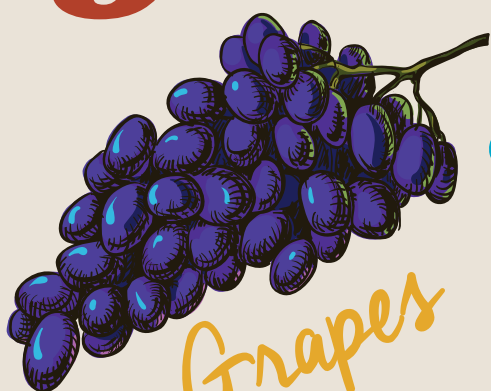


# June Seasonal Produce



Grapes

Sweet Corn

Watermelon

Cabbage



Lima Beans

Nectarines



Tomatoes

Eggplant

Sweet Pepper



Blackberries

Blueberries



Field Peas

Green Corn

Peaches

Okra

Collards

Squash

Snap Beans



Asparagus



Potatoes

Pole Beans

Cantaloupe

Onions

**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.**

## Grapes

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



## Asparagus

Fresh asparagus will be bright green with no signs of shriveling. The tender tips may have a purplish cast, but they should be firm and tight, never mushy. The cut end will be thick and fibrous—the plant's reaction to the injury of cutting. This end is cut off before cooking, but if the shoots are fresh, you may lose only an inch.

## 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.

## 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.

## Eggplant

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

## 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.

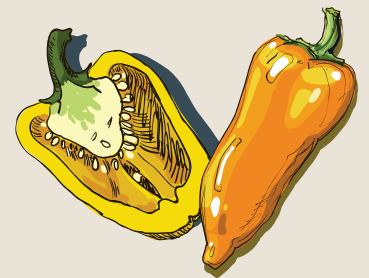


## Blackberries

Blackberries should be deeply colored. Pass by blackberries with hulls attached, a sign of premature picking.

## Sweet 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.



## Squash

Select yellow squash and zucchini less than eight inches long; the vegetables can become bitter the larger the plants grow. Make sure the squash are firm, particularly at the stems, and have bright skins.



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