

Grocery Store Tour Script

- Action:**
- Know your grocery store layout before participants arrive.
 - Meet participants outside the grocery store in a safe designated area.
 - During the tour, you will direct the participants to the fresh, frozen, and canned aisles.
 - During the tour, you will read a few statements and record the amount of people agreeing with the statement in the boxes below.

READ: Welcome to the Grocery Store Tour!!! I am _____ from _____. This Grocery Store Tour is in collaboration with the University of Hawaii’s Cooperative Extension Service with the Hawaii Food Stamp Nutrition Education Program and the Department of Health.

The purpose of this tour is to provide nutrition education to persons eligible for Food Stamps, while promoting fruits and veggies for better health. Three out of four people in Hawaii do not get recommended amounts of fruits or veggies. Eating plenty of fruits and veggies may help reduce the risk of many diseases.

Before we begin with the tour, let’s go over “housekeeping” guidelines as a courtesy to our grocery store, its workers, and our fellow shoppers.

- Action:**
- Pass out the ½ sheet participant handout.
 - Count the number of participants present and record the number in the box below.

Total Number of Participants

READ: The front of the handout is a brief outline of our tour. On the back of the handout, there are housekeeping rules that we must go through first before entering the store. Let’s go over them together.

- Action:** - Read through the housekeeping rules with the participants.
 - Point out where the bathrooms are (inside or outside of the store).

READ: Are there any questions regarding our handout?
 Now I am going to read four statements. Please raise your hand if you agree with the statement.

Pre-Tour Statements	Number of People Raising Their Hand
1. Fresh, frozen, canned, dried, and 100% juice, are the different forms of fruits and veggies. How many of you agree with this statement?	
2. When fruits and veggies are in season, it means fruits and veggies are fresh, they cost less, and tastes better. How many of you agree with this statement?	
3. I drain the liquid out of all my canned veggies and fruits. How many of you agree with this statement?	
4. I am confident in myself when it comes to shopping for fruits and veggies to make healthy meals that fit into my lifestyle and budget. How many of you agree with this statement?	

READ: Are there any questions before we enter the store? Everyone follow me in a single file line and please pick up a basket as you enter the store.

Action: Pass out ½ sheet recipe handout.

READ: On the front of the handout I just gave you, there is a recipe that we will use as our guide throughout the tour. The recipe is from our “Heritage of Taste for Health” cookbook, which is available for download on the Grocery Store Tour project website which I will give to you at the end of this tour.

Action: Lead the group into the store with the baskets and head towards the canned aisle.

READ: When fresh produce isn't available or is too expensive, canned fruits and veggies are a convenient choice. There is an infinite variety of canned veggies and fruits out there which means there's always something new to try. When buying canned goods, buy what is on sale. Let's look at some of the canned veggies and fruits in this aisle that we could use for today's recipe. Does anyone have suggestions as to what canned veggies we can use for today's recipe?

Action:

- Encourage participants to come up with creative ways to use canned veggies and/or fruits for the recipe on the handout.
- Share more ideas and possibilities with them.
- Point out in particular, canned produce that are on sale and encourage participants to put canned veggies for the recipe in their baskets for purchasing later.

READ: When using fruits and veggies at home, remember that all forms matter. This means fresh, frozen, canned, dried, and 100% juice all count towards eating more fruits and veggies. When we use canned veggies or fruits, we must always remember to drain the liquid out before we use it.

While we are in the canned aisle, are there any other canned ingredients that we can use in our recipe?

Let's move on to frozen aisle. Please remember to move in a single-file line and do not block the aisles from other shoppers.

Action:

- Lead the group towards the frozen aisle in a single-file line.
- If passing other forms of fruits and/or veggies, point them out and repeat that all forms of fruits and veggies matter (fresh, frozen, canned, dried, and 100% juice).

READ: Look at how many different types of frozen veggies there are. Frozen veggies are easy to use in recipes because it is already prepared for you. There's no washing, cutting, or prepping needed. There are a variety of veggie combinations to choose from. When fresh veggies are not in season or not on sale, frozen

veggies are a great alternative. When buying frozen veggies, we should look for what's on sale.

Does anyone have suggestions as to what frozen veggies we can use for today's recipe?

- Action:**
- Encourage participants to come up with creative ways to use frozen veggies for the recipe on the handout.
 - Share more ideas and possibilities with them.
 - Point out any frozen veggies that are on sale and encourage participants to put frozen veggies for the recipe in their baskets for purchasing later.

READ: Are there any other frozen ingredients here that we can use in our recipe? Let's move on to the fresh section in a single-file line.

- Action:**
- Lead the group towards the fresh aisle in a single-file line.
 - If passing other forms of fruits and/or veggies, point them out and repeat that all forms of fruits and veggies matter (fresh, frozen, canned, dried, and 100% juice).

READ: Now we are in the fresh section of the store. How many of you know what seasonality means? Seasonality is usually when produce is in its peak harvest time and most fresh. I'm going to pass out a Buy Fresh Buy Local Seasonality Guide that you can use as a shopping tool for when Hawaii's produce is in season.

Action: Pass out the Buy Fresh Buy Local Seasonality Guide. Go over a couple of the items with the participants.

READ: Usually, when a veggie or fruit is in season, it will go on sale. This is the best time to purchase the produce because it is at its peak as far as taste. Does anyone have suggestions of fresh produce they can add to the recipe?

- Action:**
- Encourage participants to come up with creative ways to use fresh veggies and/or fruits for the recipe on the handout.
 - Share more ideas and possibilities with them.

- Point out any fresh veggies or fruits that are on sale and encourage participants to put fresh veggies or fruits for the recipe in their baskets for purchasing later.

READ: Are there any other ingredients in our recipe that we still need to get?

Action: Lead participants as a group to any remaining ingredients for the recipe.

READ: Before we purchase our own ingredients for today’s recipe, let’s go over some follow up questions. Now I’m going to read a statement, so please raise your hand if you agree with the statement.

Post-Tour Statement	Number of People Raising Their Hand
1. Fresh, frozen, canned, dried, and 100% juice, are the different forms of fruits and veggies. How many of you agree with this statement?	
2. When fruits and veggies are in season, it means fruits and veggies are fresh, they cost less, and tastes better. How many of you agree with this statement?	
3. I drain the liquid out of all my canned veggies and fruits. How many of you agree with this statement?	
4. I am confident in myself when it comes to shopping for fruits and veggies to make healthy meals that fit into my lifestyle and budget. How many of you agree with this statement?	

Action: Record the number of participants raising their hand on the tally sheet.

READ: The last question I have for everyone today is:

Post-Tour Statement	Number of People Raising Their Hand
5. How many of you would be interested in participating in another tour like this about other areas of healthy eating? Please raise your hand if you are interested.	

Action: Record the number of participants raising their hand on the tally sheet.

READ: Are there any further questions regarding today's tour?

Action: Refer to the Tour Guide Toolkit for additional information and FAQ's.

READ: Thank you for participating in the Grocery Store Tour. You may now purchase your own ingredients for today's recipe. For the full downloadable version of the Heritage of Taste for Health cookbook as well as more information on the Grocery Store Tour Project, you can visit

www.ctahr.hawaii.edu/new/GSTP

Grocery Store Tour Tally Sheet

Island: _____ Site: _____

Tour Leader: _____ Date: _____

Total Number of Participants: _____

Pre and Post -Tour Statements	Pre	Post
5. Fresh, frozen, canned, dried, and 100% juice, are the different forms of fruits and veggies. How many of you agree with this statement?		
6. When fruits and veggies are in season, it means fruits and veggies are fresh, they cost less, and tastes better. How many of you agree with this statement?		
7. I drain the liquid out of all my canned veggies and fruits. How many of you agree with this statement?		
8. I am confident in myself when it comes to shopping for fruits and veggies to make healthy meals that fit into my lifestyle and budget. How many of you agree with this statement?		
Additional Post-Tour Statements		Post
9. I am confident in myself when it comes to shopping for fruits and veggies to make healthy meals that fit into my lifestyle and budget. How many of you agree with this statement?		
10. How many of you would be interested in participating in another tour like this about other areas of healthy eating? Please raise your hand if you are interested.		

Please fax tally sheet to (808)956-6457 or mail to:

Grocery Store Tour Project
1955 East-West Road, #306
Honolulu, HI 96822

Grocery Store Tour Participant Outline

- ***Introduction***
- ***Recipe***
 - All forms matter
 - Fresh
 - Frozen
 - Canned
 - Dried
 - 100% juices
- ***Recipe Ingredients***
 - **Canned**
 - Rinse tops of cans
 - Drain liquid
 - Buy on sale
 - **Frozen**
 - Less preparation
 - Buy on sale
 - **Fresh**
 - Seasonality
 - Buy on sale
- ***Questions and Answers***



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 - Less preparation
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 - **Fresh**
 - Seasonality
 - Buy on sale
- ***Questions and Answers***



Housekeeping

- A grocery basket or grocery bag is needed for the tour.
- When in the grocery store, walk in a single-file line.
- Please do not block the aisles or wagons so that other customers can shop.
- Because the tour is only 30 minutes, please do not do personal shopping or ask long questions until after the tour.
- Please be aware of your surroundings and be considerate to other shoppers as well as the store employees.

Housekeeping

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PASTA SALAD

Number of servings: 10

Ingredients:

- 2 ½ cups uncooked pasta noodles
- ½ crown broccoli pieces
- 1 firm tomato
- 1 rib celery
- 1 carrot
- 1 (15 ½-ounce) can kidney beans
- ⅓ cup Italian salad dressing
- Optional: ¼ medium round onion
- ½ bell pepper

Directions:

1. In a medium pot, COOK pasta. SET aside.
2. DRAIN, RINSE, and COOL pasta.
3. CHOP broccoli and tomato into bite-sized pieces.
4. Thinly SLICE celery and carrot.
5. Optional: ADD CHOPPED or DICED onion and bell pepper.
6. DRAIN and RINSE beans.
7. In a large bowl, ADD pasta, broccoli, tomato, celery, carrots, and beans.
8. COVER and REFRIGERATE until ready to serve.
9. Just before serving, SHAKE and POUR the dressing on the salad.
10. TOSS the salad.

Variations:

Dry beans may be used. Cook according to instructions.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

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Variations:

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ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

FIESTA SALAD

Number of servings: 9

Ingredients:

- 1 head lettuce
- 2 medium tomatoes
- 1 small round onion
- 1-2 cups cooked pinto OR kidney beans
- 1 clove garlic
- ½ pound lean ground beef
- ½ teaspoon chili powder
- ¼ - ½ teaspoon salt
- ½ cup grated cheese
- salsa OR dressing (prepared or home-made)

Directions:

1. TEAR lettuce into bite-sized pieces. SET aside.
2. SLICE or DICE tomatoes and onions. SET aside.
3. In a large bowl, TOSS lettuce, tomatoes, and onion together. COVER and REFRIGERATE until ready to serve.
4. DRAIN and RINSE beans.
5. CRUSH garlic.
6. In a medium pot, FRY ground beef and DRAIN oil.
7. ADD beans, garlic, chili powder, and salt to beef.
8. SAUTÉ for a few minutes until beans are heated through and flavors are blended.
9. ADD meat and bean mixture to chilled lettuce, tomatoes, and onions.
10. TOP with cheese and salsa OR dressing.

Variations:

Dry beans may be used. See cooking instructions.
Instead of lean ground beef use ground chicken or ground turkey.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

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ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

CHILI

Number of servings: 6

Ingredients:

- 1 large round onion
- 1-2 cups kidney and/OR pinto beans
- ½ pound lean ground beef
- 1 (8-ounce) can tomato sauce
- 1 (14 ½-ounce) can stewed tomatoes
- 1 cup water
- 1 teaspoon chili powder
- salt to taste

Directions:

1. CHOP onion. SET aside.
2. RINSE and DRAIN beans. SET aside.
3. In a large pot, FRY ground beef. DRAIN off fat. ADD onions.
4. MIX well and COOK until tender.
5. STIR in tomato sauce, stewed tomatoes, water, chili powder and salt into meat.
6. ADD beans to mixture. MIX well.
7. SIMMER for 10-20 minutes STIRRING occasionally.

Variations:

Use corn, pepper, bell pepper, and chili peppers.
Pork and beans or dry beans may be used. Cook according to directions.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

10/08

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ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

10/08

VEGETABLE SOUP

Number of servings: 8

Ingredients:

2 bunches mustard cabbage
½ pound lean pork
8 cups broth (any type)
2 teaspoons soy sauce
salt to taste

Directions:

1. CUT mustard cabbage and SET aside.
2. Thinly SLICE pork.
3. In a small pot, FRY pork. SET aside.
4. In a large pot, bring broth to a BOIL.
5. ADD soy sauce and salt.
6. ADD pork, then REDUCE heat and SIMMER until pork is cooked.
7. ADD cabbage and COOK until tender, uncovered.

Variations:

Use any meat/bones to make broth.

Use watercress, cut into 1 ½ inch lengths, or any other vegetables.

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10/08

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10/08

STEW

Number of servings: 10

Ingredients:

1 small round onion
1-2 ribs celery
4 medium carrots
4 medium potatoes
2 cloves garlic
2 pounds lean meat
1 (8-ounce) can tomato sauce
½ - 1 teaspoon salt
1-2 bay leaves
water to cover

Thickening

3 tablespoons flour
¼ cup water

Directions:

1. CHOP onion, celery, carrots, and potatoes. SET aside.
2. CRUSH garlic.
3. CHOP meat into bite-sized pieces.
4. In a large pot, FRY meat and garlic. STIR.
5. ADD tomato sauce, salt, bay leaf, and water. STIR.
6. COVER and SIMMER for 1-2 hours or until meat is tender. Liquid needs to cover meat. ADD water as necessary.
7. ADD onions, celery, carrots, and potatoes. STIR.
8. SIMMER for 10-15 minutes or until vegetables are tender.
9. MIX thickening ingredients and ADD to stew. STIR.
10. SIMMER and stir until thickens.

Variations:

You can add frozen vegetables.

Add 2-3 teaspoons curry powder in place of tomato sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

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HAMBURGER STEW

Number of servings: 7

Ingredients:

1 small round onion
2 stalks celery
2-3 medium potatoes
1-2 medium carrots
1 thumb size piece ginger
1 clove garlic
1 pound lean ground beef
Water to cover

Seasoning

1 (8-ounce) can tomato sauce
2 teaspoons salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon sugar
1 tablespoon soy sauce

Thickening

2 tablespoons flour
 $\frac{1}{4}$ cup water

Directions:

1. CHOP onion, celery, potatoes, and carrots.
2. CRUSH ginger and garlic.
3. In a large pot, FRY lean ground beef. POUR out fat.
4. ADD ginger and garlic to ground beef. STIR.
5. ADD onion, celery, potatoes, and carrot. STIR.
6. ADD water to cover the ingredients. ADD seasoning.
7. COOK until vegetables are tender. STIR.
8. In a small bowl, MIX flour and water mixture. ADD to stew to thicken.

Variations:

Use frozen and canned vegetables.
Use ground chicken or ground turkey instead of lean ground beef.
Use cream of mushroom soup instead of tomato sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

HAMBURGER STEW

Number of servings: 7

Ingredients:

1 small round onion
2 stalks celery
2-3 medium potatoes
1-2 medium carrots
1 thumb size piece ginger
1 clove garlic
1 pound lean ground beef
Water to cover

Seasoning

1 (8-ounce) can tomato sauce
2 teaspoons salt
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1 tablespoon soy sauce

Thickening

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Directions:

1. CHOP onion, celery, potatoes, and carrots.
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Use cream of mushroom soup instead of tomato sauce.

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GON LO MEIN

Number of servings: 10

Ingredients:

- ½ (12-ounce) can luncheon meat
- 2 (10-ounce) packages chop suey mix
- ½ cup oyster sauce
- 2-3 tablespoons water
- 2 (10-ounce) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about 2/3 cups), and POUR over vegetables. MIX well.
5. ADD noodles and MIX.

Variations:

Use other sliced meats.

Use 1 ½ cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.

For topping add:

scrambled eggs (sliced thinly), green onions (cut into 1-inch lengths), Chinese parsley (cut into 1-inch lengths).

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES

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ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES

CHOP SUEY

Number of servings: 4

Ingredients:

- 1 medium round onion
- 1 clove garlic
- ¾ -1 pound pork OR chicken
- 2 (10-ounce) packages chop suey mix

Seasoning:

- 1 tablespoon ginger
- 2 tablespoons soy sauce
- ½ teaspoon sugar
- Optional: ½ teaspoon salt

Gravy:

- 1 tablespoon cornstarch
- 1 cup broth
- 1 tablespoon soy sauce
- ½ teaspoon sugar

Directions:

1. SLICE onion. SET aside.
2. MINCE ginger and CRUSH garlic. SET aside.
3. SLICE pork or chicken into thin strips.
4. In a small bowl, COMBINE seasonings and SET aside.
Optional: ADD salt.
5. In another small bowl, MIX gravy ingredients. SET aside.
6. In a large pot, FRY pork or chicken.
7. ADD garlic and seasoning, MIX well.
8. ADD onions and chop suey mix. MIX well.
9. ADD gravy ingredients to vegetables. MIX well.

Variations:

Use other fresh vegetables such as carrots and broccoli and other meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

CHOP SUEY

Number of servings: 4

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- 1 medium round onion
- 1 clove garlic
- ¾ -1 pound pork OR chicken
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Seasoning:

- 1 tablespoon ginger
- 2 tablespoons soy sauce
- ½ teaspoon sugar
- Optional: ½ teaspoon salt

Gravy:

- 1 tablespoon cornstarch
- 1 cup broth
- 1 tablespoon soy sauce
- ½ teaspoon sugar

Directions:

1. SLICE onion. SET aside.
2. MINCE ginger and CRUSH garlic. SET aside.
3. SLICE pork or chicken into thin strips.
4. In a small bowl, COMBINE seasonings and SET aside.
Optional: ADD salt.
5. In another small bowl, MIX gravy ingredients. SET aside.
6. In a large pot, FRY pork or chicken.
7. ADD garlic and seasoning, MIX well.
8. ADD onions and chop suey mix. MIX well.
9. ADD gravy ingredients to vegetables. MIX well.

Variations:

Use other fresh vegetables such as carrots and broccoli and other meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

BEEF TOMATO

Number of Servings: 6

Ingredients:

1 pound lean beef	<u>Marinade for Beef:</u>
1 clove garlic	2 teaspoons cornstarch
1 round onion	1 teaspoon sugar
2 ribs celery	3 tablespoons soy sauce
2 bell peppers	
2 tomatoes	<u>Gravy:</u>
	¼ cup water
	1 teaspoon sugar
	2 teaspoons cornstarch
	Salt and pepper to taste

Directions:

1. SLICE beef into ⅛ inch thickness.
2. In a small bowl, COMBINE marinade and ADD beef and SET aside. SOAK beef for 15 minutes.
3. CRUSH garlic. SET aside
4. CHOP onion, celery, peppers, and tomatoes.
5. In a large pot, ADD marinated beef and garlic. FRY lightly until cooked. REMOVE meat from pan onto a plate.
6. Using the same pot, ADD onion, celery, and pepper. STIR FRY a few minutes.
7. RETURN beef to pot.
8. In a small bowl MIX gravy ingredients and ADD to beef and vegetables.
9. ADD tomatoes. HEAT and STIR until gravy is clear.

Variations:

Other meats may be used.
Other vegetables may be used.

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09/2008

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4. CHOP onion, celery, peppers, and tomatoes.
5. In a large pot, ADD marinated beef and garlic. FRY lightly until cooked. REMOVE meat from pan onto a plate.
6. Using the same pot, ADD onion, celery, and pepper. STIR FRY a few minutes.
7. RETURN beef to pot.
8. In a small bowl MIX gravy ingredients and ADD to beef and vegetables.
9. ADD tomatoes. HEAT and STIR until gravy is clear.

Variations:

Other meats may be used.
Other vegetables may be used.




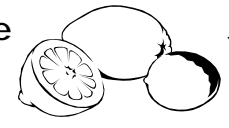

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.





09/2008

Island Fresh

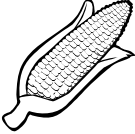
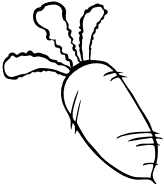

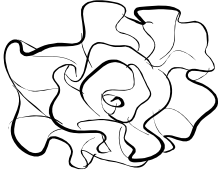

Buy Fresh **Buy Local**

A Seasonality Guide for Hawaii's Fruits & Veggies





Fruit	Peak Season	Look For
Atemoya	November - December	Pale green, thin-skinned and tender, with no blemishes or cracks in the skin.
Avocado 	November - February	Heavy for size, firm skin and no black or soft spots. When ripe, skin is tender and yields to the touch.
Banana 	June-October	Firm skin and slight green on stem and tip with no bruises.
Cantaloupe 	June-August	Heavy for size, fragrant, with no bruises, and creamy yellow in skin color. Stem end should give to gentle pressure. A delicate aroma is ideal on the end opposite the stem.
Honeydew	June-September	Round, heavy for size, and creamy yellow skin color with a waxy surface.
Lime 	June-March	Heavy for size, brightly colored, smooth, and glossy dark green skin.
Longan	August-October	Smooth, yellow-brown skin with no bruises or cracks.
Lychee	May-September	Brightly colored shell, mostly red, and full with shells that are intact with no cracks.
Mango 	March-November	Firm, partly ripe fruit that shows some yellow or red. Some varieties remain green when ripe. Should have a sweet flowery fragrance.
Orange	September-April	Heavy for size and thin tough yellow skin.

Fruit	Peak Season	Look For
Papaya 	March-November	Firm, with some yellow streaks on skin. Avoid bruised or shriveled papayas.
Persimmon	September-October	Smooth skin with deep, rich orange color with no yellow areas, cracks, or bruises. Very soft when ripe.
Pineapple	April-September	Fresh, dark green leaves and no soft or brown spots on its surface, especially at the base. Strong fragrance.
Rambutan	October-March	Light red hue with green spikes. Avoid dark-skinned and dry fruits.
Starfruit	*September-April	Bright yellow to yellow-orange skin, firm, and shiny with little or no brown spots.
Strawberry 	January-April	Shiny, firm fruit with bright red color. Caps should be green and intact. Avoid shriveled or mushy berries.
Tangerine	November - January	Firm, fragrant, heavy for their size, and no soft spots or bruises.
Watermelon 	June-September	Dried stems and heavy for size.
Vegetable	Peak Season	Look For
Beans 	April-August	Firm, crisp, and no brown spots or bruises. Snaps easily when bent.
Bittermelon	February-June	Dark green for milder bitter taste, yellow for a more bitter taste.
Burdock (<i>Gobo</i>)	August-December	Firm roots.
Cabbage, Chinese	January-November	Heads tightly packed, and no blemishes or browning on the outer leaves.
Cabbage, Head	February-June	Heads tightly closed, and heavy for size.
Cabbage, Asian	August-December	White ribs with no bruises, and dark green leaves. Select large-leaved types for soup and long narrow-stemmed types for stir fry.

* Moderately Available

Vegetable	Peak Season	Look For
Celery	April-August	Light in color and shiny, firm stalks with green leaves. Avoid soft or brown stalks.
Corn, Sweet 	February-June, November-December	Green husks, fresh silks, and tight rows of tender kernels.
Cucumber	April-August	Heavy for size. Glossy, dark green skin, firm, and no soft spots.
Daikon 	July-October	Firm without spots or bruises, and a clear skin with bright green tops.
Eggplant	March-June	Smooth and even colored skin. Avoid shriveled, bruised eggplants.
Ginger Root	April-August	Firm, smooth skin with a spicy smell and minimal number of knobs or branching.
Herbs	*Year Round	Fresh with no blemishes, bruises, or damages.
Lettuce, Baby Green	August-December	Crisp leaves.
Lettuce, Romaine 	June-September	Long, deep green leaves that are closely bunched. Avoid brown, wilting edges.
Lettuce, Leaf 	March-July	Crisp leaves. Avoid brown edges.
Luau (Taro) Leaf	June-August	Crisp leaves. Avoid brown edges.
Mushrooms 	Year Round	Firm, and well shaped. Avoid spots and slime or split caps.

* Moderately Available

Vegetable	Peak Season	Look For
Onion, Round	April-August	Firm, dry, with bright smooth outer layer, and a small neck. Avoid black spots or black dust.
Onion, Green	July-October	Crisp leaves, shiny green stalks, and no yellowing.
Parsley, American	March-June	Crisp with no blemishes, bruises, or wilting.
		
Pepper, Green	April-August	Firm, glossy peppers with tight skin that have no blemishes or soft spots. Heavy for size. Avoid dull or shriveled peppers.
		
Pumpkin (<i>Kabocha</i>)	August-December	Heavy for size, firm and intact with part of its stem. Avoid brown or soft spots.
Sprouts	Year Round	Crisp and firm. Avoid dry or slimy sprouts.
Squash, Oriental	June-September	Heavy for size with glossy firm skin. No bruises or brown spots.
Sweetpotato	February-June	Firm, with skin that is uniform and bright in color.
		
Taro	March-July	Firm and plump with no soft spots.
Tomato	May-September	Smooth, well ripened, and no bruises.
		
Watercress	May-September	Fresh, crisp, with a rich dark green color. Avoid slimy bunches with yellow or wilted leaves.
Zucchini	August-December	Heavy for size with firm, smooth, green skin.
	