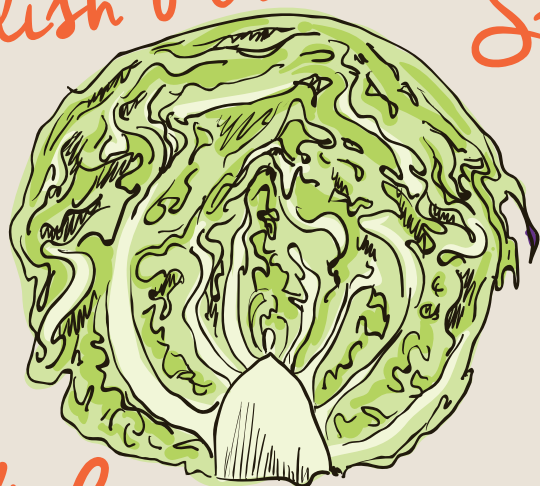


March Seasonal Produce

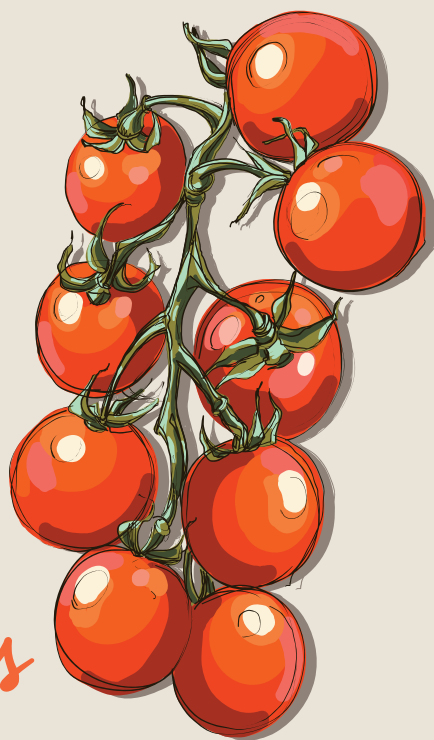
English Peas

Strawberries



Onions

Eggplant



Radishes

Lettuce



Limes

Tomatoes

Collards

Okra

Turnip Greens

Asparagus

Celery



Carrots



Strawberries

Scallions

Turnips

Peppers

Cauliflower

Grapefruit

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.

Tomatoes

Select tomatoes that are deeply colored and firm, with a little give. Sniff all tomatoes if you can—you're looking for a sweet, woody smell. Check grape tomatoes for wrinkles, which are a sign of age.

Scallions

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

Lettuce

Avoid salad greens that are wilted or have brown-edged or slimy leaves. Once they reach this point, there's no bringing them back to life. They should have vivid color, and leaves should be firm. Store greens in your refrigerator's crisper drawer, roots intact, in perforated plastic bags.

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.

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.

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.

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.

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.

Turnip Greens

Turnip greens are usually available with their roots attached. Look for greens that are unblemished, crisp, and deep green in color.



It's good to be Blue.