Greens (spinach, mustard, dandelion, beet tops, turnip tops, kale, collards, chard) that are...

- Fresh, young, green, tender, free from insect injuries, bruised or wilted leaves and stalks

Head Lettuce that is...

- Fresh, crisp, tender, fairly firm, free from brown spots, clean

Okra that is...

- Fresh, tender, easily punctured; of bright green color

Onions that are...

- Clean, hard; well shaped, with dry, crackly skins, no green sprouts

Peas that are...

- Young, fresh, tender, bright green, well filled pods

Green Peppers that are...

- Mature, firm, smooth-shaped, thick-fleshed, of good color and appearance, dark green or red

Potatoes that are...

- Sound, smooth, shallow-eyed, clean, free from cuts and scaly spots

Summer Squash that is...

- Heavy for size, free from cuts or bruises, fresh, tender at the blossom end

Winter Squash that is...

- Hard on outside; free from brown, moldy, or soft spots

Sweet Potatoes that are...

- Smooth, well-shaped, firm, of bright appearance

Tomatoes that are...

- Mature, firm, well-formed, plump, smooth, bright in color; free from cracks and green or sunburned area

Turnips that are...

- Smooth, heavy for size, firm, not shriveled; that have few leaf scars and few roots at the base.
IN BUYING FRUITS AND VEGETABLES:

- Plan to include a green or yellow vegetable in each day's meals.
- Do your own selection.
- Handle as little as possible.
- Remember the largest is not always the best.
- Shop when stores are not crowded.
- Select according to use.
- Avoid foods that are spoiled.
- Think about quality, storage space and preparation as well as price.
- Buy fruits and vegetables in season.
- Compare prices and quality of fresh, canned, and frozen fruits and vegetables.
- Learn to tell whether blemishes make a difference in looks or taste.
- Watch newspaper advertisements for good buys on fruits and vegetables.

IN BUYING FRUITS

do you choose:

**Apples** that are . . .

- The kind that is best for what you plan to do with them.
- Free from decay or bruises—firm, ripe, with good color.

**Bananas** that are . . .

- Fully ripe for use right away.
- Partly ripe or yellow ripe to keep for several days or for cooking.
- Plump, well filled, no cracks or bruises.

**Cranberries** that are . . .

- Red, plump, firm, shiny.

**Grapefruit** that is . . .

- Firm, fine textured, thin skin, round, heavy for size.

**Grapes** that are . . .

- Fresh, fully ripe, well colored.
- Plump, fruit firmly attached to the stems.

**Oranges** that are . . .

- Firm, heavy for size, fine textured, thin skin.
- Creamy or yelowish background color.

**Peaches** that are . . .

- Firm, not shriveled.
- Free from bruises and insect damage.
- Fresh.

**Raspberries** that are . . .

- Clean, firm, bright, crisp, stringless, tender; free from insect damage, moldy or waxy spots; or that have the same ripeness.

**Strawberries** that are . . .

- Smooth, free from cracks and insect damage, clean, firm; that have no shriveled or soft spots.

**Broccoli** that is . . .

- Dark green, tender, not split or hollow; that has tightly closed buds, no yellow buds, but firm stalks and stems.

**Cabbage** that is . . .

- Fairly solid, firm, and heavy; white or green with no yellow leaves, worm injury or decay.

**Carrots** that are . . .

- Firm, crisp, not shriveled, smooth, well shaped, free of green color.

**Celery** that has . . .

- Stalks of medium length and thickness and close together, brittle enough to snap easily.

**Corn** that is . . .

- Well filled with shiny, plump, milky kernels; that has bright colored cob, husks that are fresh and green.