# A Guide to Picking Produce

**Eat Seasonally For...**

- **Better Variety!**
  Eating different produce during different seasons provides you with a better variety of nutrients!

- **Better Quality!**
  Seasonal produce maintains more nutrients because it is eaten closer to harvest!

- **Fresher Foods!**
  Seasonal foods are harvested at their peak ripeness and nutritional value!

- **A Healthy Environment!**
  Decreasing the distance produce has to travel from farm to table saves energy and resources!

## Recommended Servings:

**Fruits & Vegetables**

- **Children**
  1-1½ cups per day

- **Adults & Adolescents**
  2-3 cups per day

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### Peaches

- **Give under gentle pressure**
- **Have a creamy yellow background color**
- **Note: Amount of redness on the skin does NOT indicate ripeness!**

**Average pricing in the supermarket**

- $1.63 Per lb

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### Watermelon

- **Firm, symmetrical, and sounds hollow when thumped**
- **A creamy yellow spot indicates ripeness**
- **Note: The yellow spot is where the melon sat on the ground and ripened in the sun!**

**Average pricing in the supermarket**

- $4.99 Each

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### Summer Squash

- **Small and shiny!**
- **Note: Small size and shiny skin are good indicators of tenderness!**

**Average pricing in the supermarket**

- $1.52 Per lb

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### Cantaloupe

- **Slightly soft at the stem end with a firm body**
- **Smells fruity, NOT moldy, at the stem end**
- **Note: In a juicy cantaloupe, the seeds will rattle when shaken!**

**Average pricing in the supermarket**

- $1.74 Each

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### Potatoes

- **Firm with unshriveled skin**
- **Round or oblong shape**
- **Note: The skin of the potato contains most of the nutrients!**

**Average pricing in the supermarket**

- $0.85 Per lb

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### Blueberries

- **Firm, dry, plump**
- **Smooth skin and a silvery surface bloom**
- **Note: Juice stains in the container can indicate bruising!**

**Average pricing in the supermarket**

- $1.98 Per pint

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### Carrots

- **Smooth, firm, and free from cracks**
- **Dark orange color**
- **Note: Carrots with more nutrients have a darker orange color!**

**Average pricing in the supermarket**

- $0.82 Per lb