Tips to help you select the best fruits and vegetables

**AVOCADOS**
(Often thought to be a vegetable; the avocado is considered a fruit because of its pit.)
- In season: All year long.
- What you want: Ripe, but not mushy.
- Avoid: Overripe or mushy; bruises or scald marks.
- Store: Keep in a paper bag at room temperature for a week or two, in a large refrigerator as it ripens.

**KIWIS**
- In season: Year round.
- What you want: Ripe, yellow, orange, blush color.
- Avoid: Pale green, hard; bruised or bruised.
- Store: Refrigerate for one to two days.

**MANGOES**
- In season: April to October.
- What you want: Rich, yellow color.
- Avoid: Astringent, green; bruised or bruised.
- Store: Refrigerate for one week.

**PEACHES/ NECTARINES**
- In season: June to November.
- What you want: Firm, heavy, smooth skin.
- Avoid: Bruised or bruised, freckled; mushy.
- Store: Refrigerate for one week.

**PEARS**
- In season: October to March.
- What you want: Plump, heavy for its size.
- Avoid: Brown spots, shriveled.
- Store: Refrigerate for up to one week.

**PINEAPPLE**
- In season: Year round.
- What you want: Plump, heavy, smooth skin; fibers not visible.
- Avoid: Stems not attached; bruised or bruised.
- Store: Refrigerate for up to one week.

**PLUMS**
- In season: Late May to early October.
- What you want: Firm, heavy for its size.
- Avoid: Bruised, black spots.
- Store: Refrigerate for up to one week.

**ORANGES**
- In season: Year round.
- What you want: Firm, heavy in hand.
- Avoid: Squeak, flabby skin.
- Store: Refrigerate for up to one week.

**TOMATOES**
- In season: Year round.
- What you want: Firm, heavy for its size.
- Avoid: Bruised, soft, diamond- or heart-shaped.
- Store: Refrigerate for up to one week.

**ARTICHOKE**
- In season: March to May.
- What you want: Plump, green leaves.
- Avoid: Dull leaves, dry stem, blanched leaves.
- Store: Refrigerate for up to one week.

**CUCUMBERS**
- In season: Year round.
- What you want: Firm, smooth skin.
- Avoid: Bruised or bruised, dented, rotated.
- Store: Refrigerate for up to one week.

**ASPARAGUS**
- In season: March to June.
- What you want: Good green color.
- Avoid: Faded, brown.
- Store: Refrigerate in crisper for one week.

**GREEN BEANS**
- In season: Year round.
- What you want: Rich, yellow color.
- Avoid: Brown spots, shriveled.
- Store: Refrigerate for up to one week.

**LETTUCE**
- In season: Year round.
- What you want: Firm, heavy for its size.
- Avoid: Brown leaves, leaf rotted.
- Store: Refrigerate for up to one week.

**CORN**
- In season: June to September.
- What you want: Firm, heavy for its size.
- Avoid: Soft, flabby or stalky.
- Store: Refrigerate for up to one week.

**PLANTS**
(Scientifically speaking, it is not a fruit because it cannot be eaten by birds.)
- In season: Year round.
- What you want: Firm, heavy for its size.
- Avoid: Squeak, flabby skin.
- Store: Refrigerate for up to one week.

**PEPPERS (BELL)**
- In season: Year round.
- What you want: Firm, heavy for its size.
- Avoid: Bruised, shriveled.
- Store: Refrigerate for up to one week.

**SUMMER SQUASH**
(Scientifically speaking, it is not a fruit because it cannot be eaten by birds.)
- In season: June to September.
- What you want: Firm, heavy for its size.
- Avoid: Bruised, shriveled.
- Store: Refrigerate for up to one week.

**HABITAT TIPS**
- In season: Year round.
- What you want: Firm, heavy for its size.
- Avoid: Bruised, shriveled.
- Store: Refrigerate for up to one week.

**CUCUMBER**
(Scientifically speaking, it is not a fruit because it cannot be eaten by birds.)
- In season: Year round.
- What you want: Firm, smooth skin.
- Avoid: Bruised or bruised, dented, rotated.
- Store: Refrigerate for up to one week.

**ONIONS**
- In season: Year round.
- What you want: Firm, smooth skin.
- Avoid: Squeak, flabby skin.
- Store: Refrigerate in crisper for up to one week.

**MUSHROOMS**
- In season: Year round.
- What you want: Firm, smooth skin.
- Avoid: Squeak, flabby skin.
- Store: Refrigerate in crisper for up to one week.

**BEANS**
(Scientifically speaking, they are vegetables.)
- In season: Year round.
- What you want: Firm, heavy for its size.
- Avoid: Bruised, shriveled.
- Store: Refrigerate for up to one week.

**CANTALOUPE**
- In season: June to November.
- What you want: Fleshy, smooth skin.
- Avoid: Bruised or bruised, dented.
- Store: Refrigerate for up to one week.

**PAPAYA**
- In season: Year round.
- What you want: Firm, heavy for its size.
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**Grapes**
- In season: September.
- What you want: Ripe, smooth skin.
- Avoid: Bruised or bruised, dented.
- Store: Refrigerate for up to one week.

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