



# Kansas Fruit & Veggie Quick Facts



This material was adapted by Child Nutrition & Wellness, Kansas State Department of Education from the following sources:

- *Buying Guide for Kansas-Grown Fresh Fruits and Vegetables*. Kansas State University Research and Extension. Retrieved May 2011 from <http://www.ksre.ksu.edu/library/fntr2/mf2647.pdf>.
- *Dole Fruit and Vegetable Encyclopedia*. Dole Super Kids. Retrieved May 2011 from <http://www.dole.com/SuperKids/Encyclopedia/tabid/714/Default.aspx>
- *FFVP Songs*. Wisconsin Department of Public Instruction. Retrieved June 2011 from [http://www.dpi.state.wi.us/fns/pdf/ffvp\\_songs.pdf](http://www.dpi.state.wi.us/fns/pdf/ffvp_songs.pdf).
- *Fruitsandveggiesmorematters.org*. (June-July, 2011). Produce for Better Health Foundation.
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- *Fruit and Vegetable Fun Facts*. Fact Monster. Retrieved June 2011 from <http://www.factmonster.com/ipka/A0882305.html>.
- *Fruit and Vegetable Songs*. FFVP State and Local Resources. Retrieved June 2011 from <http://www.fns.usda.gov/cnd/ffvp/Tennessee/SONGS.pdf>
- *Fruits and Vegetables Galore: Helping Kids Eat More*. U.S. Department of Agriculture, Food and Nutrition Service. February 2004
- *Fruit and Veggie Jokes*. Wisconsin Department of Public Instruction. Retrieved June 2011 from [http://www.dpi.state.wi.us/fns/pdf/fv\\_jokes.pdf](http://www.dpi.state.wi.us/fns/pdf/fv_jokes.pdf).
- *Fun With Nutrition Educational Coloring Book*. University of Illinois Extension. Retrieved July 2011 from <http://wellnessways.aces.illinois.edu/coloringbook/index.html>.
- *Pick a Better Snack*. Kansas State University Research and Extension. Retrieved May, 2011 from [http://www.ksre.ksu.edu/humannutrition1/pick\\_a\\_better\\_snack.htm](http://www.ksre.ksu.edu/humannutrition1/pick_a_better_snack.htm).
- *Producepedia*. Western Growers. Retrieved May 2011 from <http://www.producepedia.com>.

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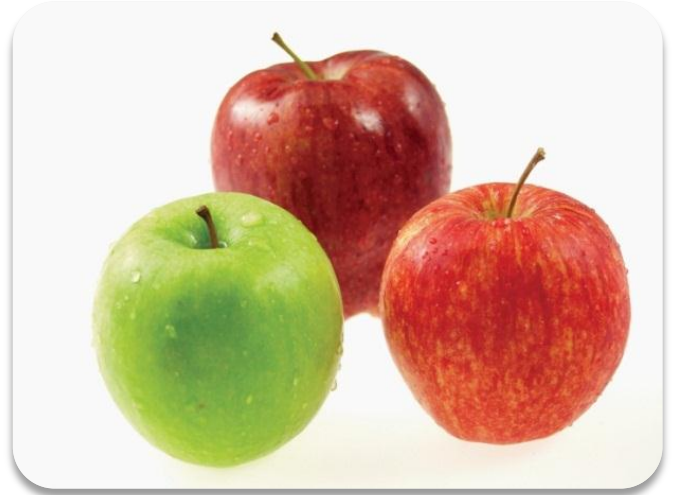
# Apple

## Available fresh from Kansas:

- June through October

## Nutrition Information:

- Good source of fiber and vitamin C
- Contain many other good nutrients that can help prevent cancer, heart disease, asthma and type II diabetes. So there is some truth to the saying, "An apple a day keeps the doctor away."
- The peel is good to eat and holds many of the nutrients, such as fiber.
- Sodium free



## Origin:

- Come from the Middle East
- Ancient Egyptians, Romans, and Greeks also enjoyed them.
- Early Americans brought seeds from Europe and planted the first apple trees in Massachusetts and Virginia.
- Johnny Chapman, more commonly known as "Johnny Appleseed", planted apple seeds wherever he traveled in the United States.

## Did you know apples:

- grow on trees? Each tree can produce 840 pounds of fruit per year!
- float because 25% of their volume is air?
- cut in half the other way (not down the core) have a pretty star shape in the middle?
- are available in over 7,000 varieties which come in all shades of red, green, and yellow?
- are an ancient fruit? They were enjoyed by the Stone Age people over 3,000 years ago!
- were used as a symbol of love in Rome and Greece?
- are a very popular fruit? Americans eat over 120 fresh apples each, per year.

## Apple Humor:

- How does a ghost eat an apple?  
**By goblin it!**
- What do you call an apple that plays the trumpet?  
**A tooty fruity!**
- What did the apple skin say to the apple?  
**I've got you covered!**

# Apricot

## Available fresh from Kansas:

- June to July

## Nutrition Information:

- Great source of vitamin A and vitamin C
- Good source of Iron and potassium
- Sodium free

## Origin:

- Come from China where they have been growing for more than 4,000 years!
- Were brought to America by European explorers



## Did you know apricots:

- grow on trees?
- resemble a peach, but are smaller and have a smooth, oval pit that falls out easily when cut in half?
- belong to a group called stone fruits because they have a tough, inedible seed in the center? Other relatives in this group are peaches, nectarines, plums, and cherries.
- grow to about the size of a ping pong ball, but can come in different shapes from round to oval?
- have a name which means “precious” in Latin?
- ripen earlier than most other summer fruits?
- are very sweet?
- are a member of the rose family?
- were eaten by astronauts on the Apollo moon mission?
- are said to represent good luck when they appear in your dreams?

## Apricot Humor:

- Where do baby apes sleep?

**Ape-ricots!**

# Asparagus

## Available fresh from Kansas:

- April to June

## Nutrition Information:

- Great source of folate
- Good source of vitamin A, vitamin K, and iron
- Sodium free

## Origin:

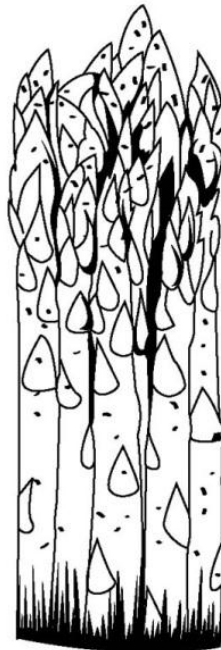
- Came from the Mediterranean area of southern Europe about 2,000 years ago
- In the 1700's, Dutch and English colonists brought asparagus to America and planted it in New England.



## Did you know asparagus:

- can grow as much as 7 inches in one day when the outside temperature is right? Some say you can lay on the ground and watch asparagus grow!
- is a vegetable which grows as plant stems (stalks)?
- was used as a medicine by the Ancient Greeks and Romans? They believed that asparagus could help prevent bee stings and relieve toothaches.
- comes in three colors – green, purple, and white? White asparagus is made by growing it underground to prevent sunlight from reaching the plants so they can't produce chlorophyll, which produces a green color.

## Coloring Activity:



# Beet

## Available fresh from Kansas:

- May through October

## Nutrition Information:

- Good source of folate, potassium, and fiber

## Origin:

- Comes from Europe, the Middle East, and Africa.

## Did you know beets:

- are a root vegetable like carrots and turnips? We eat the root of the plant, which grows under the ground.
- contain more sugar than any other vegetable?
- were an important plant for both the ancient Greeks and Romans? However, the beets they used were often white or black instead of red.
- were used as a medicine and an herb by the Greeks? They used the leaves of the plant instead of the root, like we do now.

## Beet Humor:

- Why did the people dance to the vegetable band?  
**Because it had a good beet!**

## Coloring Activity:



# Bell Pepper

## Available fresh from Kansas:

- May to August

## Nutrition:

- Great source of vitamin C
- Red ones are also a great source of vitamin A
- Low sodium

## Did you know bell peppers:

- are vegetables which grow on plants?
- are shaped like a bell?
- can be found in many different colors – green, yellow, orange, red, and even purple or brown? Green is the most popular color!
- all start off green and as they ripen, turn colors and get sweeter. They get sweeter because as they ripen on the plant, the sugar content increases.
- can get a suntan? A suntanned pepper is a green pepper with red spots.



## Coloring Activity:

- Color the bell peppers below to show off the many different colors available.



# Blackberry

## Available fresh from Kansas:

- July to August

## Nutrition:

- Great source of fiber
- Good source of folate and vitamin C
- Sodium free

## Did you know blackberries:

- are available in over 1,000 different species?
- are actually a collection of tiny fruits? Each fruit has its own seed covered in red skin and flesh, which forms a helmet-shaped cluster around a small stem.
- are a part of the rose family?



## Word Search Activity:

- Find the fruits listed in the word list in the puzzle below.

J	W	F	U	M	O	I	Z	N	G	Q	R
L	C	Q	Y	N	D	J	I	K	N	N	G
A	M	Z	W	Y	W	Y	Y	K	H	K	S
Y	E	N	Q	R	A	I	B	E	O	O	I
Q	M	A	Y	R	P	Y	J	E	N	T	P
Y	E	D	S	E	P	C	H	Q	E	F	P
W	L	I	Y	B	L	H	B	U	Y	C	Q
A	O	W	R	K	E	F	R	R	D	B	V
T	N	I	R	C	N	W	Q	X	E	G	U
H	D	K	E	A	K	F	A	J	W	P	R
H	G	D	H	L	E	P	E	A	R	L	A
A	C	N	C	B	H	P	E	A	C	H	O

### WORD LIST:

APPLE  
BLACKBERRY  
CHERRY  
HONEYDEW

KIWI  
MELON  
PEACH  
PEAR



# Blueberry

## Available fresh from Kansas:

- June to July

## Nutritional Information:

- Good source of fiber, vitamin C, and vitamin K
- Sodium free

## Origin:

- Native to North America where they grow wild in the woods and mountainous regions in the United States and Canada.
- Native Americans were the first to incorporate them into their diets.
- One of the first meals exchanged between Lewis and Clark and the Native Americans was venison that had wild blueberries pounded into the meat.



## Did you know blueberries:

- grow in clusters on bushes and range in size from that of a small pea to a marble?
- are deep in color and range from blue to maroon to purple-black?
- have been around for thousands of years?
- were once called “star berries” because of the star-shaped crown on the top of the berry?
- are called a “superfruit”? That’s because they contain more disease-fighting antioxidants than almost any other fruit or vegetable!
- have been shown to improve memory, balance, and coordination?
- are the second most popular berry in the United States?
- won’t ripen once they are picked?
- are more popular now than ever?
- are one of the only natural foods that are blue in color?

## Blueberry Humor:

- What is a ghost’s favorite fruit?  
**Boo-berries**

# Broccoli

## Available fresh from Kansas:

- June and October

## Nutrition Information:

- Great source of vitamin C and vitamin K
- Good source of fiber and potassium
- Low sodium

## Origin:

- Was first grown in Italy over 2,000 years ago. It was one of the ancient Romans favorite foods.
- Has been grown in the United States for over 200 years.



## Did you know broccoli:

- is not only a vegetable, but a flower as well?
- is a vegetable which grows as florets (clusters of flower buds) on stalks?
- is a member of the cabbage family?
- is much more popular today than it used to be? We are eating 900% more broccoli than we did 20 years ago!

## Broccoli Song - To the tune of: Up on the Housetop

Down in the garden broccoli grows  
Lots of vitamins, goodness knows  
Broccoli florets look like trees  
Steam them or serve them crispy please!

Ho, ho, ho, don't you know  
Ho, ho, ho, don't you know

Broccoli's the best snack you could eat  
It's better for you than a gooey treat!

Ho, ho, ho, don't you know  
Ho, ho, ho, don't you know

Broccoli is high in vitamin A  
It's also high in vitamin K  
Broccoli provides lots of vitamin C  
So choose this food for good health please!

# Brussels Sprout

## Available fresh from Kansas:

- September and October

## Nutrition Information:

- Great source of vitamin C
- Good source of fiber, vitamin A, and folate
- Very low in sodium

## Origin:

- Named after Brussels, the capital of Belgium, where it is thought they were first grown.
- French settlers in Louisiana were the ones who introduced Brussels sprouts to America.

## Did you know Brussels sprouts:

- are vegetables which grow as small leafy heads on plant stems?
- are a member of the cabbage family? In fact, they look like little heads of cabbage and taste similar as well.
- have an annual production of about 70 million pounds in the United States?
- are about six times more popular in Great Britain than in the United States?

## Brussels Sprout Humor:

- What is green and goes to summer camp?  
**A Brussels Scout!**
- What's the strongest vegetable?  
**A muscle sprout!**



# Cabbage

## Available fresh from Kansas:

- June, July, and October

## Nutrition Information:

- Great source of vitamin A and vitamin C
- Good source of folate
- Very low in sodium

## Origin:

- Comes from the Mediterranean region, where it was grown nearly 2,000 years ago.
- Introduced to America in 1541.
- Was one of the first vegetables grown by early American colonists.

## Did you know cabbage:

- are vegetables which grow into a large head with many layers of leaves? We eat the leaves of the plant.
- may be red or green?
- are available in at least a hundred different types around the world?
- is used to make sauerkraut?

## Cabbage Humor:

- What is a taxi driver's favorite kind of vegetable?  
**A Cab-bage!**
- How did the farmer fix his jeans?  
**With a cabbage patch!**



# Cantaloupe

## Available fresh from Kansas:

- July to September

## Nutrition Information:

- Great source of vitamin A, vitamin C, and vitamin K
- Good source of folate
- Very low in sodium

## Origin:

- Comes from India and Africa. They were cultivated in Egypt's Nile Valley as early as 2000 B.C.
- Were first introduced to North America by Christopher Columbus on his second voyage to America in 1494.

## Did you know cantaloupe:

- is a fruit which grows on vines?
- are a melon? Melons are in the gourd family along with squash and cucumbers.
- are sometimes called muskmelons?
- contain a lot of water, which is important for our bodies, especially in the hot summer months?
- is the most popular melon in the United States?
- continues to ripen after being picked? After getting it home from the store, it will ripen and get sweeter as it sits on the counter.

## Cantaloupe Humor:

- **Knock knock**  
Who's there?  
**Cantaloupe**  
Cantaloupe who?  
**Cantaloupe (can't elope) with you tonight!**
- Why did the cantaloupe jump into the water?  
**It wanted to be a watermelon**



# Carrot

## Available fresh from Kansas:

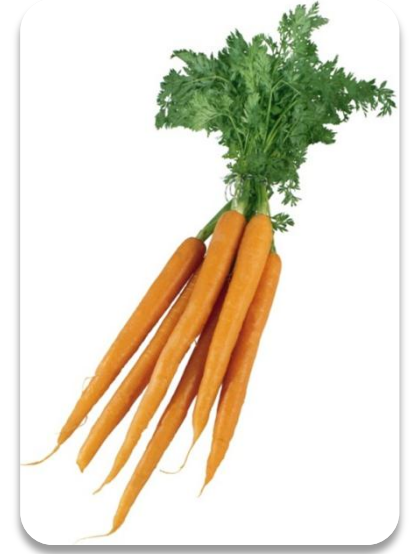
- June to October

## Nutrition Information:

- Great source of vitamin A
- Good source of vitamin C and vitamin K
- Low in sodium
- Rich in beta-carotene which is what gives carrots their vivid orange color. Our bodies convert beta-carotene to vitamin A.

## Origin:

- Comes from Asia, near Afghanistan.
- Came to the United States with the early American settlers from Europe.



## Did you know carrots:

- are taproots, which is a type of root that grows downwards in the soil? When you eat a carrot, you are actually eating the root!
- were originally purple? Orange carrots were developed in Holland in honor of William of Orange.
- also come in white, yellow, red, and purple colors?
- contain more sugar than any other vegetable, except for the beet?
- can turn your skin (especially the palms of hands and soles of feet) a yellowish-orange color if you eat too much?
- are not really eaten by wild rabbits? Bugs Bunny is an exception!

## Carrot Song - To the tune of: Frere Jacques:

Carrots growing,  
Carrots growing,

Good for you,  
Good for you,

Vitamin A is high here,  
Vitamin A is high here.

Helps you see.  
Helps you see.

## Carrot Humor:

- How do you find a lost rabbit?  
**Easy! Make a noise like a carrot!**

# Cauliflower

## Available fresh from Kansas:

- June through October

## Nutrition Information:

- Great source of vitamin C
- Good source of folate and vitamin K
- Very low in sodium

## Origin:

- Thought to come from Turkey
- Was grown throughout Europe after becoming popular in France
- Has been an important vegetable in the United States since 1920



## Did you know cauliflower:

- is not only a vegetable, but a flower as well? Its name actually means “cabbage flower”.
- is the closest relative to broccoli?
- looks like broccoli in its early growing stages? However, while broccoli opens outward to sprout bunches of green florets, cauliflower forms a compact head of undeveloped white flower buds.
- is white because the heavy leaves surrounding the head act like a tent and protect the flower buds from sunlight? If they were exposed to sunlight, the plant would be able to produce chlorophyll which is what makes some plants green.
- is part of a group of vegetables called cruciferous vegetables.
- can also come in yellow, purple, green, and orange varieties?
- leaves are not usually eaten? The white, edible part is called a curd.

## Cauliflower Humor:

- What kind of flower should never be put in a vase?

**Cauliflower**

- What do you call Lassie with a rose in her mouth?

**A cauliflower (collie-flower)**

# Celery

## Available fresh from Kansas:

- August to October

## Nutrition:

- Great source of vitamin K
- Good source of vitamin A and vitamin C
- Low in sodium

## Origin:

- Comes from the Mediterranean region of northern Africa and southern Europe.
- Introduced in the United States early in the 19<sup>th</sup> century.



## Did you know celery:

- is composed of leaf-topped stalks arranged in a cone shape that are joined at a common base?
- has many parts that can be used? We usually eat the stalks, but the leaves, roots, and seeds can also be used as food, seasoning, and a natural medicine.
- was first mentioned in literature by the Greek poet, Homer in his famous epic, the *Odyssey*? This was written in 9<sup>th</sup> century B.C.
- leaves were used by the ancient Greeks to decorate their best athletes and by the ancient Romans as a seasoning?
- was not considered a food until the Middle Ages? Before that, it was only used as medicine and seasoning.

## Celery Humor:

- What vegetable might you find in your basement?

**Cellar-y!**

- **Knock knock**

Who's there?

**Celery**

Celery who?

**Celery me your lunch will you? I'm hungry!**



# Cherry

## Available fresh from Kansas:

- June and July

## Nutrition Information:

- Good source of potassium and vitamin C
- Sodium free
- Contain many good antioxidants – the darker the skin, the more antioxidants it has



## Did you know cherries:

- belong to the stone family, which means they have a tough, inedible seed in the middle? are also a member of the rose family?
- start out as beautiful white and pink flowers in the spring which will turn into fruit?
- are celebrated in Japan? For centuries, the cherry-flowering season has been an important time for festivals in which people celebrate the coming of spring.
- have a great reputation? There is saying, "Life is just a bowl of cherries." This saying means, "Everything is great!"

## A Cherry Story:

### The Cherry Tree by M. L. Weems

When George was about six years old, he was made the wealthy master of a hatchet of which, like most little boys, he was extremely fond. He went about chopping everything that came his way.

One day, as he wandered about the garden amusing himself by hacking his mother's pea sticks, he found a beautiful, young English cherry tree, of which his father was most proud. He tried the edge of his hatchet on the trunk of the tree and barked it so that it died.

Some time after this, his father discovered what had happened to his favorite tree. He came into the house in great anger, and demanded to know who the mischievous person was who had cut away the bark. Nobody could tell him anything about it.

Just then George, with his little hatchet, came into the room. "George," said his father, "do you know who has killed my beautiful little cherry tree yonder in the garden? I would not have taken five guineas for it!"

This was a hard question to answer, and for a moment George was staggered by it, but quickly recovering himself he cried: "I cannot tell a lie, father, you know I cannot tell a lie! I did cut it with my little hatchet."

The anger died out of his father's face, and taking the boy tenderly in his arms, he said: "My son, that you should not be afraid to tell the truth is more to me than a thousand trees! Yes - though they were blossomed with silver and had leaves of the purest gold!"

# Corn

## Available fresh from Kansas:

- July to September

## Nutrition Information:

- Good source of fiber and vitamin C
- Sodium free

## Origin:

- Believed to be from either Central America or Mexico



## Did you know corn:

- is America's most commonly grown field crop?
- makes popcorn when it is heated? This is because water is stored in a small circle of soft starch in each kernel. As the kernel is heated, the water heats, the droplet of moisture turns to steam, and the steam builds up pressure until the kernel finally explodes!

## "Corny Jokes"

- Why is it not wise to tell secrets in a cornfield?  
**There are too many ears!**
- Do you know the father of all bad jokes is?  
**Pop Corn!**
- Why did the corn stalk get mad at the farmer?  
**He kept pulling its ears!**
- What kind of vegetable is the most likely to be a rock and roll fan?  
**An ear of corn!**
- What does corn say when it feels embarrassed?  
**"Aw, shucks!"**
- What do you call corn that joins the army?  
**Kernel**

# Cucumber

## Available fresh from Kansas:

- June through August

## Nutrition Information:

- Good source of vitamin C and fiber, especially when the peel is eaten
- Sodium free
- Many of the nutrients are found in the peel.

## Origin:

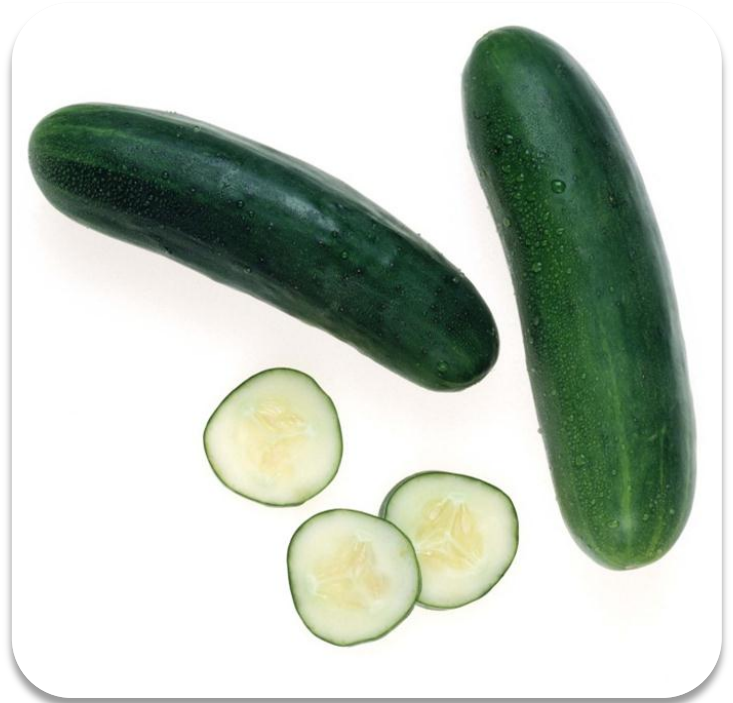
- Come from India originally
- Christopher Columbus first brought them to America where Native Americans and colonists began growing them.

## Did you know cucumbers:

- come in different varieties? Some varieties are grown to be eaten fresh and other to be pickled.
- have one variety called “burpless”? These cucumbers have no seeds or very tiny seeds, which makes them easier for people to digest.
- are botanically a fruit, but we use them like a vegetable?
- are made up of more than 95% water? The saying “Cool as a Cucumber” came about because the high water content helps the inside stay as much as 20° F cooler than the outside air!
- are a member of the gourd family along with pumpkins, zucchini, watermelon and squash?
- can take care of bad breath? By pressing a slice of cucumber to the roof of your mouth for 30 seconds, you can freshen your breath!

## Cucumber Humor:

- When is a cucumber like a strawberry?  
**When one is in a pickle and the other is in a jam!**



# Eggplant

## Available fresh from Kansas:

- July and August

## Nutrition Information:

- Good source of fiber and potassium
- Sodium free

## Origin:

- Came from Asia
- Brought to Europe in the Middle Ages.

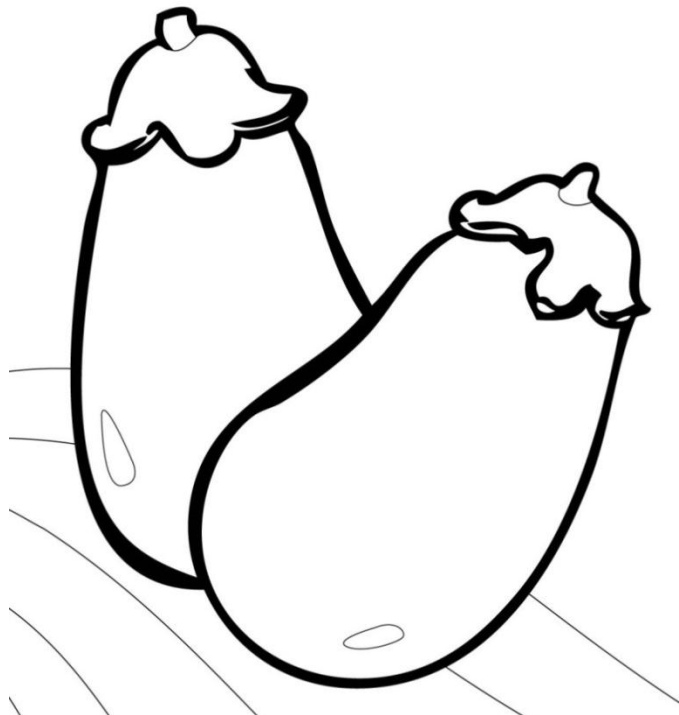
## Did you know eggplants:

- have a rare variety that is white and shaped like a chicken egg? That's where the name eggplant came from! The name stuck when this variety was brought to Europe.
- used to be called "mad apples" in some places? People used to think that eating an eggplant would make you go insane!
- were used, centuries ago, in China to make a dye? Women would use that dye to stain their teeth black, which was fashionable at that time!

## Eggplant Humor:

- Why did the little boy bury eggplants in his backyard?  
**He wanted to grow chickens!**

## Coloring Activity:



# Grapes

## Available fresh from Kansas:

- July to September

## Nutrition Information:

- Good source of vitamin C and vitamin K
- Contain a lot of antioxidants, especially in the skin, that are good for heart health

## Origin:

- Were first cultivated as early as 6000 B.C. near northern Iran.
- Hieroglyphics show that ancient Egyptians were involved in grape production.
- Introduced to America about 300 years ago by Spanish explorers.



## Did you know grapes:

- grow in clusters on vines? The clusters can be round, long and thin, or shaped like a pyramid.
- are one of the oldest fruits to be grown? Grape growing is called “viticulture”.
- are available in more than 50 varieties?
- range in color from green, purple, and bluish black?
- are grown in every continent except for Antarctica?
- contain about 80% water?
- can be dried? The product is called a raisin, which contains only about 15% water.

## Grape Humor:

- Why aren't grapes ever lonely?  
**Because they come in bunches!**
- Why did the grape stop in the middle of the road?  
**Because he ran out of juice!**

# Green Bean

## Available fresh from Kansas:

- June and October

## Nutrition Information:

- Good source of fiber, vitamin C, and vitamin K
- Sodium free

## Origin:

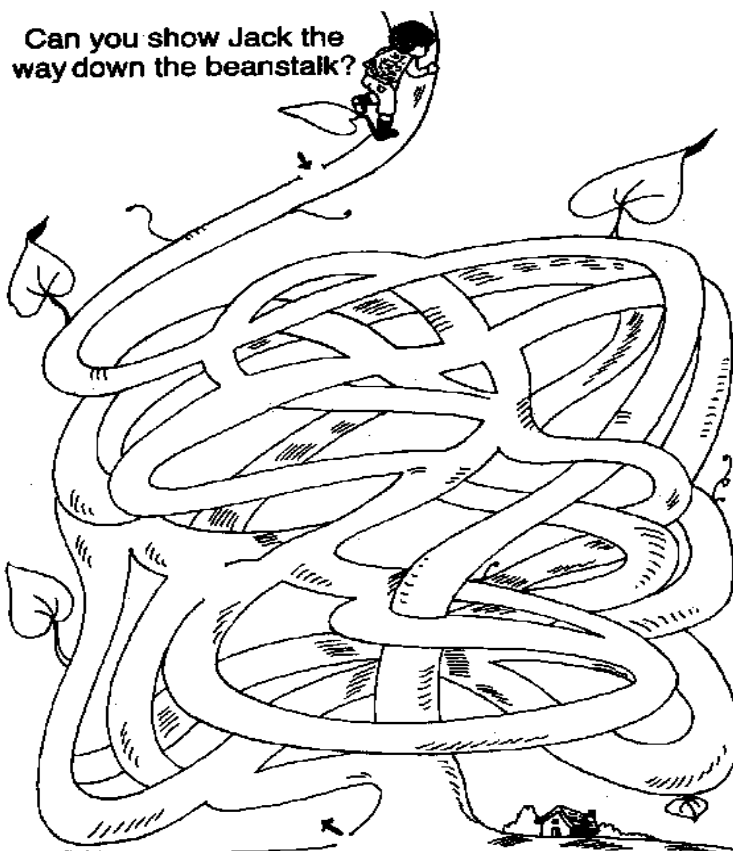
- Come from Peru and spread throughout South and Central America
- Introduced to Europe around the 16<sup>th</sup> century by Spanish explorers



## Did you know green beans:

- are in the same family as pinto beans, black beans, and kidney beans? Unlike their cousins, green beans' entire bean, pod, and seed can be eaten.
- are picked while still immature and the inner bean is just beginning to form?
- vary in size, but average about 4 inches in length?
- are very popular in the United States? Americans buy more than 78,000 pounds of fresh green beans per year?

## Bean maze activity:



# Kiwifruit

## Available fresh from Kansas:

- Early- to mid-August

## Nutrition Information:

- Great source of vitamin C and vitamin K
- Good source of fiber, potassium
- Sodium free

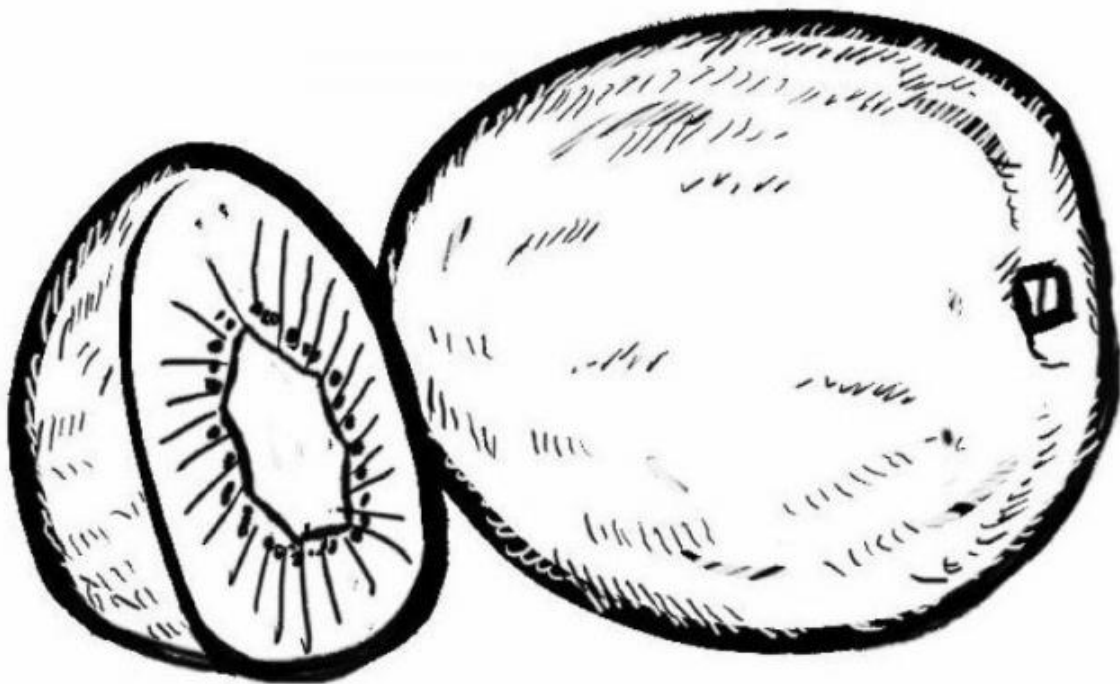
## Origin:

- Comes from China over 700 years ago.
- Traveled to New Zealand from China.
- First shipped to the United States from New Zealand in 1962.

## Did you know kiwi:

- is a fruit which grows on vines?
- are fuzzy brown on the outside and bright green with tiny black seeds on the inside? The fuzzy skin can either be eaten or peeled off.
- has had many different names? In China, it was called “Yangtao”. In New Zealand, it was called “Chinese Gooseberry”. Here in the United States, we renamed it a “kiwifruit” after the native bird of New Zealand, the kiwi. Most of the time, the “fruit” part of the name is dropped.

## Coloring Activity:



# Lettuce

## Available fresh from Kansas:

- June and October

## Nutrition Information:

- Great source of vitamin A
- Good source of folate and vitamin K
- Very low sodium
- The darker the leaves, the more nutrients this vegetable has.

## Origin:

- Native to the Mediterranean area
- Has been around for over 4,500 years
- Introduced to North America by Christopher Columbus



## Did you know lettuce:

- is a vegetable which grows as plant leaves?
- is growing in popularity? Americans currently eat about 30 pounds each of lettuce per year. That's about five times more than what we ate in early 1900's.
- is the second most popular fresh vegetable in the United States?
- comes in many different varieties? Iceberg and Romaine are the most popular.

## Lettuce Humor:

- **Knock, Knock**  
Who's there?  
**Lettuce**  
Lettuce Who?  
**Lettuce in and you'll find out!**
- What did the lettuce say to the celery?  
**Quit stalking me!**
- What did the salad greens say to the hungry kid?  
**We'll make your mouth and your tummy happy, if you lettuce (let us)!**



# Melon, Honeydew

## Available fresh from Kansas:

- July through September

## Nutrition Information:

- Great source of vitamin C
- Very low in sodium

## Origin:

- Native to Asia
- Has been cultivated in the Middle East since ancient times

## Did you know honeydew melon:

- is very sweet and juicy?
- were considered a sacred food by the Egyptians? At that time, only the elite of society could eat it.
- is available in two types – white skinned and yellow skinned? The white melons are sweeter because they have more natural sugars.



## Honeydew song (To the tune of Jingle Bells)

Honeydew, honeydew,  
Honey do you grow?  
Honeydew's a melon and it  
Tastes good don't you know?

Honeydew, honeydew,  
Honey do you grow?  
Potassium and folate  
Are oh so good for you.

Honeydew, honeydew,  
Honey do you grow?  
Honeydew is round and green and  
Tastes good don't you know?

# Mushroom

## Available fresh from Kansas:

- Year round

## Nutritional Information:

- Good source of niacin and riboflavin
- Very low sodium

## Origin:

- Thought to come from Greece and Italy
- Didn't become popular in the United States until the late 1800's



## Did you know mushrooms:

- are really a fungus, not a vegetable? They are often used as vegetables though.
- grow best in dark, damp places?
- come in many shapes, sizes, and colors? The umbrella-shape at the top of the mushroom is called the cap and can be the most colorful part. The underneath side of the cap contains spores and gills. The stem is called the stalk.
- were thought to be magical in ancient times? People were forbidden to eat them unless they were warriors or kings.
- sometimes grow in circles called "fairy rings"? People in ancient times thought that these circles were made by fairies dancing in the night!
- come in over 38,000 varieties? Some are edible and some are highly toxic.

## Mushroom Humor:

- What room can be eaten?  
**A mushroom!**
- Why does Ms. Mushroom go out with Mr. Mushroom?  
**Because he is a fungi (fun guy)!**

# Okra

## Available fresh from Kansas:

- July to October.

## Nutrition Information:

- Great source of magnesium, vitamin C, and vitamin K
- Good source of folate, vitamin A
- Very low in sodium



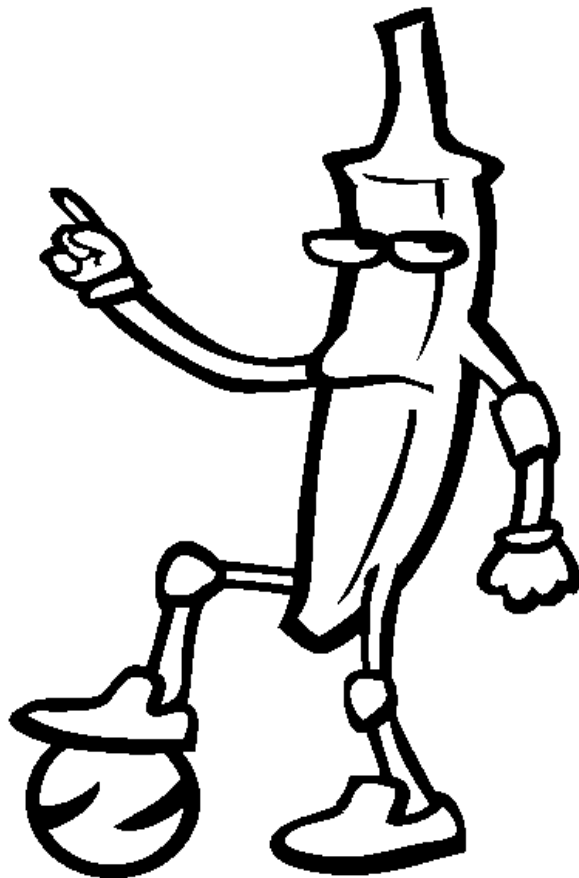
## Origin:

- Comes from Africa, mainly in Ethiopia and Egypt
- Came to the Caribbean and United States in the 1700's

## Did you know okra:

- grows as a seedpod on a plant?
- is a tropical plant that grows best in warm climates?
- has also been used to make rope and paper?
- is sometimes called "lady fingers" because of their shape?

## Coloring Activity:



# Pea, Sugar Snap

## Available fresh from Kansas:

- In June

## Nutrition Information:

- Good source of fiber, vitamin C, vitamin A, and vitamin K.

## Origin:

- Were developed in the 17<sup>th</sup> century.
- Did not become available in the United States until the 1970's.



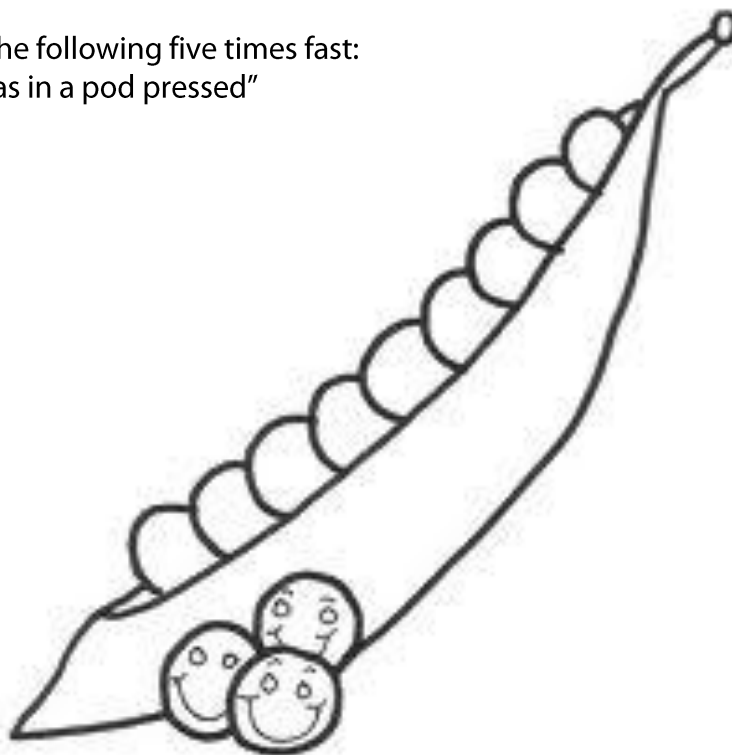
## Did you know sugar snap peas:

- grow in pods with several individual peas in one pod? The saying, "Like two peas in a pod," means that two things are very similar, just like the peas in a pod are going to look and taste similar.
- are one variety of peas, which are a cross between garden peas and snow peas?
- are a vegetable that grow on a vine?
- are part of the legume family? Legumes are plants that produce pods containing edible, fleshy seeds.

## Tongue Twister:

- Try saying the following five times fast:  
"Five fat peas in a pod pressed"

## Coloring Activity:



# Peach

## Available fresh from Kansas:

- July through September

## Nutrition Information:

- Good source of vitamin C
- Sodium free

## Origin:

- First grown in China
- Was brought to America by Spanish explorers in the 16<sup>th</sup> century



## Did you know peaches:

- are part of a saying, "You're a real peach"? This saying came from an old tradition of giving a peach to a friend that you like.
- are supposed to be good luck in China? The Chinese people believe peaches will bring a long life.
- were once known as "Persian apples"?
- come in over 700 varieties?
- are the 3<sup>rd</sup> most popular fruit grown in America?
- are part of a group called stone fruits because of the hard, inedible pit in the middle? Other members of this group are nectarines, cherries, and plums.

## Peach Song (To the tune of The Ants Go Marching)

The peaches grow upon the tree, Hurrah, Hurrah  
The peaches grow upon the tree, Hurrah, Hurrah

The peaches grow upon the tree  
And they're so good for you and me  
And they all keep growing out in the sun and they need to get rain  
Boom, Boom, Boom

The peaches grow upon the tree, Hurrah, Hurrah  
The peaches grow upon the tree, Hurrah, Hurrah

The peaches grow upon the tree  
They're covered in fuzz and taste juicy  
And they all keep growing out in the sun and they need to get rain  
Boom, Boom, Boom

# Pear

## Available fresh from Kansas:

- August to September

## Nutrition Information:

- Great source of fiber
- Good source of vitamin C and vitamin K
- Sodium free

## Origin:

- Come from southeastern Europe and western Asia
- Ancient fruit – They were thought to be used as food by Stone Age people
- First planted in America in 1620

## Did you know pears:

- are a member of the rose family?
- ripen better off the tree and ripen from the inside out?
- have the nickname “butter fruit” because of their soft, melting texture?
- come in over 3,000 varieties?

## Pear Humor:

- What are twins’ favorite fruits?  
**Pears (pairs)!**
- Why is a man that lost his shoes like a fruit bat?  
**They’d both like a pear (pair).**
- **Knock, knock**  
Who’s there?  
**Pear**  
Pear who?  
**Pear-haps you will stop telling silly jokes.**



# Plum

## Available fresh from Kansas:

- July through September

## Nutrition Information:

- Good source of fiber, vitamin C, and vitamin K
- Sodium free

## Origin:

- Native to western Asia
- Was brought to North America by Spanish explorers

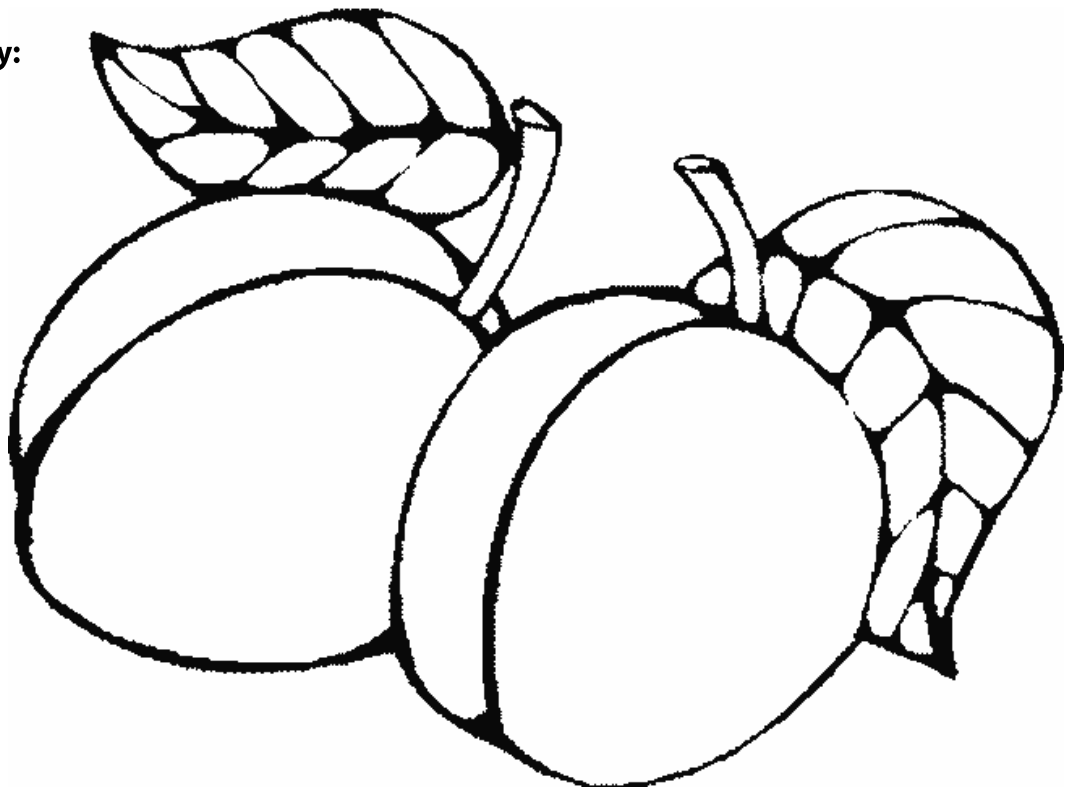
## Did you know plums:

- can be dried and are then called prunes?
- are related to the cherry?
- are also members of the rose family?
- come in over 140 varieties?

## Plum Humor:

- What kind of fruit can fix your sink?  
**A PLUM-ber!**

## Coloring Activity:



# Potato

## Available fresh from Kansas:

- July through August

## Nutrition Information:

- Great source of potassium and vitamin C
- Good source of fiber and phosphorus
- Sodium free
- Many of the nutrients are found in the skin



## Origin:

- Came from South America over 6,000 years ago
- Brought back to Europe by Spanish explorers in the 1600's
- Came to the United States with Irish immigrants in the 1700's

## Did you know potatoes:

- keep most of their nutrients just below the skin layer?
- are the most popular vegetable among Americans? About 35 billion pounds are grown in the United States every year!
- are included in one out of every three meals that Americans eat? The USDA estimates that the average American eats 140 pounds of potatoes each year!
- are the 4<sup>th</sup> most important crop in the world, after corn, wheat, and rice?
- inspired a popular toy? Mr. Potato Head was introduced by the Hasbro company in 1952.
- are only 20% solids and 80% water?

## Potato Humor:

- Why didn't the mother potato want her daughter to marry the famous newscaster?  
**Because he was a "common-tator"!**



# Pumpkin

## Available fresh from Kansas:

- September through October

## Nutrition Information:

- Great source of vitamin A
- Good source of vitamin C

## Origin:

- Not definitively known, but thought to be from North America

## Did you know pumpkins:

- can grow to be enormous? Growers often compete to see whose is the most massive. According to the Guinness Book of World Records, the heaviest pumpkin weighed 1,810 pounds!! It was presented by Chris Stevens at the Stillwater Harvest Fest in Stillwater, Minnesota on October 9, 2010.
- were once recommended for removing freckles and curing snake bites?
- are made up of 90% water?
- have seeds that can be roasted as a snack? Native Americans used seeds for food and medicine.
- were used in colonial times as an ingredient in the crust of pies, not the filling?
- are a fruit that grows on vines along the ground?
- were named after a Greek word for large melon?
- are used as lanterns around Halloween? This is based on an ancient Celtic custom brought to America by Irish immigrants. All Hallows Eve on 31 October marked the end of the old Celtic calendar year, and on that night hollowed-out turnips, beets and rutabagas with a candle inside were placed on windowsills and porches to welcome home spirits of deceased ancestors and ward off evil spirits and a restless soul called "Stingy Jack," hence the name "Jack-o'-lantern."
- come in many varieties with such names as Spooktacular, Funny Face, Jumpin' Jack, Munchkin, and Sweetie Pie?

## Pumpkin Humor:

- How do you fix a cracked pumpkin?  
**With a pumpkin patch!**



# Radish

## Available fresh from Kansas:

- June to October

## Nutrition Information:

- Great source of vitamin C
- Low in sodium

## Origin:

- Come from China
- Started being grown in the United States in the 1600's after being brought over from Europe



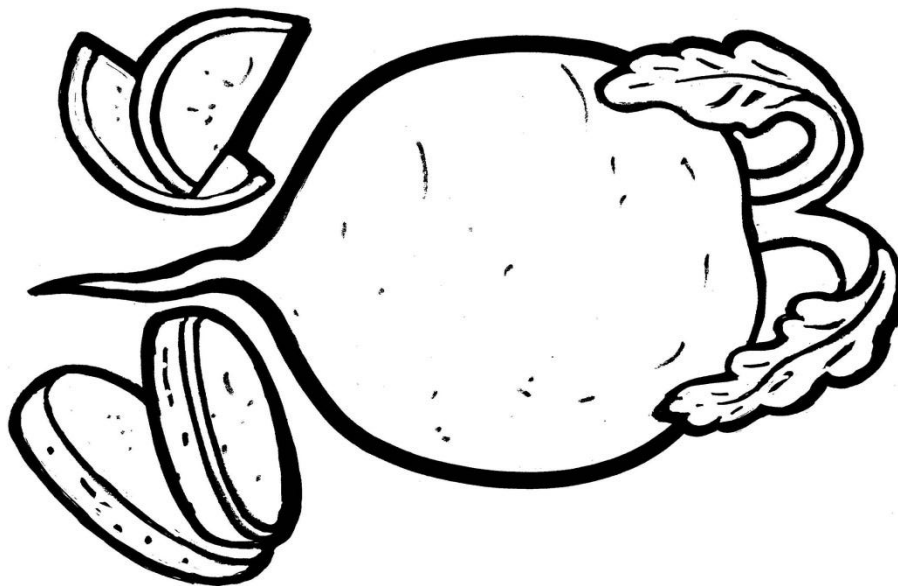
## Did you know radishes:

- are root vegetables that resemble beets or turnips in appearance and texture, but have a distinct flavor? We eat the root of the plant.
- used to be black?
- were loved so much by the Greeks that they made gold replicas of them?

## Radish Humor:

- What is small, red, and whispers?  
**A hoarse radish!**
- What's the coolest vegetable?  
**A rad-ish!**

## Coloring Activity:



# Raspberry

## Available fresh from Kansas:

- June through October

## Nutrition Information:

- Great source of fiber and vitamin C
- Sodium free

## Origin:

- Come from both Europe and North America

## Did you know raspberries:

- have more than 200 different species available around the world?
- vary in color from red, black, or golden?
- are actually a collection of tiny fruits, each with its own seed covered in red skin and flesh, which form a helmet-shaped cluster around a small stem?
- are a member of the rose family?



## Ways to eat:

- They are great to just wash and eat fresh, but here's a simple recipe you can make at home for a healthy dessert or snack:

### Raspberry Fluff Dessert

#### ○ **Ingredients:**

- 1 package (3 ounces) raspberry gelatin
- 1/2 cup boiling water
- 1 cup crushed ice, drained of excess water
- fresh or frozen raspberries

#### **Directions:**

Directions for raspberry fluff dessert.

Chill dessert dishes or sherbet glasses in refrigerator. Put gelatin in blender; add boiling water. Cover blender and blend until gelatin is dissolved. Keep blender running and slowly add the crushed ice. Blend for about 1 minute, or until container feels cool.

Place several fresh raspberries in chilled dessert dishes or sherbet glasses, pour raspberry fluff mixture over raspberries then garnish with a few fresh raspberries and a sprig of fresh mint, if desired.

# Spinach

## Available fresh from Kansas:

- May to June and then again in September through October

## Nutrition Information:

- Great source of fiber, folate, iron, vitamin A, and vitamin C
- Good source of calcium

## Origin:

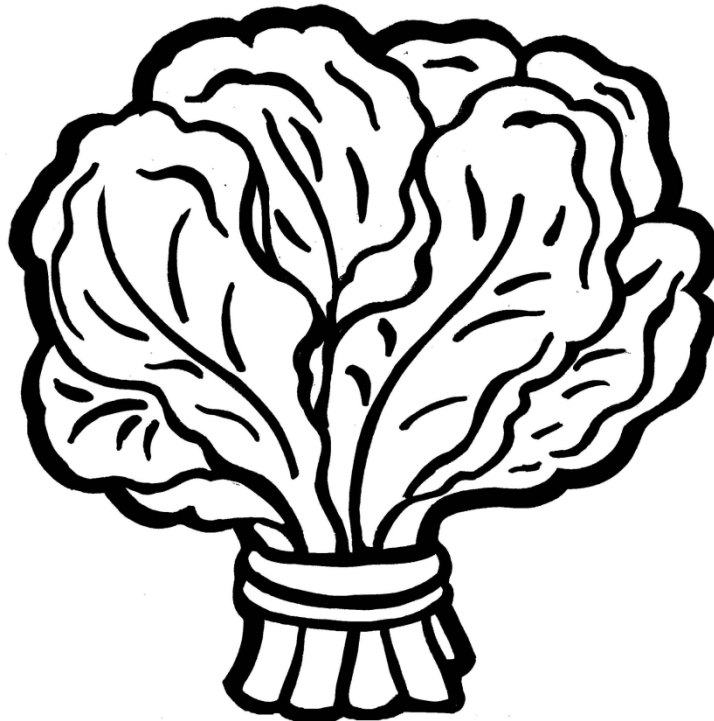
- Comes from Persia (now called Iran)
- Was not commonly used in the United States until the 19<sup>th</sup> century



## Did you know spinach:

- is a vegetable which grows as plant leaves?
- was called the “herb of Persia” in China?
- became much more popular after being featured in the Popeye cartoons? The main character, Popeye, attributed his amazing strength to a daily diet of the green, leafy vegetable. In fact, when Popeye made his debut on January 17, 1929, spinach became the third most popular children’s food after turkey and ice cream. Today, more than 94 percent of Americans associate spinach with Popeye.

## Coloring Activity:



# Squash, Summer

## Available fresh from Kansas:

- July through October

## Nutrition Information:

- Great source of vitamin C
- Sodium free
- The rind, which is edible, is a good source of beta-carotene, which our bodies convert to vitamin A.

## Origin:

- Comes from North America and has been a staple for the Native Americans for over 5,000 years
- Was used by the European settlers in America. They named squash after several Native American words meaning "something eaten raw".



## Did you know summer squash:

- is a vegetable which is grown on either vines or bushes, depending on the variety?
- is a member of the gourd family, which also contains cucumbers and melons?
- has a tender, soft skin that can be eaten?
- has many different varieties? Some of the most popular are:
  - Zucchini – the most common variety and can be dark green, light green, bright yellow, or any combination
  - Chayote (pronounced coyote, like the animal) – pale-green and pear shaped with a large central seed and a fairly thick, ridged skin
  - Patty pan – disk-shaped with a scalloped edge, white to pale-green skin, and white flesh
  - Yellow crookneck or yellow straightneck – lemon-colored skin with one round end and one long, narrow end that either curves or is straight

## Summer Squash Humor:

- What kind of vegetable likes to look at animals?  
**A zoo-chini!**
- What is a zucchini's favorite game?  
**Squash!**

# Squash, Winter

## Available fresh from Kansas:

- August through November

## Nutrition Information:

- Good source of potassium, fiber, magnesium, and vitamin C
- High in beta-carotene, which our bodies convert to vitamin A

## Origin:

- Comes from North America and has been a staple for the Native Americans for over 5,000 years
- Was used by the European settlers in America. They named squash after several Native American words meaning "something eaten raw".



## Did you know winter squash:

- has a tougher skin than summer squash and is normally not eaten?
- comes in many different varieties? Some of the most popular are:
  - Pumpkins – the most common variety of winter squash
  - Acorn squash – shaped something like an acorn that tapers at one end, with a dark-green, ridged rind
  - Banana squash - a large, cylinder-shaped squash with a thick, pale skin and finely textured flesh; butternut squash, a squat, dark-green vegetable with lighter stripes and rather dry flesh
  - Butternut squash - shaped like a long bell with a tan rind and mild flavor
  - Spaghetti squash - an oval, yellow variety whose mild, pale-yellow flesh forms crisp-textured spaghetti-like strands when cooked

## Winter Squash Humor:

- Why did the elephant paint his toenails orange?  
**So he could hide in the pumpkin patch.**
- When is a pumpkin not a pumpkin?  
**When you drop it; then it's squash!**
- What did the farmer say to the green pumpkin?  
**Why orange you orange?**

# Strawberry

## Available fresh from Kansas:

- June and July

## Nutrition Information:

- Great source of folate and vitamin C
- Sodium free

## Origin:

- Native to North America
- Also found in Italy as far back as 234 B.C.

## Did you know strawberries:

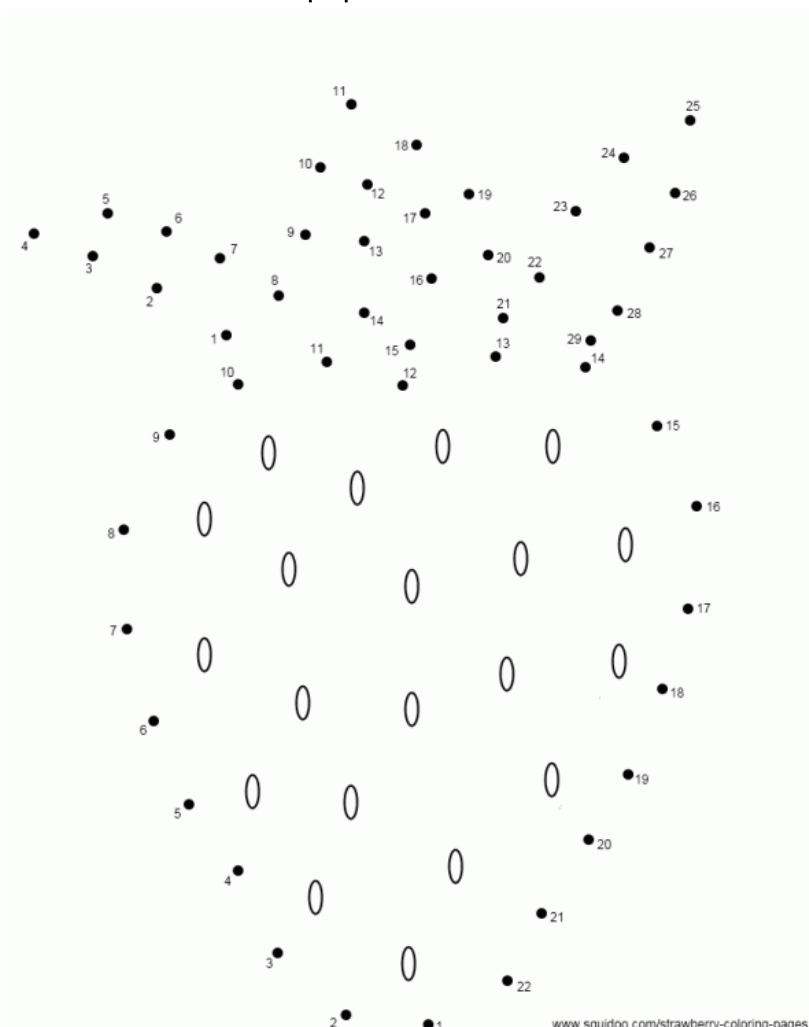
- are fruit which grow on plants?
- are not a “true” berry? They are the enlarged receptacle of the flower on the plant. Even though they aren’t a true berry, they are considered the most popular of all berries.
- are a member of the Rose family?
- have a museum dedicated to them in Belgium?
- were used as medicine rather than food in the 16<sup>th</sup> century? They were said to relieve heat and redness of the face.
- have 200 tiny seeds in each fruit?

## Strawberry Humor:

- Why were the strawberries so upset?  
**Because they were in a jam!**
- What is a scarecrow’s favorite fruit?  
**Straw-berries!**

## Strawberry Connect the Dots:

- Connect the dots in the picture and then color it.



[www.squidoo.com/strawberry-coloring-pages](http://www.squidoo.com/strawberry-coloring-pages)

# Sweet Potato

## Available fresh from Kansas:

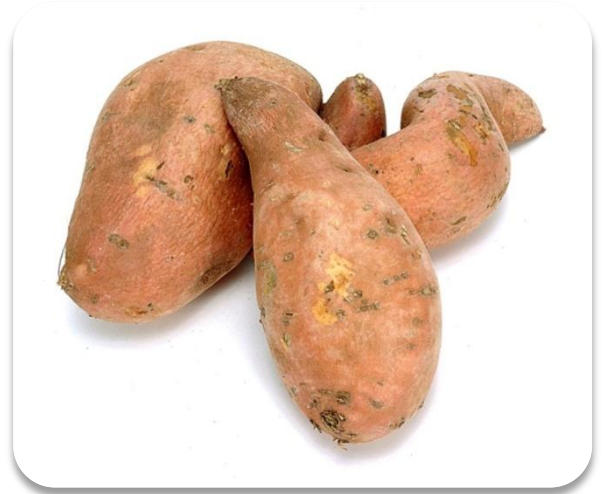
- September to October

## Nutrition Information:

- Great source of fiber, vitamin A, vitamin C, and manganese
- Good source of potassium
- Low in sodium
- Considered to be among the most nutritious foods in the vegetable food group

## Origin:

- Grown in Peru as early as 750 B.C.
- Native Americans were growing them when Christopher Columbus arrived in 1492 and he brought them back to Europe.



## Did you know sweet potatoes:

- are vegetables which grow in the ground?
- only have a distant relationship with the potato, but because both vegetables grow in the ground, they have been often confused?
- are not the same thing as a yam? Many people think they are the same, but they aren't! Yams have rough, scaly skin while sweet potatoes have a smooth, thin skin. Yams can grow as long as 7 feet and can weigh up to 150 pounds while sweet potatoes are usually the size of a regular potato. Yams also do not contain vitamin A, while sweet potatoes are rich in this vitamin.
- contain 327% of your daily need for vitamin A per serving, which is more than any other vegetable?
- contain an enzyme that converts most of its starches into sugars as the potato matures? This sweetness continues to increase during storage and when they are cooked.



# Tomato

## Available fresh from Kansas:

- July through September

## Nutrition Information:

- Great source of vitamin A and vitamin C
- Good source of potassium and vitamin K
- Very low in sodium

## Origin:

- Comes from the Andes mountains in South America and grown first by the Mayan and Aztec people
- Introduced to Europe by Spanish explorers in the 1600's where it was embraced by Spaniards and Italians



## Did you know tomatoes:

- have a lot of controversy in their history? Botanically, tomatoes are a fruit. However, we use and serve them as a vegetable. In the 1800's, the debate over whether to call this produce a fruit or a vegetable made it all the way to the Supreme Court where it was declared to be a vegetable, even though botanically speaking this is incorrect!
- are very popular in the United States where we eat more of them than any other fruit or vegetable?
- come in thousands of different varieties?
- was referred to by the French as the "apple of love"?
- were suspected at first to be poisonous by the Europeans? It was not widely accepted as a food until early 19<sup>th</sup> century.

## Tomato Humor:

- How do you fix a broken tomato?  
**Tomato paste!**
- What did the father tomato say to the baby tomato while on a family walk?  
**Ketchup!**

# Watermelon

## Available fresh from Kansas:

- July through September

## Nutrition Information:

- Great source of vitamin A and vitamin C
- Sodium free

## Origin:

- Thought to have come from either tropical Africa and India or southern Italy

## Did you know watermelon:

- is a fruit which grows on vines along the ground? A single watermelon vine can grow more than 50 feet long!
- are popular in America, especially in the summer time? Americans eat about 17 pounds of watermelon a year per person.
- rinds were used to carry water many years ago, before the invention of canteens?
- gets its name because it is made up of about 91% water?

## Watermelon Humor:

- Did you hear the joke about the watermelon?  
**It's pit-iful!**

## Watermelon Song (to the tune of Alouette)

Watermelon, juicy watermelon  
Watermelon, so good and sweet  
You are so delicious  
You are so nutritious  
Delicious  
Nutritious  
O-o-o-oo  
Watermelon, juicy watermelon  
Watermelon, so good and sweet



