### ARTICHOKES

**How to Select**
Choose plump artichoke heads with tightly closed leaves, heavy for their size. Pull back one leaf to check heart for black blemishes. During winter, white, blistered or bronze appearance does not affect quality.

**How to Store**
Refrigerate artichokes in plastic bag up to one week. Keep dry to prevent mold growth.

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### CAULIFLOWER

**How to Select**
Choose cauliflower with compact, creamy white curds and bright green, firmly attached leaves. Avoid brown spots or loose sections that are spread out.

**How to Store**
Refrigerate cauliflower in plastic bag up to 5 days.

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### ASPARAGUS

**How to Select**
Choose odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

**How to Store**
Refrigerate asparagus for up to four days by wrapping ends of stalks in wet paper towel and placing in plastic bag.

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### CELERY

**How to Select**
Choose straight, rigid celery stalks with fresh leaves. Avoid pithy, woody or limp stalks. Should smell fresh, not musty.

**How to Store**
Refrigerate celery in a plastic bag for a week or more.

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### BELL PEPPERS

**How to Select**
Choose firm, brightly colored peppers with tight skin that are heavy for their size. Avoid dull, shriveled or pitted peppers.

**How to Store**
Refrigerate bell peppers in plastic bag for use within 5 days.

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### COLLARD GREENS

**How to Select**
Choose bunches with dark green leaves with no yellowing.

**How to Store**
Refrigerate collard greens in a plastic bag for up to 5 days.

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### BROCCOLI

**How to Select**
Choose odorless broccoli heads with tight, bluish-green florets.

**How to Store**
Refrigerate broccoli and use within 3-5 days.

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### CUCUMBER

**How to Select**
Choose firm, well shaped cucumbers with dark green color, heavy for size.

**How to Store**
Refrigerate cucumbers in plastic bag up to 1 week.

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### BRUSSELS SPROUTS

**How to Select**
Choose firm, compact, bright green brussels sprouts. Buy on stalk when possible.

**How to Store**
Refrigerate brussels sprouts in plastic bag up to 1 week.

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### GREEN BEANS

**How to Select**
Choose fresh, well colored beans that snap easily when bent.

**How to Store**
Refrigerate beans in plastic bag, use within 1 week.

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### CARROT

**How to Select**
Choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Avoid soft, wilted or split carrots.

**How to Store**
Refrigerate carrots in plastic bag with tops removed up to 2 weeks.

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### GREEN CABBAGE

**How to Select**
Choose green cabbage heads with compact leaves that are heavy for their size.

**How to Store**
Refrigerate green cabbage for up to 7 days.
<table>
<thead>
<tr>
<th><strong>GREEN ONION</strong></th>
<th><strong>RHUBARB</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>How to Select</strong></td>
<td>Choose stalks with fresh, green tops and slightly white ends.</td>
</tr>
<tr>
<td><strong>How to Store</strong></td>
<td>Refrigerate green onions in plastic bag for use as soon as possible.</td>
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<table>
<thead>
<tr>
<th><strong>ICEBERG LETTUCE</strong></th>
<th><strong>ROMAINE LETTUCE</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>How to Select</strong></td>
<td>Choose plump heads, ready for their size, with tightly closed leaves. Pull back one leaf to check heart for any black blemishes. During winter, white blistered or bronze appearance does not affect quality.</td>
</tr>
<tr>
<td><strong>How to Store</strong></td>
<td>Refrigerate in plastic bag up to one week. Keep dry to prevent mold growth.</td>
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<tr>
<th><strong>LEAF LETTUCE</strong></th>
<th><strong>SPINACH</strong></th>
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<tbody>
<tr>
<td><strong>How to Select</strong></td>
<td>Choose lettuce with crisp leaves. Avoid brown edges.</td>
</tr>
<tr>
<td><strong>How to Store</strong></td>
<td>After purchase, rinse well and dry with paper towels. Refrigerate leaf lettuce in plastic bag up to 1 week.</td>
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<thead>
<tr>
<th><strong>MUSHROOMS</strong></th>
<th><strong>SUMMER SQUASH</strong></th>
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<tbody>
<tr>
<td><strong>How to Select</strong></td>
<td>Choose well shaped mushrooms with firm texture. Avoid spots and slime.</td>
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<tr>
<td><strong>How to Store</strong></td>
<td>Refrigerate mushrooms in original container or paper bag up to 1 week.</td>
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<tr>
<th><strong>ONION</strong></th>
<th><strong>SWEET CORN</strong></th>
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<tbody>
<tr>
<td><strong>How to Select</strong></td>
<td>Choose onions that are firm and dry with bright, smooth outer skins.</td>
</tr>
<tr>
<td><strong>How to Store</strong></td>
<td>Store whole onions in a cool, dark, well ventilated place for use within 4 weeks. Refrigerate cut onions in a tightly sealed container for use within 2-3 days.</td>
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</tbody>
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<tr>
<th><strong>POTATO</strong></th>
<th><strong>SWEET POTATO</strong></th>
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<tbody>
<tr>
<td><strong>How to Select</strong></td>
<td>All potato varieties should be clean, firm, smooth, dry and uniform in size.</td>
</tr>
<tr>
<td><strong>How to Store</strong></td>
<td>Store potatoes in a cool, dark, well ventilated place for use within 3-5 weeks.</td>
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<tr>
<th><strong>RADISHES</strong></th>
<th><strong>TOMATO</strong></th>
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<tbody>
<tr>
<td><strong>How to Select</strong></td>
<td>Choose smooth, brightly colored, medium sized radishes. Attached tops should be green and fresh looking.</td>
</tr>
<tr>
<td><strong>How to Store</strong></td>
<td>Refrigerate radishes in plastic bag for use within 5 week. Remove tops before storing.</td>
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