

## Fresh Fruit & Vegetable Program Announcement

### Asparagus

Today's fresh vegetable of the day is **asparagus!** Asparagus plants are tall and thin vegetables that grow above the ground. They can live longer than most plants and can last up to be 15 years old! Asparagus can be green or white. White asparagus is grown under soil and without sunlight. Asparagus is full of vitamin A, B2, and K.  
What shape is an asparagus?

## Fresh Fruit & Vegetable Program Announcement

### Beans (Green)

Today's fresh vegetable of the day are **beans!** Beans first came from Peru but are now common around the world. They can be many different colors such as yellow, purple, or even white and they are high in protein. The leaves on green bean plants are covered with mini hairs; these are used by the plant for trapping bugs. What color is the bean you are tasting?



## Fresh Fruit & Vegetable Program Announcement

### Beet

Today's vegetable of the day are **beets!** Beets are the red, round part of the beet plant that grows underground. Beets are root vegetables like carrots and turnips. Most beets are red, but some can be purple, pink, yellow, white, or even striped. Beets are filled with vitamin C which helps your body with immune function. Did you know: the biggest beet in the world was 165 pounds!

## Fresh Fruit & Vegetable Program Announcement

### Bok Choy

My name is **Bok Choy**, but I'm also called white cabbage. I have many other names such as Chinese White Cabbage, Chinese Chard, Chinese Mustard Cabbage, and Pak Choi. I have white thick stems with dark green leaves, filled with vitamin C and you can eat every part of me! I grow best in the spring and fall. Did you taste my stem or my leaves today?



## Fresh Fruit & Vegetable Program Announcement

### Broccoli

What am I? My name comes from the Latin word brachium, which means “branch” or “arm.” My tree-like stalks are topped with umbrella-shaped clusters of purplish green florets. I am packed with vitamin C and a good way to add fiber to your meal or snack. I grow in nearly every state, including Alaska and Hawaii. Eating me raw with hummus dip is a great snack!

Today’s snack is **Broccoli!**

## Fresh Fruit & Vegetable Program Announcement

### Brussel Sprouts

What am I? I look like tiny heads of cabbage.

My leaves are high in vitamin C. I am a member of the Vegetable Group. I am named after the capital of Belgium where it is thought that I was first grown. I am **Brussel**

**Sprouts!**

## Fresh Fruit & Vegetable Program Announcement

### Cabbage

What am I? I can be red or green and form tight heads of leaves, filled with vitamins such as folate. I am a member of the Vegetable Group. I can be made into coleslaw. In the United States, I am most in demand in March because of traditional corned beef and cabbage meals on St. Patrick's Day. I am **Cabbage!**

## Fresh Fruit & Vegetable Program Announcement

### Carrots

What am I? Rabbits like to eat me growing in a field. This orange vegetable tastes best when its peeled! I am a root vegetable that is most often seen orange but can be white, red, or purple. Want to keep your eyes strong? Grab some of me! I am loaded with vitamin A to help keep your eyes healthy to see. I am **Carrot!**

## Fresh Fruit & Vegetable Program Announcement

### Cauliflower

What am I? I have a compact head of white flower buds surrounded by green leaves. My flowers are packed with vitamin C. I am a member of the Vegetable Group. The green leaves that surround my head keep the flower buds from sunlight. I am **Cauliflower!** Do you notice that cauliflower looks a lot like broccoli but white?

## Fresh Fruit & Vegetable Program Announcement

### Celery

What am I? I have light green stalks growing tall that are topped with leaves. My crunchy stems, can be eaten raw or sliced and cooked. I am a member of the Vegetable Group and a low calorie snack filled with water. I am **Celery!** Can you describe the texture of celery to your classmates?

## Fresh Fruit & Vegetable Program Announcement

### Corn

What am I? I usually have yellow or white kernels attached to a cob. I am a member of the Vegetable Group and filled with fiber for good digestion. I am harvested on over 28,000 farms and in all 50 States. I have one strand of silk for each kernel. I am **Corn!**

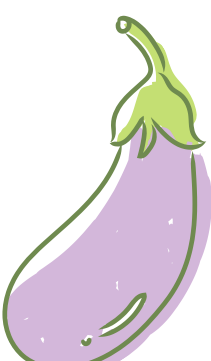
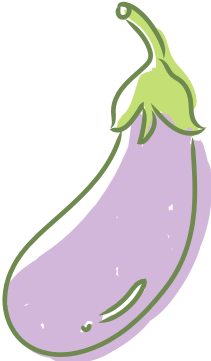
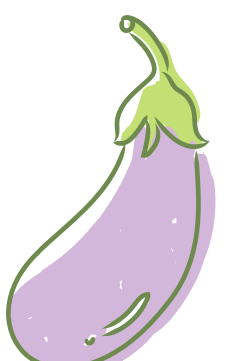
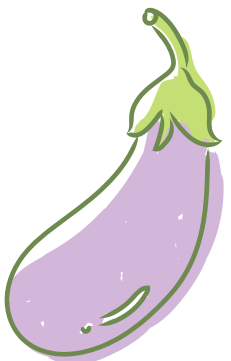
## Fresh Fruit & Vegetable Program Announcement

### Cucumber

What am I? Another name for me is "Cukes". I am long, dark-green, and grow on a vine. I am a member of the Vegetables Group. I am a low calorie vegetable that is filled with plenty of water. My inner temperature can be up to 20 degrees cooler than the outside air. Hence the phrase, "Cool as a\_\_\_." I am **Cucumber!** What color is the skin and what color is the inside of the cucumber?

## Fresh Fruit & Vegetable Program Announcement

### Eggplant



Today's fresh vegetable of the day is **Eggplant!** In the 1700s, some eggplants looked white and like chicken eggs which is how it was named. Most eggplants have shiny purple skin and are oval shaped. However, they can be found in many different colors such as white, striped, green, and yellow. These can be round or oval and many sizes. Eggplant is naturally low in calories and has no fat.

## Fresh Fruit & Vegetable Program Announcement

### Kale

What am I? I can have long green leaves with a bumpy texture. My leaves are packed with vitamins A and C. I am a member Vegetable Group. A light frost or freezing temperature makes my leaves sweeter. I can be a cooked vegetable side dish, in soups, or baked with a little oil to make deliciously crunchy chips. Yum! I am **Kale!** What is the texture of the kale you are tasting today - curly or flat?

## Fresh Fruit & Vegetable Program Announcement

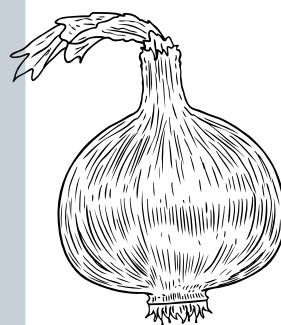
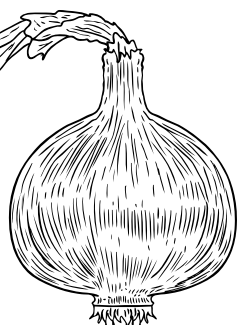
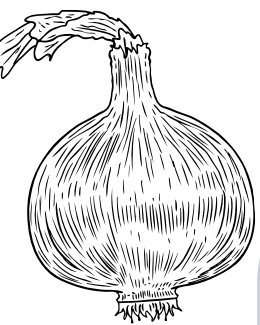
### Kohlrabi

Today's fresh vegetable of the day is **kohlrabi!** Kohlrabi is a vegetable originally from Ireland now eaten in many parts of the world. The part we eat looks like a small white or purple bulb that grows above ground. It is filled with vitamin C. Some people think it tastes like a broccoli or a cucumber. What do you and your classmates think it tastes like?

## Fresh Fruit & Vegetable Program Announcement

### Onions


What am I? I am a root vegetable that can be red, white or green. I can make you cry a lot, but I am not trying to be mean! I can be made into rings but I'm not gold. I'm a bulb but I don't shine. I am **onion!** Onions are low in calories and filled with fiber. What is the shape of the onion you are eating?






## Fresh Fruit & Vegetable Program Announcement

### Parsnips



Today's fresh vegetable of the day is **parsnip!** Parsnips are root vegetables that grow in the ground like carrots. Parsnips can look like a carrot but are a cream color. They are a great source of folic acid, fiber, vitamin C, and vitamin K. Parsnips are left in the ground during winter and picked during spring, this makes them sweeter! Does the parsnip you are tasting taste sweet?



## Fresh Fruit & Vegetable Program Announcement

### Green Bell Peppers

What am I? I am a green, bell-shaped, crunchy, and am packed with vitamin C. I am a member of the Vegetable Group. I can be eaten cooked or raw. I am **Green Bell Pepper!** What other pepper colors have you seen before?

## Fresh Fruit & Vegetable Program Announcement

# Potato

What am I? My nickname is spud. I am a root vegetable and provide vitamin C and potassium. I grow underground, most commonly in Idaho, Washington, Wisconsin, Colorado, and Oregon. I can be made into French fries. I am **Potato!**

## Fresh Fruit & Vegetable Program Announcement

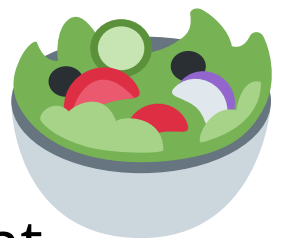
# Pumpkin

What am I?  
Something I spy, with my little eye.  
An orange vegetable, that's baked in a pie.  
The bigger it is, the more it feeds.  
This orange vegetable, has lots of seeds.  
I am a **pumpkin!** Pumpkins are filled with potassium and fiber. What other vegetables have the same color as pumpkins?

## Fresh Fruit & Vegetable Program Announcement

### Rutabaga

Today's fresh vegetable of the day is a **rutabaga!** Rutabagas are related to turnips but they are larger, sweeter, and darker in color. They grow underground and are available in the fall and winter. Rutabaga's are a good source of fiber which helps keep your digestive system running smoothly. What color is the rutabaga you are eating?



## Fresh Fruit & Vegetable Program Announcement

### Salad Greens

Today's fresh vegetables are **salad greens!** Salad greens can be from many different types of plants. Some salad greens are named iceberg, romaine, arugula, little gem, and bib lettuce. Often these are leaves of the a plant that grow above ground, filled with vitamin K. They are very tender which is why they are perfect to be eaten raw in salads mixed with other vegetables.

## Fresh Fruit & Vegetable Program Announcement

### Snow Peas

Today's fresh vegetable of the day is **snow peas!** The pod is the outside of the pea, which holds the peas inside together. With snow peas, you can eat both the pod and the peas. Snow peas are just like other peas except they have a softer pod and taste a little sweeter. They are filled with vitamin C to help you see!

## Fresh Fruit & Vegetable Program Announcement

### Spinach

What am I? I am a dark-green leafy vegetable that can grow up to about 12 inches tall. My leaves can be smooth, crinkly and curly, or slightly crinkly. My delicious leaves are packed with vitamin A, vitamin C, folate, and potassium. I am a member of the Vegetable Group. I am popular in salads. I am **Spinach!**

## Fresh Fruit & Vegetable Program Announcement

### Summer Squash

Today's fresh vegetable of the day is **summer squash!** Summer squash can be eaten whole, eating the skin, seeds, and everything in between. Squash is a good source of beta carotene which helps keep your eyes and skin healthy. What does squash smell like to you?

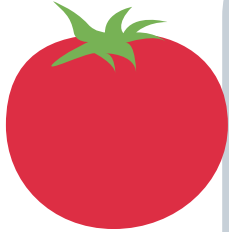
## Fresh Fruit & Vegetable Program Announcement

### Swiss Chard

Today's fresh vegetable is **Swiss chard!** This plant grows above ground and has dark leafy leaves. People sometimes call this vegetable names like silverbeet, Roman kale, and strawberry spinach. Both the leaves and the stalks of the plant are edible and filled with vitamin K! What color is the Swiss chard you are trying today?

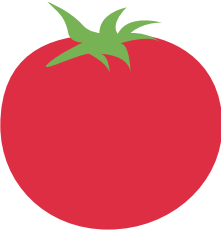
## Fresh Fruit & Vegetable Program Announcement

### Tomatoes



What am I? When I am ripe I am often red, but there are yellow, orange, and purple varieties of me as well. My "fruit" is eaten as a vegetable.

I provide vitamins A and C and some potassium. You will find me on salad bars and in pizza and pasta sauce. I am **Tomato!**  
What other vegetables or fruits have the same shape as a tomato?



## Fresh Fruit & Vegetable Program Announcement

### Turnip

Today's fresh vegetable of the day is a **turnip!**

Turnips are starchy vegetables that grow underground. They grow best in places with cool climates and can sometimes even be harvested in the winter. Turnips are full of healthy nutrients. One is potassium which is a mineral that keeps your heart healthy. Based on what you see, discuss with your class what color turnips are.

## Fresh Fruit & Vegetable Program Announcement

### Winter Squash (Butternut)

What am I? I am a large vegetable that is wider and rounder at the bottom. My skin is colored beige and inside my flesh is orange. I provide vitamins A and C, fiber, and potassium. I am a member of the Vegetable Group. I am **Butternut Squash!**

## Fresh Fruit & Vegetable Program Announcement

### Winter Squash (Acorn)

What am I? I am an acorn-shaped vegetable. While I can be other colors, the most common is green. Inside, I am golden yellow. I am a good way to add vitamin C, fiber, and potassium to your meals. I am a member Vegetable Group. I grow on a vine and was given to the settlers by the Native Americans. I am **Acorn Squash!**