

# NEW!

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**H**ave you ever wondered how to pick out fresh fruits and vegetables at the grocery store, but you had no idea what you were looking for?

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.

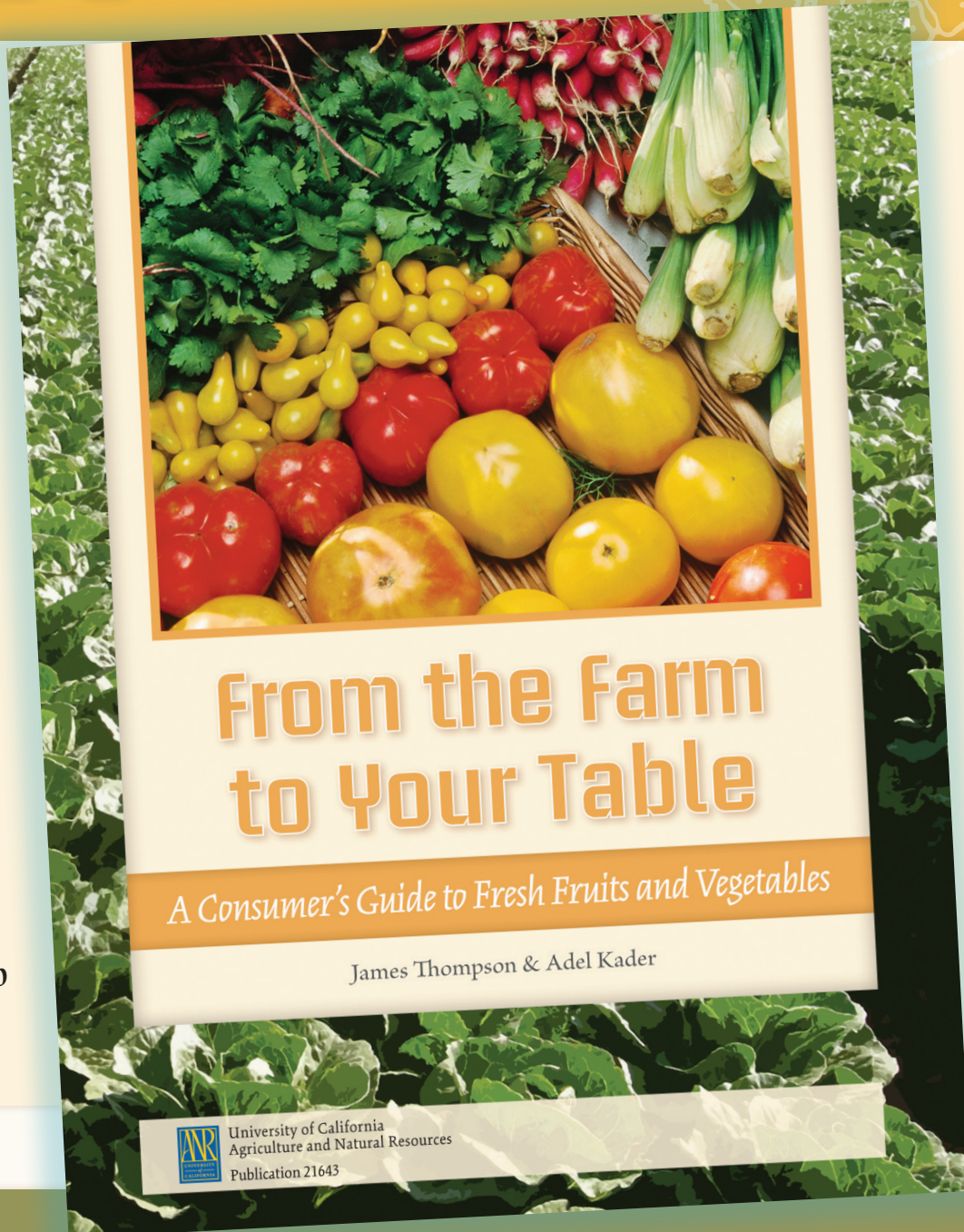
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