

# Seasonal Produce

# November

Kumquats



Lettuce

Tomatoes



Peas

Okra

Spinach

Persimmons

Swiss Chard

Cauliflower

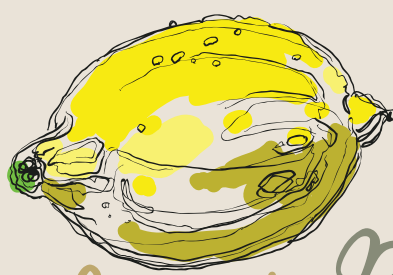
Collards

Grapefruit

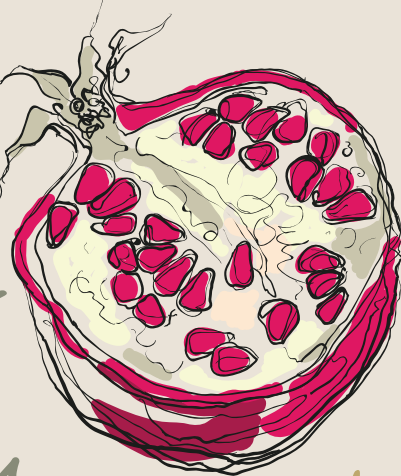
Lima Beans

Pears

Broccoli



Sweet Potatoes



Potatoes

Lemons

Rutabagas

Pomegranates

Mandarins

Carrots

Pumpkins

Pecans

Arugula



Mustard Greens

Cabbage

Radishes



**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.**

### Arugula

Fresh arugula has long, firm, bright green leaves. Larger leaves are more peppery than small ones. Holes, tears and yellowing edges are signs the greens are past their prime. If you can, buy arugula in bunches with the roots intact; this helps retain freshness.

### Rutabagas

Rutabagas are round, with skin that is usually purple at the top and whitish yellow on the bottom. They're larger than turnips, with yellow rather than white flesh. Select rutabagas that are 3 to 5 inches in diameter—the smaller, the sweeter—and that feel firm, smooth, and heavy, with no cracks or soft spots. They may have a wax coating that prevents moisture loss.

### 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.

### Carrots

Carrots that are smooth, firm and crisp, with deep color and fresh, green tops (if present) are best. You want to avoid carrots that are split, wilted, have begun to sprout, or have soft spots. Dark coloring at the crown indicates that carrots are old.

### Swiss Chard

Chard is typically classified by the color of its stems; red, white, green, or rainbow (a combination of colors, including yellow). Look for crisp, crinkly green leaves; avoid ones with spots or holes. The smaller the leaves, the sweeter their taste. (Large leaves and stems are often chewy.)

### Cauliflower

Choose cauliflower with compact, creamy white florets and bright green leaves. Old cauliflower has a yellowish tinge and tiny black mold spots. Before cooking, remove the core and separate the cauliflower into florets. Cauliflower can be blanched, steamed or roasted. Served raw, it is a lively addition to a platter of crudité's.

### Persimmons

Look for persimmons that are smooth, brightly-colored, plump, glossy, well-rounded and still have their leaf attached. Avoid persimmons that have bruises or blemishes and yellow patches indicating an unripe fruit.

### Sweet Potatoes

Look for small to medium sweet potatoes. (Large ones can be tough.) Their skins should be smooth and evenly colored. Remove sweet potatoes from any plastic packaging before storing them in a well-ventilated, cool, dark place up to two weeks.

### Okra

Choose pods that are firm, unblemished and bright in color. Green is most common, but you may encounter red or deep burgundy varieties. Pass up any that are limp or bruised. Frozen okra is a ready substitute for fresh, while canned okra is best used in stews. Look for young, small pods no more than four inches in length (larger pods tend to be tough and stringy).



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