



PRODUCE BUYING GUIDELINES

by Diane SANFILIPPO



1. ASPARAGUS
2. AVOCADOS
3. CABBAGE
4. CANTALOUPE
5. CAULIFLOWER
6. EGGPLANT
7. GRAPEFRUIT
8. KIWI
9. MANGOES
10. ONIONS
11. PAPAYAS
12. PINEAPPLES
13. SWEET CORN
14. SWEET PEAS (FROZEN)
15. SWEET POTATO



1. APPLES
2. CELERY
3. CHERRY TOMATOES
4. CUCUMBERS
5. GRAPES
6. NECTARINES
7. PEACHES
8. POTATOES
9. SNAP PEAS
10. SPINACH
11. STRAWBERRIES
12. SWEET BELL PEPPERS
- * HOT PEPPERS
- * KALE/COLLARD GREENS