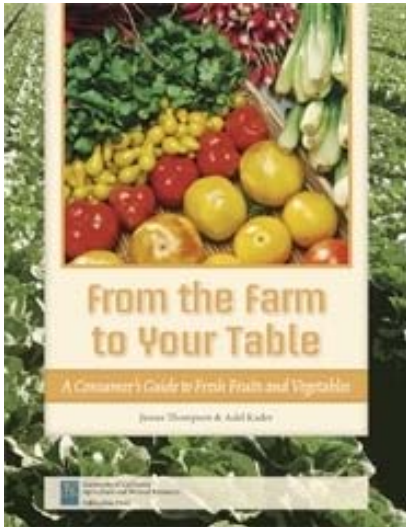




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#HS21643 “From the Farm to Your Table: A Consumer’s Guide to Fresh Fruits & Vegetables” **\$7.00**



Authors: James Thompson, Adel Kader. 2009—16 pages.

Description: This colorful handbook will help you pick good-quality, healthy fruits and vegetables that are a vital part of your daily diet. You’ll learn why there is more to fruit and vegetable quality than meets the eye and how to handle your fresh fruits and vegetables at home to maintain their quality and safety.

You’ll also learn how growing and harvesting factors can effect quality, and the effect of growing locations, produce handling methods, and the number of steps between production and retail markets. The publication includes handy tables to show you the steps between the field and your table, which fruits and vegetables should be stored in the refrigerator and which should be stored on the counter, and what to look for when selecting produce at the market.

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