



producebuyingguide

Apples	Firm to the touch.
Apricots	Firm to the touch. Golden yellow colour.
Artichokes	Deep green colour. Tightly closed leaf scales.
Asparagus	Deep green colour. Tightly closed buds. Straight stalks.
Avocados	Yield to gentle pressure.
Bananas	Firm to the touch. Free of bruises. Yellow with a bit of green.
Beans	Long. Straight. Dent-free.
Beets	Firm to the touch. Deep red coloured roots.
Blueberries	Firm to the touch. Brightly coloured.
Broccoli	Firm to the touch. Dark green florets.
Brussels Sprouts	Bright green colour. Compact.
Cabbage	Heavy. Well trimmed.
Cantaloupe	Sweet scent. Light yellow colour. Avoid green.
Carrots	Firm to the touch. Bright orange colour. Smooth.
Cauliflower	Bright green leaves. Creamy white florets.
Celery	Crisp. Light green to normal green colour.
Cherries	Firm to the touch.
Coconuts	Milk inside is still fluid.
Corn	Green husks. Dent-free kernels.
Cranberries	Firm to the touch. Brightly coloured.
Cucumber	Deep green colour. Firm to the touch. Shiny.
Eggplant	Firm to the touch. Smooth. Dent-free.
Grapefruit	Firm to the touch. Smooth texture.
Grapes	Firm to the touch. Dent-free.
Honeydew	Sweet scent. Yellow rinds.
Kiwi	Yield to gentle pressure.
Lemons	Firm to the touch. Smooth & glossy skin.
Lettuce	Bright green colour. Avoid wilted leaves.
Limes	Firm to the touch. Smooth skin.
Mangoes	Yield to gentle pressure. Smooth skin.
Mushrooms	Firm to the touch. Dry.
Onions	Firm to the touch. Dry skins. Avoid onions with green spots.
Oranges	Firm to the touch,
Papayas	Yield to gentle pressure. Yellow/green to full yellow colour.
Peaches	Yield to gentle pressure. White or yellow, with a hint of red.
Pears	Yield to gentle pressure (near stem area).
Peppers	Firm to the touch. Bright, glossy skin.
Pineapples	Yield to gentle pressure. Sweet smell. Golden yellow. Ripe when a leaf is easily removed from the center.
Plums	Yield to gently pressure.
Pomegranates	Bright purple/red colour.
Potatoes	Firm to the touch. Very few blemishes. Avoid sprouting/green-tinged potatoes.
Spinach	Bright green colour. Avoid blemishes.
Squash	Firm to the touch. Smooth glossy skin.
Strawberries	Firm to the touch. Brightly coloured.
Tomatoes	Yield to gentle pressure. Bright red colour. Avoid blemishes.
Watermelon	Hollow when knocked on. Dent-free.