Cucumber



Prime Season:
June - July

How to Choose:
Choose firm, bright green cucumbers that are free of yellow or brown spots.

How to Store:
Refridgerate unwashed cucumbers wrapped in a paper towel in a zip-close bag up to 1 week. Do not store near air vent as cucumbers are sensitive to very cool temperatures.

Helpful Tips:
Enjoy cucumbers with the skin on for more fiber, vitamins & minerals.

Eggplant



Prime Season:

June - October

How to Choose:

Choose eggplants with smooth, shiny & firm skin. Avoid those with wrinkles or brown spots.

How to Store:

Refrigerate in a plastic bag up to 7 days. Eggplant can also be blanched & frozen up to 6 months.

Helpful Tips:

Leave skin on the eggplant for added fiber, vitamins & minerals.

Bell Peppers



Prime Season:

June - October

How to Choose:

Choose brightly colored peppers
that are heavy for their size with firm,
shiny & wrinkle-free skin. Avoid peppers that are dull or pitted.

How to Store:

Refrigerate dry peppers in a plastic bag up to 5 days or in a freezer-safe bag up to 6 months. Avoid washing until ready to eat.

Helpful Tips:

Try using all colors of bell peppers for added flavor, vitamins & minerals.
Enjoy bell peppers in many ways: raw, sauteed, baked or grilled!

Spaghetti Squash



Prime Season:

September - October

How to Choose:

Choose a squash that is firm & free of spots & cracks. It should be heavy for its size & have a firm, dry, rounded stem.

How to Store:

Store squash in a cool, dry place up to 3 months. Avoid refrigeration as it will make the squash spoil quickly.

Helpful Tips:

Store squash in a cool, dry place up to 3 months. Avoid refrigeration as it will make the squash spoil quickly.

Spinach



Prime Season:

April - May

How to Choose:

Choose spinach with crisp, green leaves.
Avoid brown, wilted, or yellow leaves.

How to Store:

Refrigerate spinach in plastic bag up to 5-7 days. Do not wash until ready to eat.

Helpful Tips:

Baby spinach is tender & great in salads or served raw. Large spinach leaves are heartier & better in cooked dishes.

Sweet Potatoes



Prime Season:

July - December

How to Choose:

Choose sweet potatoes with smooth, firm skin. Avoid cut, wrinkled or bruised potatoes.

How to Store:

Store potatoes in a perforated plastic bag in a cool, dark place. Do not store with onions, they may cause onions to spoil quickly.

Helpful Tips:

Do not peel potatoes. Eat the potatoes & skin for added fiber, vitamins & minerals!



Oklahoma Produce Guide

ONIE

Oklahoma Nutrition Information & Education Project

www.onieproject.org

Asparagus



Prime Season:

March - June

How to Choose:

Choose stalks that are bright green or purple-tinged with firm stems. Avoid limp or wilted stalks.

How to Store:

Trim ends & wrap in a damp paper towel or place ends in a cup filled with 1 inch water. Cover tops with plastic bag & refrigerate up to 3 days.

Helpful Tips:

Thick stalks have a stronger asparagus flavor while thin stems are more tender & sweet.

Lettuce



Prime Season:

April - May

How to Choose:

Choose clean lettuce with fresh-cut ends. A few dark spots are okay.

How to Store:

Wrap clean & dry lettuce in a paper towel, place in plastic bag & refrigerate up to 1 week.

Helpful Tips:

If lettuce looks wilted, give it an ice bath & the cold water will restore the crispness.

Okra



Prime Season:

June - October

How to Choose:

Choose small to medium, brightly-colored firm pods.

How to Store:

Refrigerate okra in a zip-close bag up to 3 days. Okra can also be stored frozen in an airtight container up to 8 months.

Helpful Tips:

Try blanching & freezing washed okra to enjoy OK Grown okra all year long.

Tomatoes



Prime Season:

June - October

How to Choose:

Choose tomatoes that are slightly firm to the touch, free of wrinkles or bruises & have bright, shiny skin.

How to Store:

For best flavor, tomatoes should be stored on the counter-top at room temperature up to 1 week. Refrigerating tomatoes can cause them to lose flavor & develop a gritty texture.

Helpful Tips:

Flavors continue to develop up to a few days after picking. Make sure to enjoy shortly after your trip to the farmers market!

Zucchini



Prime Season:

May - September

How to Choose:

Look for small to medium zucchini. Choose zucchini that are brightly colored, firm, smooth & free of scrapes or cuts.

How to Store:

Refrigerate unwashed, uncut zucchini in a loosely closed plastic bag up to 1 week. Freeze cut zucchini in an airtight container up to 3 months.

Helpful Tips:

Try substituting zucchini for noodles in your favorite pasta dishes!

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