

How to Choose the Perfect Fruit



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October 2010

Are you a dunce when it comes to choosing the perfectly ripened fruit? Or have you come across some exotic or tropical fruits in the produce aisle, but avoided it because you didn't know how to choose one? Here's a quick guide to help you choose the sweetest, tastiest fruits.

The perfect...



.... apple is unbruised, firm and brightly colored, no matter the type of apple.



.... apricot has no bruises, will be yellow/orange in color and have a sweet aroma. Smaller apricots have a denser flavor.



... Asian pear can vary in color from yellow to brown. Their ripeness is determined by their strong sweet aroma. Ripe Asian pears can be slightly soft to very firm. Avoid those with bruises and wrinkled skin.



.... avocado has no blemishes, is firm but yielding to gentle pressure, and is heavy for its size.



.... banana is firm, yellow with no brown spots, and should not have a strong scent.



.... coconut is a rich brown color, and is heavy for its size. Look for three evenly colored eyes that aren't protruding or leaking. When shaken, the milk should be clearly heard splashing on the inside. Avoid older coconuts that have turned grey.



.... guava is firm but yielding to gentle pressure. The skin should be unbruised, and will come in a variety of colors. Ripe guavas have a sweet, floral scent.



.... kiwi is unblemished and firm.



.... mango is golden and red in color; a green mango is not yet ripe. It should have no bruises, give lightly to pressure, and should smell slightly sweet.



... mangosteen has firm, undamaged dark purple skin with green caps. The number of petals on the bottom of the fruit is a good indicator of how many cloves are inside the fruit. The more cloves, the fewer seeds.



.... nectarine is an even red color, and is barely soft to the touch. Avoid nectarines that are blemished, or have shriveled or wrinkled skin.



.... orange is firm, smooth, thin-skinned and heavy for its size. Soft areas indicate that the fruit has been dropped or damaged. Color is not a good indicator of quality.



.... papaya will be slightly sweet-smelling, and yellowish in color; a green papaya is not yet ripe.



.... peach is as firm as the tip of your nose. Avoid peaches with bruises and wrinkled skin. Very large peaches will lack in flavor.



.... pear is firm and unblemished. The color will vary with different types of pears. Pears that are spongy near the stem were prematurely picked, and will not ripen.



.... pineapple is brightly colored with deep green leaves. It should have a tropical aroma, and be heavy for its size. Avoid pineapples with mushy or brown spots.



.... plum is firm with a sweet fragrance. Plums come in a variety of color. Be careful not to mistake a ring around the stem for a blemish; this indicates a sweeter plum.



... pomegranate is bright or dark red with firm tight skin. Pomegranates that indent when you press them will lack juiciness and flavor.



.... star fruit is bright yellow with a waxy sheen. Ripe star fruit is slightly flexible. Stay away from fruit with bruises or green areas.



.... strawberry is bright red, with no spots or mold. The size of the strawberry does not indicate how flavorful it will be.

So remember, stay clear of bruised and blemished fruit, color may or may not indicate a ripe fruit, and size doesn't always matter!

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