



Oklahoma's Seasonal Produce Guide

Fruit/Vegetable	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Apples							←	→				
Asparagus			←	→								
Blackberries					←	→						
Blueberries					←	→						
Broccoli				←	→							
Cabbage					←	→						
Cantaloupe						←	→					
Carrots		←	→									
Cucumbers					←	→						
Green Beans					←	→						
Lettuce		←	→									
Okra							←	→				
Onions				←	→							
Peas					←	→						
Peaches						←	→					
Peanuts										←	→	
Pears								←	→			
Pecans											←	→
Peppers				←	→							
Plums					←	→						
Potatoes					←	→						
Pumpkins									←	→		
Radishes		←	→									
Spinach					←	→						
Squash- Summer				←	→							
Squash- Winter							←	→				
Strawberries				←	→							
Sweet Corn						←	→					
Sweet Potatoes										←	→	
Tomatoes							←	→				
Watermelon						←	→					
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Quick Guide for Choosing Fresh Vegetables

Asparagus: Select bright green asparagus with closed, compact, firm tips. A rich green color should cover most of the spear. Stalks should be almost as far down as the green extends. Try to buy stalks that are equally thick so they cook evenly. If the tips are slightly wilted, freshen them up by soaking them in cold water. Avoid tips that are open and spread out. When storing fresh asparagus stand bundles in about 1-inch of water in a jar or shallow tray and keep them in the refrigerator. Cook the asparagus spears with 2 or 3 days of purchase.

Carrots: Select firm, plump carrots without rootlets. They should be small, bright orange and smooth, without cracks. Buy carrots in bunches, with their leafy green tops still attached. Carrots lose moisture through their leafy green tops, so if you purchase them this way, remove the tops before wrapping carrots in plastic and storing. Instead of throwing away the tops, which are full of nutrition, try adding them to soups or chopping them and adding to your salads.: Carrots keep well for weeks in the refrigerator, although you will sacrifice sweetness and flavor if stored too long.

Cauliflower: Select clean, creamy white, compact curd in which the bud clusters are not separated. Spotted or dull-colored cauliflower should be avoided, as well as those in which small flowers appear. Heads that are surrounded by many thick green leaves are better protected and will be fresher. As its size is not related to its quality, choose one that best suits your needs.

Celery: Select celery that is light green in color, firm, compact, and well-shaped. The stalk should have a solid, rigid feel and leaflets should be fresh or only slightly wilted. Also look for a glossy surface, stalks of light green or medium green, and mostly green leaflets. Avoid purchasing celery with bruises or discolored areas on the stalks.

Corn: Select fully ripe sweet corn has bright green, moist husks. The silk should be stiff, dark and moist. You should be able to feel individual kernels by pressing gently against the husk. Fresh corn, if possible, should be cooked and served the day it is picked or purchased.

Eggplant: Select smaller, immature eggplants. Full-size puffy ones may have hard seeds and can be bitter. Choose a firm, smooth-skinned eggplant that is heavy for its size; avoid those with soft or brown spots. Gently push with your thumb. If the flesh gives slightly but then bounces back, it is ripe. If the indentation remains, it is overripe and the insides will be mushy. If there is no give, the eggplant was picked too early. Also make sure an eggplant isn't dry inside, knock on it. If you hear a hollow sound, don't buy it.

Green or String Beans: Select slender beans that are crisp, bright-colored, and free of blemishes. Just break off the end as you wash them. Leave whole or cut into desired lengths.

Onions: Select onions that are heavy for their size with dry, papery skins, and that show no signs of spotting or moistness. Avoid onions that are soft or sprouting. Young onions are sweeter than old ones. They should have absolutely NO SMELL whatever. If they do, they are probably bruised somewhere under the skin and are on their way out.

Squash (Summer): select squash that are tender and well developed, firm, and fresh-appearing. You can identify a tender squash, because the skin is glossy instead of dull, and it is neither hard nor tough. Avoid stale or over mature squash, which will have a dull appearance and a hard, tough surface. Such squash usually have enlarged seeds and dry, stringy flesh. Also avoid squash with discolored or pitted areas.

Squash (Winter): Select fully mature squash, indicated by a hard, tough rind. Also look for squash that is heavy for its size (meaning a thick wall and more edible flesh). Slight variations in skin color do not affect flavor. Avoid any squash with cuts, punctures, sunken spots, or moldy spots on the rind. These are indications of decay. A tender rind indicates immaturity, which is a sign of poor eating quality in winter squash varieties.

Sweet Potato: Select firm, smooth, bright, uniformly colored skins, free from signs of decay. Because they are more perishable than white potatoes, extra care should be used in selecting sweet potatoes. Avoid sweet potatoes with worm holes, cuts, grub injury, or any other defects which penetrate the skin; this causes waste and can readily lead to decay. Even if you cut away the decayed portion, the remainder of the potato flesh may have a bad taste.

Tomatoes: Select tomatoes from their smell instead of color. Smell the stem end, it should retain the garden aroma of the plant itself - if it doesn't, your tomato will lack flavor. Tomatoes don't develop adequate flavor unless allowed to ripen on the vine. Try locally grown tomatoes whenever possible. They may not be as "pretty" as store bought, but beauty, of course, is only skin deep.