

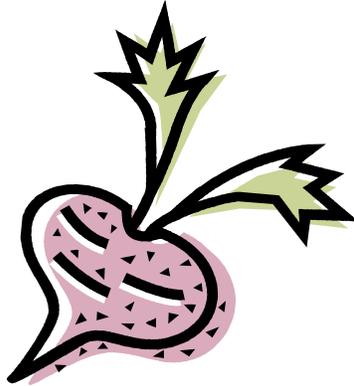
# Vegetable Purchasing and Storage Tips

**Artichokes:** Look for firm, unblemished artichokes. Refrigerate in plastic bags.

**Asparagus:** Spears should be firm and should snap when bent. Refrigerate in plastic.

**Avocado:** For immediate use, select one that is slightly soft. For later use, look for firmness. If ripe, store in the refrigerator. If avocado is not ripe, place in paper bag and store at room temperature.

**Beets:** Select firm, round beets with a slender top root and smooth surface. The tops don't indicate the eating quality of the beets themselves. Larger or oblong beets may be woody. To store: trim the beet tips, place in plastic bag and refrigerate.



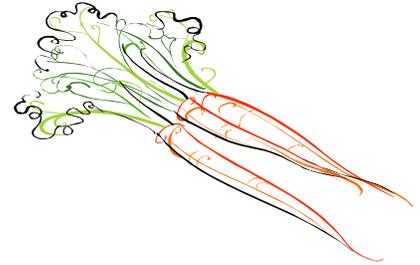
**Broccoli:** Broccoli should be firm, not soft or wilted and should have a bright green appearance. Refrigerate in ventilated plastic bags.

**Brussels sprouts:** Choose firm sprouts with a bright green color. Store in the refrigerator in plastic bags.

**Carrots:**

Choose carrots that are bright orange, firm and unblemished.

Store in plastic bags in the refrigerator.



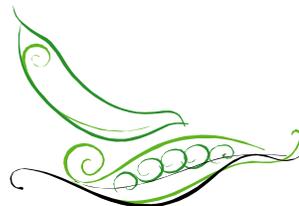
**Cauliflower:** This vegetable should be white and firm to the touch. Avoid heads that contain moldy spots.

**Celery:** Choose heads of celery that have a nice green color, are firm, and are not wilted. Refrigerate in plastic bags.

**Corn:** Look for corn that has juicy kernels. Eat very soon after purchasing. The longer it sits the more starchy and less sweet it becomes. Store in husks.

**Eggplant:** Look for round eggplant with uniform colored smooth skin. Avoid wrinkled skin which is an indication of a bitter flavor. Store in refrigerator in ventilated plastic bag.

**Green beans:** Rinse beans with cold water, place in ventilated plastic bags in refrigerator.

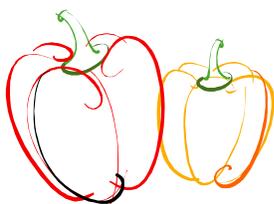


**Greens:** Should be small in size and bright green in color. Rinse in cold water and store in plastic bags in refrigerator.

**Okra:** Buy firm, brightly colored okra pods less than 4 inches long. Store in plastic bag in the refrigerator

**Lettuce:** Lettuce should be firm and fresh looking. Avoid heads with blemishes and brown spots or those that are wilted.

**Peppers:** Select round and firm peppers without wrinkles.



**Potatoes and Yams:** Should be smooth, well rounded with no green tinge to the color, free of cracks with few eyes. Store in cool, dry place.

**Squash (summer):** Choose small to medium squashes that feel heavy for their size. Refrigerate in ventilated bag.

**Squash (winter):** Choose smooth blemish-free skin. Size does not affect quality. Store at room temperature.



**Tomatoes:** Firm, smooth skin with no blemishes. Keep ripe tomatoes 2-3 days at room temperature.



Refrigeration lessens flavor.

**Turnips and rutabagas:** Choose those that are smooth and well rounded and heavy for their size.

Material for this fact sheet was obtained from: “*Get Ahead with Vegetables Every Day*”. Food and Health Communications, Inc. and made available by Beth Gambel, Family and Consumer Science Educator, Crescent Region, LSU AgCenter

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