

**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, shalloweyed, 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.



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*Buying*



# FRUITS and VEGETABLES

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## 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

**Peaches** that are . . .

Firm, not shriveled

Free from bruises and insect damage

Fresh

Creamy or yellowish background color



## IN BUYING VEGETABLES:

*do you choose:*

**Asparagus** that is . . .

Fresh, tender and firm, smooth, tight tipped

Easily snapped

**Beans** that are . . .

Clean, Firm, bright, crisp, stringless, tender; free from insect damage, moldy or watery spots; or that have the same ripeness

**Beets** 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

