

Spring Seasonal Produce Chart



	What To Pick Up	What To Pass On
artichokes	Heavy with green, thick, and tightly closed leaves.	Dry or the tips are hard.
apricots	Golden yellow to orange yellow in color. Plump, but firm enough to give to gentle pressure.	Soft, shriveled, or dull colored fruit.
arugula	Long, firm, bright green leaves. If you can, buy with the root intact for ultimate freshness.	Leaves with holes, tears, or yellowing edges.
asparagus	Full green color with straight stalks and closed tips.	Ends appear shriveled or the tips are spreading.
beets	Small to medium in size. Firm and smooth skin with a bright color. Fresh green tops that are attached.	Bruised, soft, or overly large.
berries	Firm, bright color with fresh looking leaves and stems.	Moldy or mashed.
carrots	Bright orange color with greens attached. Firm and straight.	Limp or cracked.
chard	Fresh green leaves.	Yellowing or discolored leaves.
cherries	Bright red, purple-black, or golden in color dependent upon variety. Plump with fresh stems intact.	Discolored or dry stems. Wrinkled skin.

	What To Pick Up	What To Pass On
grapefruit	Heavy for their size. Firm with no discoloration at stem end.	Discoloration at stem end. Light for its size.
green onions	Dark green in color in leaves, bright green and white color near bulb. Smell fragrant.	Brown or dry. Have a less than ideal smell.
leeks	Firm white base with deep green leaves.	Blemished base or limp, soggy leaves.
lemons	Bright yellow in color. Firm, shiny, heavy for their size.	Shriveled or hard.
lettuce	Green in color. Crisp and appears fresh.	Wilted leaves or brown spots.
snap peas	Shiny and flat with small peas barely visible through the pod.	Dull looking with large peas.
radishes	Bright red or white that are firm and smooth with fresh leaves.	Blemishes or black spots.
rhubarb	Firm, flat stalks. Deeper red color indicates sweetness and richness.	Curled or limp stalks.
spinach	Bright green in color. Tender leaves.	Wilted or yellowing leaves.
turnips	Firm and heavy for its size, with fresh looking tops.	Limp tops. Blemished skin.