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|  | January | February | March | April | May | June | July | August | September | October | November | December |
| Apricots |  |  | True | True | True | True | True | True |  |  |  |  |
| Blackberries |  |  |  |  | True | True | True |  |  |  |  |  |
| Blueberries |  |  |  |  | True | True | True |  |  |  |  |  |
| Cantaloupe |  |  |  |  | True | True | True |  |  | True | True |  |
| Cherries |  |  |  |  |  | True | True |  |  |  |  |  |
| Clementine | True | True |  |  |  |  |  |  |  |  | True | True |
| Grapefruit | True | True | True | True |  |  |  |  |  | True | True | True |
| Grapes |  |  |  |  |  | True | True | True | True | True | True |  |
| Honeydew |  |  |  |  | True | True | True |  |  | True | True |  |
| Kiwi | True | True |  |  |  | True | True | True |  |  |  | True |
| Mango | True | True | True | True | True | True | True | True | True | True | True | True |
| Oranges | True | True | True | True |  |  |  |  |  | True | True | True |
| Peaches |  |  |  |  |  |  | True | True |  |  |  |  |
| Pears |  |  |  |  |  |  |  |  | True | True | True |  |
| Pineapple | True | True | True | True | True | True | True | True | True | True | True | True |
| Pomegranates |  |  |  |  |  |  |  |  |  | True | True | True |
| Raspberries |  |  |  |  | True | True | True | True |  |  |  |  |
| Strawberries |  |  |  | True | True | True |  |  |  |  |  |  |
| Watermelon |  |  |  |  | True | True | True | True |  |  |  |  |
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|  | The Gold Standard: | Pro Tips: | Continues ripening after picked: |
| Apricots | orange-gold color with hints of redness, smooth skin, around the size of a golf ball, yields to gentle pressure. | If a little unripe, store in a paper bag to trap the ethylene gas (which is what helps induce the ripening). | Yes |
| Blackberries | deeply colored with no hull attached (a sign of premature picking), plump and firm, no mold or stains. | Remove smashed berries, which will cause others to go bad faster. Taste one if possible. | No |
| Blueberries | a slight frosty-white hue, dry and plump, no mold or stains. | Remove smashed berries, which will cause others to go bad faster. Taste one if possible. | No |
| Cantaloupe | little to no defects, the rind underneath the net-like texture is golden or orange in color, heavy for its size. | . Push on the round section where the vine was attached - it should be slightly soft and should smell fresh and fragrant with a hint of sweetness. | Yes |
| Cherries | Sweet red cherries: deep colored, plump, if the stem is intact it’s bright green.  Rainier cherries: reddish-yellow, red or pink blush or brown flecks (which are indicators of sun exposure – sugar accumulation), naturally less firm than red cherries. | Taste one if possible. | No |
| Clementine | strong citrus smell, moist, supple skin, heavy for its size. |  | No |
| Grapefruit | heavier than it appears, yields to gentle pressure, fairly smooth, thin rind, slightly reddish in color. |  | No |
| Grapes | firm, plump, and firmly attached to the stems. Stems are green and flexible (not dry and brittle). Might have a powdery-white coating (an edible, naturally occurring substance that protects grapes from moisture loss and decay). | Watch out for wet, moldy, or shriveled grapes as these signs indicate decay. Taste one if possible. | No |
|  | The Gold Standard: | Pro Tips: | Continues ripening after picked: |
| Honeydew | little to no defects, pale yellow to light lemon in color, not overly green, a dull looking appearance (a shiny outside is an indicator of an under-ripe melon), heavy for its size. | Push on the round section where the vine was attached - it should be slightly soft and should smell fresh and fragrant with a hint of sweetness. | Yes |
| Kiwi | plump, fragrant, yields to gentle pressure, skin is brown and fuzzy. | Watch out for bruises, dark spots, mold, or wrinkles (signs that the fruit is overripe). Size doesn’t matter. | Yes |
| Mango | yields to gentle pressure, similar feel to a ripe avocado, fruity aroma around the stem. | Don’t worry about color. | Yes |
| Oranges | heavier than it appears, yields to gentle pressure, fairly smooth, thin rind. | Watch out for mold. | No |
| Peaches | vibrant tones and colors (no green), yields to gentle pressure. | Fragrance isn’t the best indication. Try to buy local peaches (peaches don’t hold up well when moved around, so they’re often picked before they’re ripe for exporting). | Yes |
| Pears | Yields to gentle pressure only at the top of the pear just where the stem joins the fruit. |  | Yes |
| Pineapple | the bottom of the fruit smells sweet, yellow-golden color, yields to gentle pressure. |  | No |
| Pomegranates | heavy for its size, flattened, angular sides, smooth soft skin – soft enough to scratch. |  | No |
| Raspberries | brightly colored. | Remove smashed berries, which will cause others to go bad faster. Taste one if possible. | No |
| Strawberries | clean, dry, plump, firm, and fully red, green caps. | Avoid bruised or wrinkled berries. Taste one if possible. | No |
| Watermelon | heavy for its size, yellow field spot, dull looking appearance (a shiny outside is an indicator of an under-ripe melon). | Tap the melon with the palm of your hand: if it makes a hollow sound, it’s likely good. | No |

Apricots – orange-gold color with hints of redness, smooth skin, around the size of a golf ball, yields to gentle pressure. If a little unripe, store in a paper bag to concentrate the levels of ethylene gas (which is what helps induce the ripening). Continues ripening after picked.

**Blackberries** – deeply colored with no hull attached (a sign of premature picking), plump and firm, no mold or stains. Remove smashed berries, which will cause others to go bad faster. Don’t over-purchase because they only last a couple of days in the fridge. Frozen blackberries keep for months. Taste one if possible. **Stops ripening when picked.**

**Blueberries** –a slight frosty-white hue, dry and plump, no mold or stains. Remove smashed berries, which will cause others to go bad faster. Taste one if possible. **Stops ripening when picked.**

Cantaloupe – little to no defects, the rind underneath the net-like texture is golden or orange in color, heavy for its size. Push on the round section where the vine was attached - it should be slightly soft and should smell fresh and fragrant with a hint of sweetness. Continues ripening after picked.

**Cherries** –

Sweet red cherries: deep colored, plump, and if the stem is intact it’s bright green; however, a lack of stem doesn't necessary mean the cherries are low quality. Wrinkling along the shoulders near the stem means the cherries have sat at room temperature; they may still be sweet, but are probably not at peak freshness.

Rainier cherries: reddish-yellow, red or pink blush or brown flecks (which are indicators of sun exposure – sugar accumulation), naturally less firm than red cherries..

Taste one if possible.

**Stops ripening when picked.**

**Clementine** – strong citrus smell, moist, supple skin, heavy for its size. **Stops ripening when picked.**

**Grapefruit** –heavier than it appears, yields to gentle pressure, fairly smooth, thin rind, slightly reddish in color (not green). **Stops ripening when picked.**

**Grapes** –firm, plump, and firmly attached to the stems. Stems are green and flexible (not dry and brittle). Might have a powdery-white coating (an edible, naturally occurring substance that protects grapes from moisture loss and decay). Watch out for wet, moldy, or shriveled grapes as these signs indicate decay. Taste one if possible. **Stops ripening when picked.**

Honeydew – little to no defects, pale yellow to light lemon in color, not overly green, a dull looking appearance (a shiny outside is an indicator of an under-ripe melon), heavy for its size. Push on the round section where the vine was attached - it should be slightly soft and should smell fresh and fragrant with a hint of sweetness. Continues ripening after picked.

Kiwi –plump, fragrant, yields to gentle pressure, skin is brown and fuzzy. Watch out for bruises, dark spots, mold, or wrinkles (signs that the fruit is overripe). Size doesn’t matter. Continues ripening after picked.

Mango –yields to gentle pressure, similar feel to a ripe avocado, fruity aroma around the stem. Don’t worry about color. Continues ripening after picked.

**Oranges** - heavier than it appears, yields to gentle pressure, fairly smooth, thin rind. Watch out for mold. **Stops ripening when picked.**

Peaches – vibrant tones and colors (no green), yields to gentle pressure. Fragrance isn’t the best indicator. Try to buy local peaches (peaches don’t hold up well when moved around, so they’re often picked before they’re ripe for exporting). Continues ripening after picked.

Pears –Yields to gentle pressure only at the top of the pear just where the stem joins the fruit. Ripens best off the tree, so they are harvested mature but not ripe. Continues ripening after picked.

**Pineapple** – the bottom of the fruit smells sweet, yellow-golden color, yields to gentle pressure. **Stops ripening when picked.**

**Pomegranates** – heavy for its size, flattened, angular sides, smooth soft skin – soft enough to scratch. **Stops ripening when picked.**

**Raspberries** – little to no defects, brightly colored. Remove smashed berries, which will cause others to go bad faster. Taste one if possible. **Stops ripening when picked.**

**Strawberries** –clean, dry, plump, firm, and fully red, green caps. Avoid bruised or wrinkled berries. Taste one if possible. **Stops ripening when picked.**

**Watermelon** – heavy for its size, yellow field spot, dull looking appearance (a shiny outside is an indicator of an under-ripe melon). Tap the melon with the palm of your hand: if it makes a hollow sound, it’s likely good. **Stops ripening when picked.**

**More plentiful, less expensive, better tasting.**

**BBY01-793493037027**

**The gold standard:**

**Pro tips:**

**Continues ripening after picked: YES or NO.**