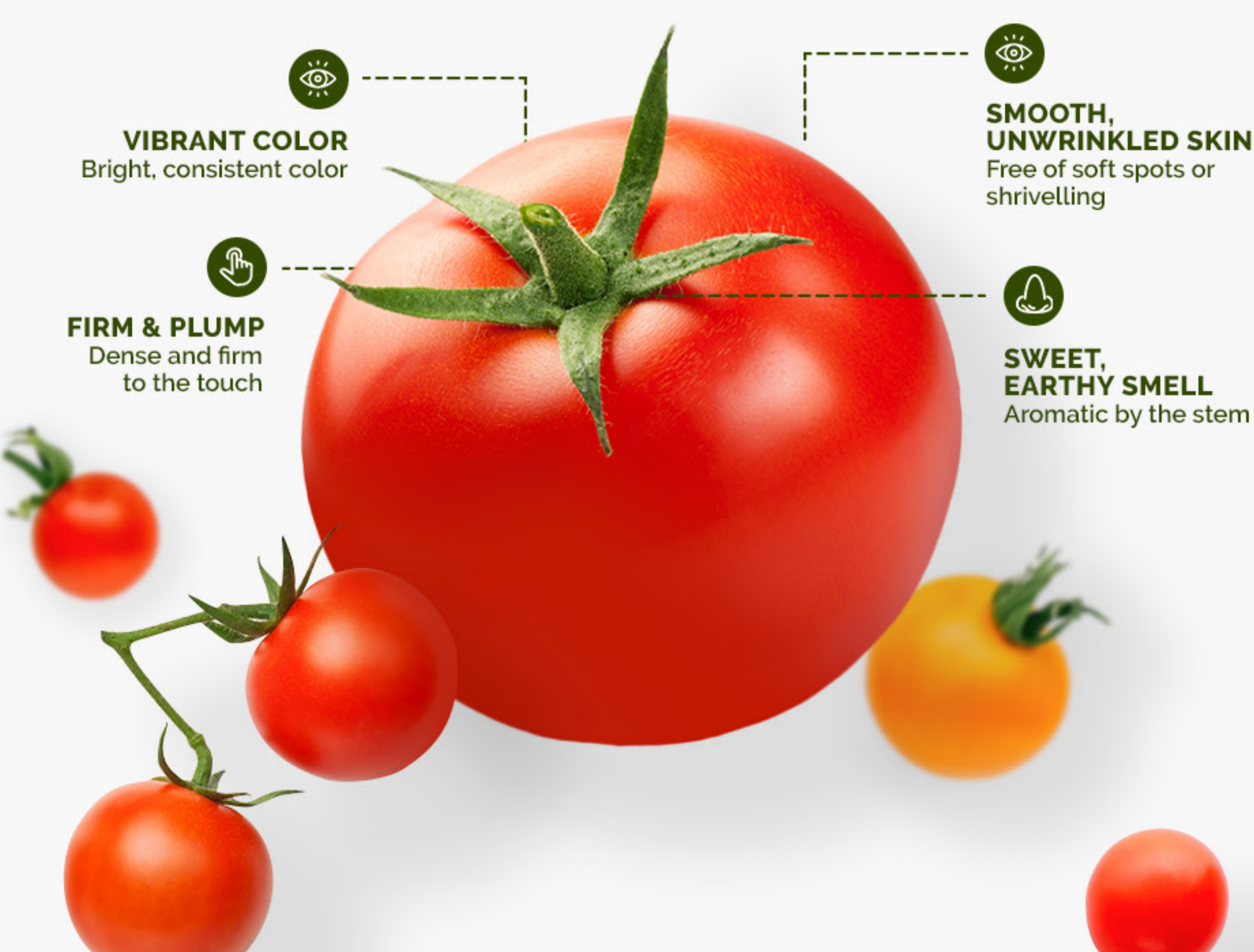


Your Guide To
**CHOOSING THE BEST
 PRODUCE**

HOW TO CHOOSE THE BEST
TOMATOES



VIBRANT COLOR
 Bright, consistent color

SMOOTH, UNWRINKLED SKIN
 Free of soft spots or shrivelling

FIRM & PLUMP
 Dense and firm to the touch

SWEET, EARTHY SMELL
 Aromatic by the stem

HOW TO CHOOSE THE BEST
PEPPERS



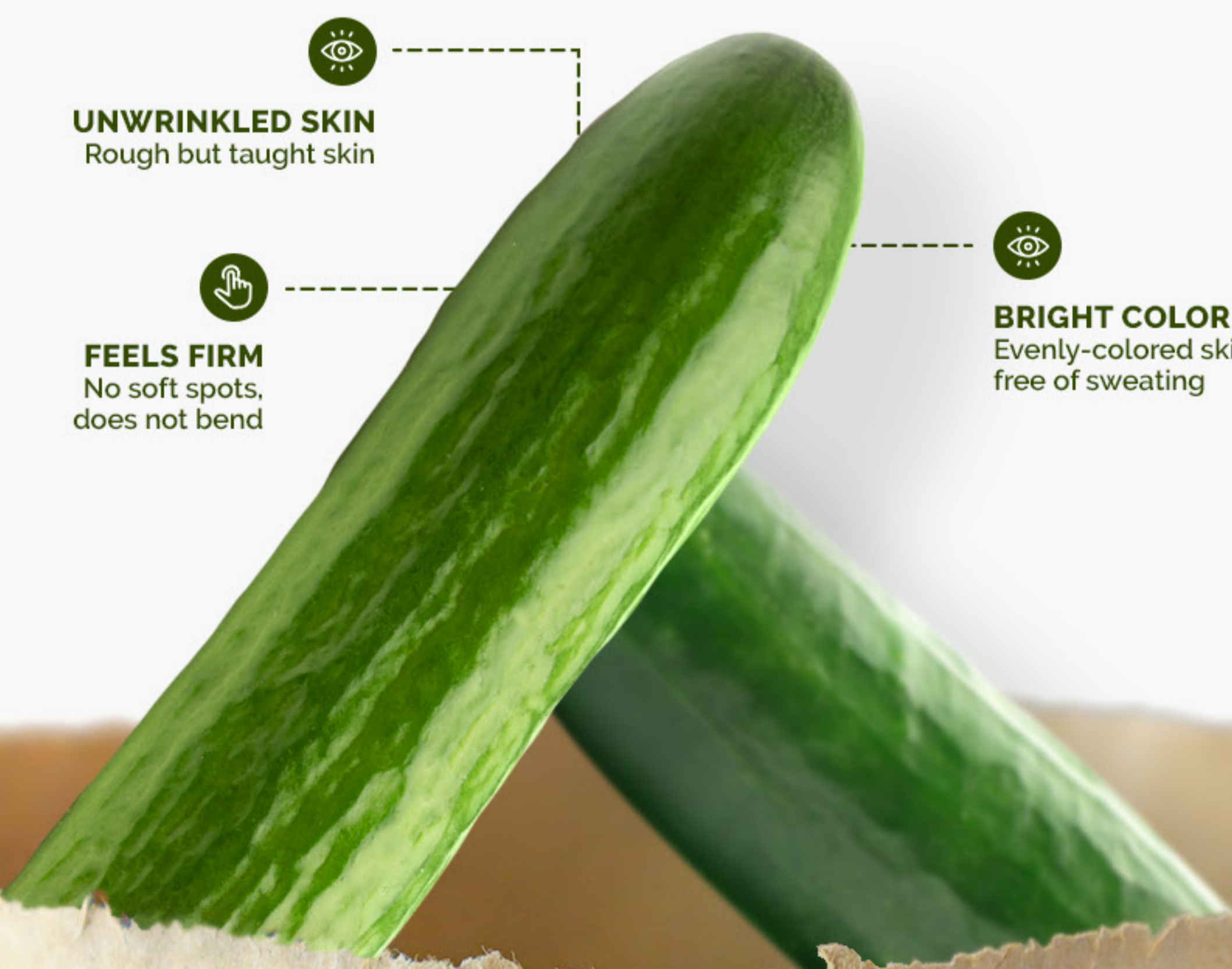
GLOSSY & SMOOTH
 Shiny and unwrinkled skin

FRESH, GREEN STEM
 Bright color, free of mold

THICK-WALLED
 Firm to the touch and heavy for their size

VIBRANT COLOR
 Consistent and bright color

HOW TO CHOOSE THE BEST
CUCUMBERS



UNWRINKLED SKIN
 Rough but taught skin

BRIGHT COLOR
 Evenly-colored skin free of sweating

FEELS FIRM
 No soft spots, does not bend

General
**PRODUCE BUYING
 TIPS & TRICKS**

USE YOUR SENSES
 Don't just rely on looks, use touch and smell to choose the freshest produce.

PAY ATTENTION TO COLOR
 Look for bright, vibrant colors as a sign of fresh, ripe produce.

BUY GREENHOUSE-GROWN VEGETABLES
 Choose greenhouse-grown vegetables for produce that is fresh and perfect for eating year-round!

CONSIDER BUYING 'UGLY' PRODUCE
 Produce that is oddly shaped or has slight knicks or bumps can still be fresh and delicious!

GET CREATIVE WITH 'TIRED' OR IMPERFECT PRODUCE

Produce items that are slightly imperfect or nearing the end of their shelf life are perfect additions to soups, sauces, and roasted side dishes. By doing your part to reduce food waste, you can help the environment and save yourself some money!

