully ripen at home. When fully ripe, the skin is bright yellow. Unripe fruit will be an overall light yellowish-green, but not completely green. Ripe fruit should be firm yet yield to gentle pressure, feel heavy for its size and have smooth skin with no blemishes.

## Pecans

For the freshest and most flavorful pecans, choose whole ones in the shell; look for nuts that are heavy for their size and don't rattle when shaken. Pecans can be stored in a freezer for up to two years in a moisture-proof bag.

## Celery

For best taste and quality, select celery that is light green (but not white) in color, has fresh leaves with no signs of wilting and is free from bruises and discoloration. Celery should feel heavy for its size and should "squeak" when you squeeze the plant gently with your hand. Be sure to avoid stalks that are limp, bendable and spread out.

## Oranges

Choose oranges that have smoothly textured skin and are firm and heavy for their size. These will have a higher juice content than those that are either spongy or lighter in weight. In general, oranges that are smaller will be juicier than those that are larger in size, as will those that feature thinner skins.

## 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.

## Scallions

Select clean, uniform, firm, crispy, pencil-thin stalks featuring well-formed, green tubules. Avoid over-mature, withered, yellow, discolored, or dry leaves.

## Turnips

When shopping for turnips, look for those with unblemished skin no more than three inches in diameter. If you want sweet, tender turnips, select smaller roots. Turnip greens contain high volumes of calcium, which contributes to their bitter flavor. For maximum nutrition and flavor, steam the greens.

## Collards

Chard, kale, mustard greens, turnip greens, collard greens and beet greens can be used almost interchangeably in recipes (although each will add its own distinct flavor). Kale and collard greens are a bit heartier than the others and will require extra cooking time.

## Limes

Look for limes that are brightly colored, have smooth skin and are heavy for their size. Avoid limes that are soft, have blemishes and are shriveled. Refrigerate limes for up to 10 days for peak flavor. Lime wedges or slices can be refrigerated in a plastic bag up to five days. Freeze lime juice for up to four months.



**BlueCross BlueShield  
of Mississippi**

It's good to be Blue.