Produce Guide

Nutritional facts, seasonal information and selection tips on Georgia produce
In Season: August to November

Selection: Choose bright apples with a firm texture.

Storage: Store apples at room temperatures for a few days, or in the refrigerator for 2-3 weeks. Wash in cold, clean, running water just before use.

Nutrition: Apples are low in calories and packed with antioxidants to boost immunity, justifying the old saying “an apple a day keeps the doctor away.”

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In Season: April to June

Selection: Choose crispy, green leaves.

Storage: Store dry arugula in an open container in the refrigerator, wrapped with a dry towel to absorb any extra moisture.

Nutrition: Arugula is low in calories and packed with phytochemicals to fight against cancer. It is a great source of Vitamin A, to help protect skin and eyes.

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In Season: April to June

Selection: Choose tender, firm, smooth asparagus that are uniform in size with tightly closed tips.

Storage: Store asparagus loosely in a glass or bowl, upright at room temperature for up to a week.

Nutrition: Asparagus is a great source of dietary fiber, which helps aid digestion and lower “bad” cholesterol.
In Season: May to September
Selection: Choose crispy, green leaves.
Storage: Store asparagus loosely in a glass or bowl, upright at room temperature for up to a week.
Nutrition: Basil contains essential oils known to have anti-inflammatory and anti-bacterial properties. It is also a great source of Vitamin K, which is vital to bone strength.

In Season: May to October
Selection: Choose pods that are tender, stiff and snap when broken.
Storage: Store in an open container in the refrigerator.
Nutrition: Beans are rich in dietary fiber, which aids in digestion, and iron, which aids in metabolism. Beans are also a great source of protein.

In Season: April to June
Selection: Choose bright, firm, rich-colored beets.
Storage: Store beets, separate from greens, in an open container with a wet towel on top. Store greens in an airtight container.
Nutrition: Beets are heart-healthy root vegetables that have antioxidants shown to protect against coronary artery disease and stroke and contribute to lower cholesterol levels.
<table>
<thead>
<tr>
<th>In Season: May to August</th>
<th>Blueberries</th>
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<tbody>
<tr>
<td><strong>Selection:</strong> Choose firm, plump, smooth-skinned berries.</td>
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<tr>
<td><strong>Storage:</strong> Store blueberries in a paper bag in the refrigerator. Wash just before use.</td>
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<tr>
<td><strong>Nutrition:</strong> With the one of the highest antioxidant values for fruits, blueberries have long been attributed to longevity and wellness.</td>
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<table>
<thead>
<tr>
<th>In Season: October to June</th>
<th>Bok Choy</th>
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<tbody>
<tr>
<td><strong>Selection:</strong> Choose firm stalks with dark green, crispy leaves.</td>
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<tr>
<td><strong>Storage:</strong> Store whole in the crisper of the refrigerator.</td>
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<tr>
<td><strong>Nutrition:</strong> Bok Choy is a very low calorie food, rich in Vitamin A and Vitamin C for health skin and immunity. It is also a good source of Calcium, for bone health.</td>
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<tr>
<th>In Season: May to June</th>
<th>Broccoli</th>
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<tbody>
<tr>
<td><strong>Selection:</strong> Choose broccoli with firm, bright, compact flower heads.</td>
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<tr>
<td><strong>Storage:</strong> Store in an open container, wrapped in a damp towel in the refrigerator.</td>
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<tr>
<td><strong>Nutrition:</strong> Broccoli is a rich source of phyto-nutrients that have been shown to protect against prostate cancer and stroke. It is also a great source of Vitamin C, for immunity.</td>
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<tr>
<td>In Season: November to February</td>
<td><strong>Selection:</strong> Choose firm, compact, dark green sprouts. <strong>Storage:</strong> If purchased on the stalk, leave Brussels sprouts on that stalk in the refrigerator. If purchased loose, store in an open container with a damp towel on top. <strong>Nutrition:</strong> Brussels sprouts are exceptionally rich in protein and dietary fiber. They are also a rich source of potassium, important in controlling heart rate and blood pressure.</td>
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</tbody>
</table>

| In Season: October to May | **Selection:** Choose compact, firm, medium-sized heads that are heavy for their size. **Storage:** Store cabbage on a cool counter for up to a week. For longer storage, store in the crisper of the refrigerator. **Nutrition:** Cabbage is low in calories and contains phytochemicals that help reduce “bad” cholesterol. |

| In Season: June to August | **Selection:** Choose melons that are heavy for their size with a strong, sweet smell. **Storage:** Store uncut melons in a cool, cry place. Store cut melons in the refrigerator in an open container. **Nutrition:** Cantaloupe is low in calories and one of the best sources of Vitamin A, which helps promote healthy skin and eyes. |
### Carrots

**In Season:** October to May

**Selection:** Choose young, tender, bright colored roots with a firm consistency.

**Storage:** Store carrots, separate from their green tops, in a close container with plenty of moisture.

**Nutrition:** Carrots are low calorie and a rich source of antioxidants. Carrots are an exceptional source of Vitamin A, to protect skin, lungs and vision.

### Chard

**In Season:** October to December & March to May

**Selection:** Choose crispy, dark colored leaves.

**Storage:** Store in an airtight container with a damp cloth to keep from drying out.

**Nutrition:** Chard contains disease-fighting phyto-nutrients. It is an excellent source of Vitamin K, which plays an important role in bone health.

### Collards

**In Season:** October to June

**Selection:** Choose bright, crispy, dark green leaves.

**Storage:** Store in an airtight container with a damp cloth to keep from drying out.

**Nutrition:** Collards are very low in calories and a great source of dietary fiber, which helps lower “bad” cholesterol levels. It is also a great source of Vitamin K, which plays an important role in bone health, and Vitamin A, which maintains healthy skin and vision.
**Corn**

**In Season:** June to July

**Selection:** Choose well-formed ears with light green, tight husks and clean, almost dry, golden brown silks.

**Storage:** Store un-husked in an open container in the refrigerator.

**Nutrition:** Corn is a rich source of dietary fiber, which aids in digestion. It is also a good source of antioxidants that play a role in preventing cancers, aging and inflammation.

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**Cucumber**

**In Season:** June to August

**Selection:** Choose bright green cucumbers with a firm texture.

**Storage:** Store wrapped in a moist towel in the refrigerator.

**Nutrition:** Cucumbers are a very low calorie vegetable and a great source of Vitamin K, which contribute to bone health. The peel is a great source of dietary fiber to aid in digestion.

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**Eggplant**

**In Season:** June to October

**Selection:** Choose firm, bright, shiny eggplant that feels solid and heavy.

**Storage:** Store loose in the crisper in the refrigerator. Do not wash until just before preparation.

**Nutrition:** Eggplant is very low in calories and rich in dietary fiber, aiding in digestion. It contains a good amount of essential B Vitamins, which boost metabolism.
**Figs**

**In Season:** July to August  

**Selection:** Choose figs that are soft in your hand and have a sweet smell.  

**Storage:** Store in an open container in the refrigerator. Do not stack figs on top of each other.  

**Nutrition:** Figs are rich in B Vitamins, which aid in metabolism and in disease-fighting anti-oxidants.

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**Garlic**

**In Season:** March to October  

**Selection:** Choose large, clean, firm bulbs  

**Storage:** Store in an airtight container in the refrigerator  

**Nutrition:** Garlic contains many health promoting phyto-nutrients that have been shown to protect against heart disease, infection and cancer.

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**Grapes**

**In Season:** July to October  

**Selection:** Choose grapes that are plump and free from wrinkles with intact skin.  

**Storage:** Store in the refrigerator in an open container.  

**Nutrition:** Grapes are rich in a phyto-chemical compound called resveratrol, which has been found to protect against cancers of the colon and prostate, heart disease, degenerative nerve disease, Alzheimer’s disease and fungal and viral infections.
**Kale**

**In Season:** March to May  
**Selection:** Choose dark green, crispy leaves.  
**Storage:** Store in an airtight container with a damp cloth to keep from drying out.  
**Nutrition:** Kale is a good source of health-promoting phytochemicals that are thought to protect against prostate and colon cancer. They are also a rich source of Vitamin A, important in skin and eye health.

**Lettuce**

**In Season:** September to December & March to June  
**Selection:** Choose bright, firm, crispy leaves.  
**Storage:** Store in an airtight container with a damp cloth to keep from drying out.  
**Nutrition:** Lettuce is an excellent source of Vitamin A, which is needed for maintaining healthy skin and eyes. Lettuce is also a great source of Vitamin K, which plays a role in bone health.

**Mushroom**

**In Season:** All year  
**Selection:** Choose fresh mushrooms that are firm and evenly colored.  
**Storage:** Store mushrooms unwashed in a paper bag or wrapped in a damp paper towel in the refrigerator.  
**Nutrition:** Mushrooms are a good source of protein and dietary fiber, which aids in digestion. They also contain compounds shown to lower cholesterol and fight against cancer and inflammation.
<table>
<thead>
<tr>
<th>Okra</th>
<th>In Season: May to October</th>
<th>Selection: Choose crispy, rich green pods.</th>
<th>Storage: Store in an airtight container the refrigerator. Okra doesn't like humidity.</th>
<th>Nutrition: Okra is very low in calories and is a great source of dietary fiber, with aids in digestion and helps control cholesterol.</th>
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<tbody>
<tr>
<td>Peaches</td>
<td>In Season: May to August</td>
<td>Selection: Choose slightly firm, sweet smelling peaches.</td>
<td>Storage: Store in an open container on the counter. Refrigerate peaches once fully ripened.</td>
<td>Nutrition: Peaches are low in calories and packed with health-promoting antioxidants. They are a great source of Vitamin C, which helps with immunity.</td>
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<tr>
<td>Peas</td>
<td>In Season: February to May (English) &amp; May to October (Field)</td>
<td>Selection: Choose full pods that are heavy in your hand.</td>
<td>Storage: Store peas in an open container in the refrigerator.</td>
<td>Nutrition: Peas are rich in disease-fighting antioxidants and immune building vitamin C. They are also a good source of protein.</td>
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**Pecans**

*In Season:* September to December

*Selection:* Choose nuts that are off-white, compact, uniform in size that feel heavy in your hand.

*Storage:* With the shell, pecans can be stored in a cool dry place for month. Without the shell, pecans should be placed in an airtight container in the refrigerator.

*Nutrition:* Pecans are rich in monounsaturated fats, which are “good” fats that help lower total “bad” cholesterol and increase “good” cholesterol. They are also a great source of antioxidants, to help protect the body from diseases, cancers and infections.

**Peppers**

*In Season:* June to September

*Selection:* Choose firm, uniform sized, bright peppers that feel heavy in your hand.

*Storage:* Store peppers in the crisper in the refrigerator. Wash them just before use.

*Nutrition:* Peppers contain a compound found to protect the body against bacteria and cancer. They are a rich source of Vitamin C, which boosts immunity.

**Persimmons**

*In Season:* September to November

*Selection:* Choose fruits with a bright yellow-orange color and smooth skin.

*Storage:* Store persimmons at room temperature.

*Nutrition:* Persimmons are low in calories and are a rich source of dietary fiber, to aid in digestion. They are also a great source of Vitamin C, which boosts immunity.
**Plums**

**In Season:** May to July  
**Selection:** Choose firm plums with a rich color that still have a slight whitish “bloom.”  
**Storage:** Store in an open container on the counter. Refrigerate plum once fully ripened.  
**Nutrition:** Plums are low in calories and a rich source of Vitamin A, which promotes eye and skin health. They are also a good source of Vitamin C, a powerful antioxidant that boost immunity.

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**Potatoes**

**In Season:** May to August  
**Selection:** Choose potatoes that feature a firm, smooth, waxy texture.  
**Storage:** Store potatoes in a cool, dark, dry place. Avoid exposure to sunlight and excess moisture.  
**Nutrition:** Potatoes are one of the richest sources of starch and dietary fiber, which aids in digestion and helps lower “bad” cholesterol. The skin is rich in Vitamin C, which boost immunity.

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**Radish**

**In Season:** March to June & September to November  
**Selection:** Choose radishes with a firm, smooth texture and crispy greens.  
**Storage:** Store in an open container in the refrigerator, separate from greens, with a wet towel placed on top.  
**Nutrition:** Radishes are very low in calories and a great source of antioxidants, like Vitamin C, which boost immunity.
**Soybean**

In Season: June to September  
**Selection:** Choose beans that are crisp and free from blemishes.  
**Storage:** Store dry in an airtight container in the refrigerator.  
**Nutrition:** Soybeans are a rich source of protein and antioxidant, which have been shown to fight against cancer and disease.

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**Spinach**

In Season: November to May  
**Selection:** Choose dark green, crispy leaves.  
**Storage:** Store loose in an open container in the crisper in the refrigerator. Spinach likes to stay cold.  
**Nutrition:** Spinach is packed with phyto-nutrients that have health promoting and disease fighting properties. It is also one of the richest vegetable sources of iron, which is important for healthy blood.

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**Squash (Summer)**

In Season: May to October  
**Selection:** Choose small to medium sized squash featuring shiny, bright skin that are firm and heavy in your hand.  
**Storage:** Store on a cool counter for a few days, even after cut. Wrap in a cloth in the refrigerator for longer storage.  
**Nutrition:** Summer squash is a low calorie vegetable that is a good source of folates, which are important in cell health. It is also rich in Vitamin C, an antioxidant that boost immunity.
**Strawberry**

**In Season:** April to June

**Selection:** Choose strawberries that are shiny, firm, plump and deep red.

**Storage:** Store in a paper bag in the refrigerator for up to a week. Be sure to check the bag for moisture daily, as strawberries don’t like to be wet.

**Nutrition:** Strawberries are low in calories and an excellent source of Vitamin C, an antioxidant that helps boost immunity.

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**Sweet Potato**

**In Season:** August to December

**Selection:** Choose potatoes with intact skins and a firm consistency.

**Storage:** Store potatoes in a cool, dark, well-ventilated place. Do not refrigerate.

**Nutrition:** Sweet potatoes are a good source of dietary fiber, which aids in digestion. They contain one of the highest amounts of Vitamin A of root vegetables, which is important in maintaining healthy skin and eyes.

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**Squash (Winter)**

**In Season:** August to December

**Selection:** Choose squash with a woody note on tapping and are heavy in your hand with a stout and firmly attached stem.

**Storage:** Store squash in a cool, dark, well ventilated place. Many growers say winter squash gets sweeter if they are stored for a week or so before eaten.

**Nutrition:** Winter squash is rich in disease-fighting antioxidants and very low in calories. It is an exceptionally excellent source of Vitamin A, which aids in skin and eye health.
### In Season:
- **June to October**

#### Selection:
Choose tomatoes that are firm, smooth and uniform in size.

#### Storage:
Store tomatoes on the counter. To hasten ripening, place in a paper bag with an apple.

#### Nutrition:
Tomatoes are a low calorie vegetable and a great source of disease-fighting antioxidants, like Vitamin C. They are also rich in potassium, which is important in controlling heart rate and blood pressure.

### In Season:
- **October to December & March to April**

#### Selection:
Choose turnips that are small, firm and round. Larger turnips tend to be woody.

#### Storage:
Store, separate from greens, in an open container with a moist cloth in the refrigerator.

#### Nutrition:
Turnips are very low in calories and a good source of disease-fighting antioxidants, like Vitamin C.

### In Season:
- **May to June**

#### Selection:
Choose well shaped onions with crispy, dry skins and no opening at the neck.

#### Storage:
Store in a cool, dark place away from moisture and humid conditions. They need good air circulations, so do not stack onions.

#### Nutrition:
Onions contain a phyto-chemical that has been shown to protect from cancer and help lower blood sugar levels in diabetes.
**In Season:** June to September

**Selection:** Choose watermelon that is heavy for its size with a rind that is relatively smooth and free of cuts and bruises.

**Storage:** Store watermelon uncut in a cool, dry place. Cut melons should be stored in the refrigerator in an open container.

**Nutrition:** Watermelon is rich in antioxidants, which have been found to protect against cancer. Phyto-chemicals in Watermelon have also been shown to protect against damage to cells and skin.