

FRESH VEGGIE GUIDE



Asparagus: Firm with tightly closed tips, best when around 6" long



Avocado: Should yield to firm gentle pressure. *If it's firm it still needs time to ripen.*



Beets: Should be heavy for their size and show no surface nicks or cuts. If sold with their tops on, the greens will show wilting if too ripe.



Cabbage: Firm to the touch with bright, crisp leaves. *Avoid if the leaves have become wilted and discolored*



Corn: Plump and firm to the touch. The ears will be completely filled out and the end of the ear will be rounded, rather than pointy.



Cucumbers: Medium to deep green and will feel hard. *If a cucumber is soft, chances are it doesn't have much shelf life left (but okay if using for today's meal).*



Eggplant: Will be heavy and firm. Skin should be smooth, shiny, and wrinkle free with a deep rich plum color.



Green Beans: Firm, crisp, and show no visible bulges. *Any bulges shown means that a green bean is too ripe.*



Lettuce: Look for clean crisp leaves with a healthy color. *Wilted leaves are a sign the lettuce is going bad.*



Peppers: Should be firm to the touch and have smooth skin. They will feel thick and have a bright, shiny coloring.



Tomatoes: Red or orange in color when ripe and are softer to the touch (they start out green with a firmer feel). *Don't count the green ones out, Fried Green Tomatoes make a delicious appetizer!*



Yellow Squash: Will feel heavy, firm, and best chosen when they are 4 inches long. Look for bright, healthy skin as opposed to dull skin with blemishes.



Zucchini: Uniform green coloring throughout and firm to the touch. *If soft, they can be used for zucchini bread!*

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