Fresh cruciferous vegetables are the best option because they are crisp and singing with flavor. Some general buying tips include:

- Avoid vegetables with bruises, soft spots, holes, and other obvious damage
- Look for vegetables that are firm, not wilted
- Look for bright colors without yellowed leaves and brown spots

Once you bring your cool cruciferous veggies home, give them a good washing with cold water before cooking with them. If you do not use these vegetables right away, store in a loose plastic bag in the crisper drawer.