



Tips for Choosing Fresh Produce Fab Food Lab Virtual Class

- When choosing many vegetables, always pull from the back of the stack or the bottom of the pile. If produce employees at the grocer are doing their jobs properly, they will be placing the older produce towards the front and on top for proper rotation. For the fresher, newer produce go to the back and the bottom!
- Likewise, because we want most fruits to be at their peak of ripeness for the best flavor, choose from the front and the top.
- Any fruit or vegetable that comes wrapped in plastic will nearly always benefit from having that plastic covering removed immediately. Place the produce into a brown sack to store it in the fridge. The brown sack wicks away moisture, helping extend the life of the produce....and your money!
- Understand that fruits and vegetables have seasons so we won't always be able to find the quality we want from our grocer. For instance, even though oranges are available to us year round, they will be the most flavorful and juicy when in season in January and February.
- Always check veggies and fruits for blemishes, especially areas where insects may have entered – these are to be avoided. Fruit found with soft spots are not ideal since soft spots often spread quickly to the rest of the fruit.
- Nicely ripened produce will typically give off a fresh, earthy smell, those this cannot always be detected when shopping in larger grocery stores.
- For fruits and vegetables that are local and at their peak in freshness and flavor, shop your local Farmer's Market! Here is where you will find the freshest and optimum produce that is in season in your area.

**Let's Get Cookin',
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