SEASONALITY OF FRESH VEGETABLES

Most vegetables can be bought almost the year around. Modern methods of production, processing, refrigeration, and transportation make this possible. However, there is a peak season for most vegetables. Prices are usually lower when supplies are plentiful, especially when local produce overlaps production from other areas.

SELECTION OF VEGETABLES

When buying fresh vegetables:

- Watch for freshness—it's the keynote to quality.
- Consider items that are in plentiful supply.
- Consider intended use. The largest is not always the best.
- Make sure low prices are not based on inferior quality. Distinguish between defects that affect appearance and those that affect edible quality.
- Buy in amounts that fit your storage and that can be used before the item deteriorates.
- Handle and store produce carefully to prevent spoilage and waste.
- Buy a wide variety of vegetables for meal-time interest.

NUTRITIVE VALUE

Vegetables rate high for the essential nutrients they contain particularly Vitamin A and Vitamin C in the deep green and yellow vegetables. Most vegetables are low in calories. Consequently, fresh vegetables can be eaten in large quantities in a reducing diet.

STORAGE AND HOME CARE

- After buying fresh vegetables, get them home and into the refrigerator quickly except tomatoes, potatoes, and dry onions.

Tomatoes should be kept at room temperature until used or fully ripe.

Potatoes and dry onions keep best in a cool, dry place.

- Keep the vegetables cool and moist in a refrigerator until used. Use the vegetable crisper, the moisture-proof or plastic bag they come in, or any other covered container.
- Avoid bruising produce in storage.
- Store peas and lima beans in the pod to keep them fresh.

SWEET CORN

This summertime favorite loses quality and flavor quickly unless refrigerated at the retail store and at home. Some tips are:

- Buy corn that is firm with well-filled kernels.
- If the husks are on the corn, make sure they are green and fresh.
- Buy only the amount you can use in a short time.
- Get it home and refrigerate as quickly as possible.
- Use it within one or two days.
Fresh Vegetable Supply Calendar

ASPARAGUS
BEANS, SNAP
BEANS, LIMA
CABBAGE
CAULIFLOWER
CELERY
CORN, SWEET
CUCUMBERS
ENDIVE & ESCAROLE
LETTUCE, BIBB
LETTUCE, HEAD
LETTUCE, LEAF
MUSKMELONS
ONIONS, GREEN
ONIONS, DRY
PEPPERS
POTATOES (IRISH)
RADISHES
SPINACH
TOMATOES, OUTDOOR
TOMATOES, GREENHOUSE
TURNIPS

OTHER OHIO VEGETABLES:
BEETS
June 1-Oct. 15
CARROTS
July 1-Oct. 31
Eggplant
July 25-Sept. 15
PUMPKINS
Sept. 15-Oct. 31
SQUASH
July 1-Nov. 15

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