



DYNAMIC
NUTRITION
Nutrition & Fitness Education

SUPPORT@DYNAMICNUTRITIONLLC.COM

Fruit/Vegetable	When They are in season	How to Check Ripeness
Apples	September - May	Apples should be firm without any soft spots.
Apricots	June - July	They should be Golden Yellow in color, firm but not hard. Light yellow and green are not ripe.
Artichoke	March - May	They should have green and fresh, non-wilted scaling. They should be plump in size.
Asparagus	March - June	They should be dark green in color, straight but tender and have tightly closed buds.
Avocado	All Year	Avocado should be firm. It should yeild to pressure if you press on it. If the stem pops off easy and is not bright green it is ready.
Banana	All Year	Firm with no bruises.
Bell Peppers	All Year	The skin should be smooth (no wrinkles) and firm to the touch. green, yellow, orange and red bells are the same pepper just picked at different stages in development.
Blueberries	June - August	Brightly colored, plump and firm.
Brussels Sprouts	October - November	They should be bright green in color, firm and have tight outer leaves.
Cantaloupe	May - August	The steam are should be fragrant, the deeper the webbing the more ripe it is. They should have a golden color.
Carrots	All Year	Firm, dark orange in color and not cracked.
Cauliflower	September - November	Should be closely packed and firm bunch with brightly green leaves.
Celery	All Year	Light green to green color, crisp stalks.
Cherries	May - June	Firm and Plump.
Coconuts	September - March	Should still have fluid inside and heavy for its size.
Corn	May - August	The husk should be green and tight. Kernels should be tightly packed and plump.
Cucumber	May - July	Firm and vibrant green in color. No soft spots.
Eggplant	June - September	They should be smooth, heavy, firm and dark purple without blemish.
Grapefruit	October - June	Well rounded, Firm and heavy. If the skin is puffy or rough, avoid them.
Grapes	May - September	Firm, Plump and bunches should be well colored clusters.
Honeydew	February - October	Will have a pleasant aroma and cream yellow in color.
Kiwi	June - August	Soft to the touch.
Lettuce	All Year	Crisp leaves with no signs of wilting.
Mushrooms	January - April	They should be firm, with some moisture. Also they should no signs on blemish or bruising.
Onion	All Year	Dry, should not have sprouts or soft spots.
Peach	June - September	Fragrant smell and soft to the touch.
Pear	August - May	The stem end will yeild to gentle pressure.
Peas	April - June	Bright green and full.
Perismon	October - January	Firm, Plump and orange-red.
Pineapple	February - August	Slightly soft and the leaves can be removed with a slight tug.
Plum	June - September	Plump and soft to the touch.
Pomegranate	September - November	Bright purple-red in color with a think skin.
Spinach	March - May	Bright in color. Avoid course stems or wilted leaves.
Strawberries	April - July	Firm, bright red in color, Shoud be dry.
Summer Squash	June - August	Firm and has a glossy skin.
Sweet Potato	September - December	Smooth, dark and firm.
Tomato	May - August	Plump, smooth skin and has no blemishes.