

How to Buy Fresh Vegetables		
Vegetables	Choose	Avoid
Asparagus	Rich, green color; tender stalks; closed, compact tips; round spears	Open, moldy, or decayed tips; ripped spears, excessive sand
Beans (snap)	Bright color, tender bean, crisp pods	Thick, tough, or wilted pods; serious blemishes
Beets	Slender root; rich red color; smooth, round bulb	Wilted, elongated beets; brown, scaly patches
Broccoli	Stems not too thick or tough; firm, compact cluster of small flower buds; dark, deep green color	Open buds; wilted, soft condition; yellow color
Brussels Sprouts	Bright green color, tight outer leaves, no blemishes	Yellow or wilted leaves, holes or ragged edges
Cabbage	Firm heads, heavy for size; bright red or green color; fresh; no blemishes	Wilted, decayed, yellow outer leaves; worn holes
Carrots	Bright color; well-rounded, smooth, firm roots	Flabby, decaying roots; patches of green
Cauliflower	Creamy white to white head; compact, clean, solid florets	Discolored spots, wilting
Celery	Bright color; smooth, rigid stalks; fresh leaves	Discoloration; flabby or pithy stalks; wilting
Corn	Ears with plump, not overly mature kernels; fresh, green husks; silk ends free from damage	Yellow, wilted, or dried husks; kernels that are very small, very large, or dark yellow
Cucumbers	Well-shaped, rounded body; bright green color; firm	Signs or wilting, large diameter, yellowing
Lettuce	Bright color, crisp leaves for iceberg and romaine, soft texture for leaf lettuce; no blemishes	Very hard heads of iceberg lettuce, poor color, brown or soft spots, irregular heads
Mushrooms	White, creamy color; small to medium size; caps closed or slightly open around stem; pink or light tan gills	Badly pitted or discolored caps, wide open caps, dark gills
Onions		
- Yellow, White, and Red	Hard, smooth, and firm with small necks; papery outer covering	Wet or soft necks, woody or sprouting areas
- Green	Fresh, green tops; well-formed, white bulbs	Yellow, wilted, or decayed tops
Peppers (bell)	Bright color, glossy sheen, firm wells, heavy for size	Thin, wilted; cut or punctured walls; decayed spots
Potatoes	Firm, well-shaped, free from blemishes and sunburn	large cuts, bruises, or green spots; soft and decaying areas; signs of sprouting or shriveling
Radishes	Plump, round, and firm; medium size; bright red color	Large or flabby radishes, decaying tops
Squash		
- Summer	Tender, well-developed, firm body glossy skin	Dull appearance; hard, tough skin
- Winter	Hard, tough rind; heavy for size	Tender rind; cuts soft, sunken, or moldy spots
Tomatoes	Well-formed, smooth, free from blemishes, bright red for fully ripe, pink to light red and slightly firmer for ripening	Soft spots, moldy areas, growth cracks, bruises