

What's in Season



	June	July	August	September	October
Apples			•	•	•
Asparagus	•				
Beets		•	•	•	
Blueberries		•	•	•	
Broccoli	•			•	•
Cabbage		•	•	•	
Cauliflower		•	•	•	
Carrots		•	•	•	•
Cucumbers		•	•	•	
Eggplant			•	•	
Green Beans		•	•	•	
Green Onions			•	•	•
Lettuce & Greens	•	•	•	•	
Melons			•	•	
Onions				•	•
Parsnips			•	•	•
Peas	•	•			
Peppers			•	•	
Potatoes		•	•	•	•
Pumpkins				•	•
Spinach	•	•		•	•
Strawberries	•	•			
Summer Squash		•	•	•	
Sweet Corn		•	•	•	
Tomatoes		•	•	•	
Turnips		•	•	•	•
Winter Squash				•	•

Produce Guide



What to look for when selecting produce – how to identify the freshest fruits and vegetables in New England.

Apples: The colors of apples vary greatly, but choose ones with shiny, smooth skin.

Asparagus: Choose firm, straight, plump spears. The color should be a medium green with highlights of purple. The tips should be tight, and the bottoms should be less than 15% of the spear's length. Next squeeze the bunch; if it squeaks you know it's fresh.

Beets: Medium and young beets are best for cooking. The greens should be bright and look fresh. The beet itself should be mostly smooth, hard, and deep in color.

Broccoli: Choose tight bud clusters that are deep green in color or have a tiny bit of purple. The stems should be a lighter green than the buds.

Cabbage: Choose heads that are firm and tight with fresh looking leaves. The head should feel heavier than it looks.

Carrots: For the freshest carrots, look for bunches with green leaves still attached to the top. If this is not possible choose carrots with a closely trimmed top. All carrots should have a smooth exterior. "Baby carrots" should be moist and plump.

Cucumbers: Choose firm, deep green, with no soft spots.

Cauliflower: Choose cauliflower that is a creamy white color. The leaves should be firmly attached.

Eggplant: Choose an eggplant that seems heavy for its size. The skin should be firm, shiny, and a solid color throughout.

Green Beans: Choose crisp, well-shaped, smooth beans. You will know they are fresh if they have a velvety skin.

Green Onions (Scallions): Look for medium-sized necks that have two to three inches of white above the root.

Lettuces and greens: Choose lettuce that looks and feels crisp, is free of blemishes, and has a head that gives a little. The leaves should be an even green color. For loose leaf varieties, look for whole leaves and avoid wilted leaves.

Melons: Choose melons that give a little when pressure is applied to the blossom end and smell sweet. Melons that are overripe will have soft spots and will be lumpy.

Onions: Choose firm, dry onions with shiny skin. The outer skin should be papery. The necks should be closed tightly, and have no sprouts.

Parsnips: Choose small- or medium-sized roots without lumps. Larger and fatter parsnips will be more tender.

Peas: Choose pods that are bright green and feel velvety. The peas should be pearl shaped and fill up the pod.

Peppers: Choose firm, brightly colored peppers with a firm green stem. The pepper should feel heavier than it looks.

Potato: Choose firm, smooth potatoes with few eyes or blemishes.

Pumpkin: Choose pumpkins with a sturdy stem and avoid black spots. If you tap it lightly, it should sound firm.

Spinach: Choose leaves that are deep green in color, crisp, perky, and unbroken.

Strawberries: Choose plump, bright red berries with fresh green caps. The size does not matter. June is the best time to buy, since they will be the sweetest.

Summer Squash: Choose small- or medium-sized squash with tight, solid skin. If they are lightly scratched, it is okay.

Sweet Corn: Pull back the husk; the rows should be spaced evenly and the kernels should be plump and milky. The husk should be bright green and fit tightly.

Tomatoes: Choose firm, evenly colored, plump tomatoes. Heirlooms are often the most flavorful.

Turnips: Choose smaller turnips with fresh green leaves. It should feel heavier than it looks. The skin should be smooth and unblemished.

Winter Squash: Choose firm, solid squash with a hard exterior. Press as hard as you can on the skin - there should be no give. Look for matte skin, and avoid shiny skin.