



What's In Season GUIDE for SPRING



Fresh Food	At The Market	Storage	Preparation	Start Simple
 Apricots	Choose plump, firm fruit with golden orange skin.	Ripen at room temperature. Store in the refrigerator. Avoid bruising by arranging in a flat container.	Gently rinse. Eat skins and flesh when fresh.	Eat dried apricots for breakfast or snacks.
 Asparagus	Choose bright green, firm, straight stalks with compact tips.	Refrigerate upright in a container with an inch of water for up to 7 days.	Rinse and snap off ends.	Drizzle a little Italian dressing on steamed asparagus for a burst of flavor.
 Bananas	Choose plump, firm skin with no brown spots or split skins. Varieties: yellow, red, apple, baby, baking.	Store on the countertop to ripen. Store ripe bananas in the refrigerator for up to 3 days.	Peel and eat.	Add mashed banana to muffin or pancake batter.
 Broccoli	Choose dark green, firm stalks with compact florets.	Refrigerate unwashed in a plastic bag in the crisper drawer for up to 5 days.	Wash before using.	Toss steamed broccoli with pasta and alfredo sauce.
 Cabbage	Choose firm heads with shiny, loose outer leaves. Varieties: Red, Green	Store in the refrigerator crisper drawer in a plastic bag for up to 2 weeks.	Remove thick outer leaves, core, slice and rinse just before cooking.	Add chopped cabbage to a chicken, vegetable or beef soup recipe.
 Green Beans	Choose bright green, firm beans.	Store in the refrigerator crisper drawer in a plastic bag for up to 7 days.	Rinse and cut or snap off ends just before cooking.	Dip raw green beans in ranch dressing or French onion dip.
 Greens: Kale, Chard & Collards	Choose firm, crisp and deeply colored leaves. Varieties: Swiss Chard, Curly Kale, Tuscan Kale, Collard, Turnip, Mustard.	Refrigerate in a plastic bag for up to 5 days.	Rinse, remove thick stems, and chop.	Chop a handful of kale and add it to other lettuces for a tossed green salad.
 Honeydew Melon	Choose sphere shaped melons with waxy surface. Fruit should feel heavy for its size. Ripe melons will feel slightly soft when skin is pressed.	Store whole melons at room temperature or cut and store in a container in the refrigerator for up to 2 weeks.	Cut ¼ inch from rind and eat fresh.	Cut up honeydew melon in chunks. Store in plastic container. Bring out anytime for a sweet treat.

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<p>Lettuce</p> 	<p>Choose crisp, closely bunched, bright leaves or heads.</p> <p>Varieties: Iceburg, Butter, Leaf, Romaine, Mesclun (mix of small lettuces and herbs).</p>	<p>Rinse and store in paper towel and open plastic bag or container in refrigerator for up to one week.</p>	<p>Wash and pat or spin dry before using. Eat raw in salads and on sandwiches and wraps.</p>	<p>Have a bag of shredded lettuce in the fridge for easy add-ins to sandwiches and wraps.</p>
<p>Mangoes</p> 	<p>Choose firm fruit that gives slightly to pressure.</p> <p>Colors: Red, Yellow, Orange</p>	<p>Ripen in a paper bag if needed. Store at room temperature up to 5 days.</p>	<p>Slice from stem to tip and separate from pit. Lay skin side down and score flesh in x pattern. Push skin away from flesh and slice skin off.</p>	<p>Frozen mango chunks are a great addition to any smoothie.</p>
<p>Mushrooms</p> 	<p>Purchase fresh or dried. Choose firm, unblemished caps without mold or wet spots when fresh.</p> <p>Varieties: Button, Portobello, Cremini, Oyster, Shitake, Enoki, Chanterelle, Morel.</p>	<p>Store loose mushrooms in the refrigerator in an open bag or packaged mushrooms in original packaging. Use within 5 days.</p>	<p>Clean mushrooms by rinsing and drying or wiping with a damp cloth.</p> <p>Recipe Ideas: Mixed Mushroom Casserole, Arborio & Mushroom Fall Side Dish</p>	<p>Add minced mushrooms to pasta sauce – no one will see them!</p>
<p>Onions</p> 	<p>Choose firm dry onions with shiny, thin skin.</p> <p>Varieties: yellow, red, white, or green.</p>	<p>Store away from potatoes in a dry, dark spot for up to one month. Store up to 2 weeks if next to potatoes.</p>	<p>Use a sharp knife to slice or chop.</p> <p>Recipe ideas: Bread stuffing with pears, bacon, and caramelized onion.</p>	<p>Sprinkle chopped green onions to garnish (decorate) grilled meats or soups.</p>
<p>Leeks</p> 	<p>Choose ones with crisp tops and shiny white skin.</p>	<p>Store in the refrigerator in an open plastic bag in the crisper drawer for up to 2 weeks.</p>	<p>Wash, trim roots, and remove the outer layer before chopping.</p>	<p>Leeks do the same job as onions. Use them as a substitute in any recipes that calls for onions.</p>
<p>Peas</p> 	<p>Choose firm, plump, bright green pods.</p>	<p>Refrigerate in original container or plastic bag. Eat within 3 days of purchase.</p>	<p>Wash and remove from pods. Steam or sauté with casseroles and pasta dishes or add to soups.</p>	<p>A handful of frozen peas can win over pea haters with their sweet taste and cool crunch.</p>
<p>Pineapple</p> 	<p>Choose a golden yellow base that smells sweet.</p> <p>Note: Completely green fruit will never ripen.</p>	<p>Store at room temperature until flesh gives slightly to pressure.</p>	<p>Cut off top and bottom and slice and core. Store in a covered container in the refrigerator for up to 5 days.</p>	<p>Add diced pineapple to coleslaw.</p>



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<p>Spinach</p> 	<p>Choose crisp, dark green, even colored leaves.</p>	<p>Store unwashed in the refrigerator for up to 5 days.</p>	<p>Soak in cold water and swish leaves to remove sand and dirt. Dry and use raw or sauté. Also good in side dishes and soups.</p>	<p>Add chopped spinach to ground meat for meatballs, tacos or burgers.</p>
<p>Strawberries</p> 	<p>Choose bright red, plump berries with leafy green tops. Avoid bruised, soft or moldy berries.</p>	<p>Refrigerate unwashed berries in loosely packed container. Use within 4 days of purchase.</p>	<p>Rinse, dry and cut off tops. Eat alone or add to cereal, salad, yogurt, smoothies, and desserts.</p>	<p>Add sliced strawberries to yogurt.</p>