

# FRUITS & VEGGIES

From

# A to Z



**Keep Your Bodies Strong & Healthy!!**

# A

**Is for...**



# 😊 Acorn Squash 😊



# ☺ FUN FACTS! ☺

## Acorn Squash **Did you know...**

- ☺ Did you know acorn squash is a winter squash?
- ☺ Did you know New Jersey ranks 6<sup>th</sup> in squash *(includes summer and winter) production in the country?*
- ☺ Did you know acorn squash has a hard skin? *(All winter squash have hard shells.)*
- ☺ Did you know acorn squash is one of the smaller winter squashes?
- ☺ Did you know acorn squash usually weigh between 1 to 2 pounds?
- ☺ Did you know acorn squash are commonly 4 to 7 inches long?
- ☺ Did you know that acorn squash has an acorn-like shape?
- ☺ Did you know acorn squash have ridges running lengthwise around the outer shell?
- ☺ Did you know the flesh of acorn squash is yellow-orange?
- ☺ Did you know acorn squash come in a variety of colors, dark green, yellow-orange, white and multi-colored?
- ☺ Did you know the most common variety of acorn squash is dark green?
- ☺ Did you know the acorn squash that are yellow-orange in color are called “golden acorn”?
- ☺ Did you know acorn squash can stay fresh up to 3 months when kept in a cool, dry storage area?
- ☺ Did you know acorn squash is usually baked, steamed, sautéed or microwaved? *(Poke a few holes in the shell and you can cook the whole squash.)*
- ☺ Did you know you can eat the seeds of acorn squash?  
*(Simply toast the seeds in the oven and enjoy them as a snack!)*
- ☺ Did you know acorn squash is a good source of vitamins A and C?  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know acorn squash provides your body with fiber and potassium?  
*(Fiber is important for healthy digestion. Potassium balances the fluids in your body, is important for normal blood pressure, muscle growth and the functioning of the brain and nervous system.)*

☺ **Remember ...** Eat more fruits and vegetables everyday!

# 😊 Apple 😊



😊 **FUN FACTS!** 😊

## Apple

### Did you know...

- ☺ **Did you know one apple has 5 grams of fiber, which provides 20% of the daily fiber recommendation?**
- ☺ **Did you know that apples are in the rose family?**
- ☺ **Did you know that in one year, an apple tree produces enough apples to fill 20 each, 42 pound cases, of apples?**  
*(One tree produces 840 lbs. of apples per year!)*
- ☺ **Did you know there are many different varieties of apples?**  
*(Braeburn, Golden & Red Delicious, Fuji, Gala, Jonagold, Rome Beauty, Granny Smith, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, Jonathan...)*
- ☺ **Did you know apples float because 25% of their volume is air?**
- ☺ **Did you know there are over 7,000 varieties of apples grown throughout the world?**
- ☺ **Did you know New Jersey's first apple seed was planted in 1639?**
- ☺ **Did you know apples can be red, green or even yellow in color?**
- ☺ **Did you know Granny Smith apples are bright green and are delicious, either cooked or eaten raw?**  
*(If you like tart, crispy foods --- than this apple is for you!)*
- ☺ **Did you know that you could reduce the fat and calories in baked goods by substituting applesauce for shortening or oil?** *(Substitute the same amount of applesauce for the shortening or oil; for example, use a ½ cup applesauce instead of a ½ cup of oil. Try replacing only half the amount of shortening or oil in the recipe first, to see how it turns out!)*
- ☺ **Did you know you can prevent cut, fresh apples from turning brown by dipping them in a solution of lemon, orange or pineapple juice and water?**  
*(Use 1 part juice to 3 parts water as a dipping mixture.)*

### **Remember ...**

**Eat more fruits and vegetables everyday!**

☺ Apricot ☺



☺ **FUN FACTS!** ☺

## Apricot

### **Did you know...**

- ☺ Did you know apricots are a member of the rose family?
- ☺ Did you know there are many varieties of apricots; Pattersons, Blenheims, Tilttons, Castlebrites?
- ☺ Did you know apricots may be eaten raw or cooked?
- ☺ Did you know apricots are a relative of the peach?
- ☺ Did you know that apricots ripen earlier than most other summer fruits?
- ☺ Did you know that apricots are very sweet?
- ☺ Did you know that any recipe that contains peaches or nectarines can be substituted with apricots?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Aprium 😊



# ☺ FUN FACTS! ☺

## Aprium

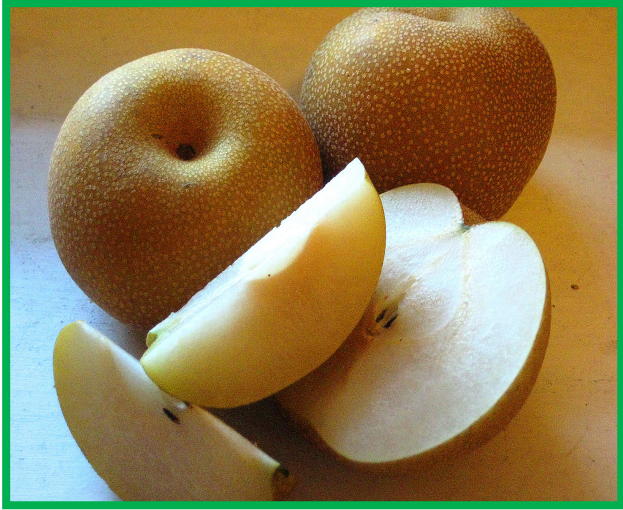
### Did you know...

- ☺ Did you know apriums are a combination of plums and apricots?
- ☺ Did you know apriums have strong apricot traits with a hint of plum flavor?  
*(They are 25% plum and 75% apricot.)*
- ☺ Did you know apriums were created by crossing or combining apricot and plum seeds?
- ☺ Did you know apriums are a fairly “new” fruit?  
*(Apriums were developed in the late 1980’s by Floyd Zaiger.)*
- ☺ Did you know apriums resemble apricots on the outside?
- ☺ Did you know the skin of apriums are golden in color with red coloration?
- ☺ Did you know apriums have a slightly fuzzy skin like apricots?
- ☺ Did you know the flesh of apriums is bright orange?
- ☺ Did you know apriums are a stone fruit?  
*(The stone or pit is similar to the apricot or plum.)*
- ☺ Did you know apriums are very sweet?  
*(The sugar content of apriums is much higher than an apricot or plum.)*
- ☺ Did you know apriums are usually available from May to September?
- ☺ Did you know apriums will continue to ripen after they are picked or harvested?
- ☺ Did you know you can ripen an aprium by placing it in a brown paper bag?
- ☺ Did you know apriums are usually eaten raw just like a plum?
- ☺ Did you know apriums are also used to make pies, preserves and also are great in salads?
- ☺ Did you know apriums are a good source of vitamins A and C?  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*

**Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Asian Pear 😊



# ☺ FUN FACTS! ☺

## Asian Pear

### Did you know...

- ☺ Did you know Asian pears are also called Chinese pears, Japanese pears, Korean pear, Sand, Nashi, Ya pear, Chinese white pear or apple pear?
- ☺ Did you know Asian pears are cousins to the pear?
- ☺ Did you know Asian pears are not a cross between apples and pears?  
*(They do have similar characteristics of both the apple and pear.)*
- ☺ Did you know Asian pears have a round shape and crisp texture like an apple?
- ☺ Did you know Asian pears are usually much larger than an apple?
- ☺ Did you know Asian pears have a strong pear taste?
- ☺ Did you know Asian pears have a grainy texture similar to pears?
- ☺ Did you know Asian pears have a thin, smooth skin?
- ☺ Did you know Asian pears usually have a yellow or bronze-toned skin?
- ☺ Did you know Asian pears have a fragrant smell?
- ☺ Did you know Asian pears are firm when ripe? *(Unlike pears that are slightly soft when ripe.)*
- ☺ Did you know Asian pears are very, very juicy and slightly sweet?
- ☺ Did you know Asian pears have high water content?
- ☺ Did you know Asian pears are commonly served raw?  
*(Since they have high water content, they tend to fall apart when cooked.)*
- ☺ Did you know Asian pears originated in Northern Asia?
- ☺ Did you know Asian pears are commonly grown throughout East Asia, Australia and New Zealand?
- ☺ Did you know in the U.S., Asian pears are grown primarily in California and Washington state?
- ☺ Did you know Asian pears are ripened on the tree and can be eaten right away?  
*(Whereas, pears are picked before they are ripe.)*
- ☺ Did you know Asian pear trees have white flowers with five petals that blossom in the in the northern hemisphere around April?
- ☺ Did you know Asian pears are picked by hand?
- ☺ Did you know Asian pears are commonly wrapped in foam netting?  
*(They tend to bruise easily so this packaging protects them from damage during shipping.)*
- ☺ Did you know Asian pears are usually very expensive?
- ☺ Did you know in Taiwan, Asian pears are given as luxurious presents?

# 😊 Asparagus 😊



# ☺ FUN FACTS! ☺

## Asparagus

### Did you know...

- ☺ Did you know asparagus originated 2500 years ago in Greece?
- ☺ Did you know the name asparagus is a Greek word meaning stalk or shoot?
- ☺ Did you know the Greeks and Romans believed asparagus had medicinal powers that could cure toothaches and prevent bee stings?
- ☺ Did you know asparagus can be green, white or purple in color?
- ☺ Did you know green asparagus is the most common variety in the U.S.?
- ☺ Did you know asparagus is a spring vegetable and the its peak season is April and May?
- ☺ Did you know it takes 3 years before asparagus can be cultivated or picked for eating?
- ☺ Did you know asparagus grows best in sandy, well-drained soil?
- ☺ Did you know the asparagus root is called the crown?
- ☺ Did you know asparagus will produce several times during the season?  
*(Early in the season you may need to cut the asparagus every 4 to 5 days. As the days get warmer, asparagus may need to be picked every 24 hours!)*
- ☺ Did you know asparagus is picked when it is 8 to 10 inches in height?
- ☺ Did you know asparagus looks like a tree with tight buds at the top?
- ☺ Did you know after asparagus is done producing, the spears grow into feathery ferns?
- ☺ Did you know once asparagus is planted it will continue to reproduce for about 15 years without the need for replanting?
- ☺ Did you know asparagus is a great source of folacin or vitamin B9?  
*(Folacin is necessary for blood cell formation, growth and prevention of liver disease.)*
- ☺ Did you know asparagus is also a good source of potassium and vitamins A and C?
- ☺ Did you know asparagus can be cooked in many ways --- roasted, grilled, steamed, boiled or fried?
- ☺ Did you know asparagus can be eaten raw, but most prefer it cooked?
- ☺ Did you know asparagus will make your pee smell funny?  
*(As asparagus is digested the amino acids breakdown producing a sulfur containing product that causes the unusual smell.)*

**Remember ...** Eat more fruits and vegetables everyday!

# ☺ Avocado ☺



**HASS Avocado**  
(California)



**Florida Avocado**



# 😊 FUN FACTS! 😊

## Avocado

### Did you know...

- 😊 Did you know an avocado is also called an alligator pear?  
*(Some avocados have a rough, pebbly green skin like an alligator!)*
- 😊 Did you know an avocado is either pear-shaped or egg-shaped?
- 😊 Did you know the skin of avocados is either dark green or black?
- 😊 Did you know most California avocados have a pebbled, rough skin while Florida and Mexican avocados usually have smooth skin?
- 😊 Did you know the flesh of avocados is pale yellow to gold in color?
- 😊 Did you know avocados have a delicate, sweet, nutty flavor?
- 😊 Did you know avocados have a large pit?
- 😊 Did you know avocados grow in tropical, warm climates?
- 😊 Did you know avocados grow on trees approximately 66 feet tall?
- 😊 Did you know avocados originated in Puebla, Mexico in 10,000 BC?
- 😊 Did you know the most common avocado variety is known as Hass?  
*(This avocado variety was discovered by a postman named Randolph Hass who patented it in 1935.)*
- 😊 Did you know that 95% of the United States avocados come from Southern California?  
*(Florida is the next top producing state.)*
- 😊 Did you know Mexico produces the most avocados in the world?
- 😊 Did you know avocados are a fruit?
- 😊 Did you know avocados are a climacteric fruit?  
*(This means it matures on the tree, but ripens off the tree; similar to a banana or a pear.)*
- 😊 Did you know avocados have a higher fat content than most fruits?  
*(It is mostly the good fat, monounsaturated.)*

**Remember ...** Eat more fruits and vegetables everyday!

# ☺ FUN FACTS! ☺

## Avocado

### Did you know...

- ☺ **Did you know avocados have 35% more potassium than a banana?**  
*(Potassium balances the fluids in your body, is important for normal blood pressure, muscle growth and the functioning of the brain and nervous system.)*
- ☺ **Did you know the avocado is popular among vegetarians?**  
*(It is substituted for meat in sandwiches and salads because of its high fat content.)*
- ☺ **Did you know most avocados are eaten raw?**
- ☺ **Did you know avocados are the main ingredient in a Mexican dip called “guacamole”?** *(Avocados are mashed to prepare this dip.)*
- ☺ **Did you know in the Philippines, Brazil, Indonesia, Vietnam, and Southern India, avocados are frequently used for milkshakes?**
- ☺ **Did you know in Haiti avocados are eaten at breakfast with bread or cassava?**  
*(Cassava or yucca is similar to a potato; very popular in the tropical islands.)*
- ☺ **Did you know in Iran avocados are used as a rejuvenating facial cream?**
- ☺ **Did you know avocados are often added to sandwiches and salads as a garnish?**
- ☺ **Did you know avocados are used in a popular sushi known as a “California Roll”?**
- ☺ **Did you know you can ripen an avocado by putting it in a brown paper bag and if you add an apple it will ripen even quicker?**
- ☺ **Did you know the flesh of an avocado turns brown when exposed to air?**  
*(It is recommended to add lemon or lime juice after peeling to prevent them from turning brown.)*
- ☺ **Did you know you can grow avocados indoors?**  
*(Simply insert 3 or 4 toothpicks into the pit about one third of the way up the pit. Place in a jar with warm water. The toothpicks should sit on the jar rim allowing the bottom part of the pit to sit in the water. It should split in 4 to 6 weeks and yield roots and sprout.)*

## **Remember ...**

**Eat more fruits and vegetables everyday!**

# B

**Is for...**



# 😊 Banana 😊



# ☺ FUN FACTS! ☺

## Banana

Did you know...

☺ **Did you know bananas are the most popular fresh fruit in the United States?**

☺ **Did you know bananas received a new name each time a different group of people discovered them?**

*(Some of these included "banna", "ghana" and even "funana"! The people of Africa are credited for giving the banana its permanent English name.)*

☺ **Did you know bananas are the fruit choice of many athletes?**

*(The reason --- they have both a high amount of carbohydrates as well as potassium! Potassium is a mineral that helps the muscles work.)*

☺ **Did you know you can store ripe bananas in the refrigerator; the peel turns brown but the fruit inside will still be good?**

☺ **Did you know there is a banana primarily used for cooking?**

*(It is called a "plantain". It is used like a potato in many tropical lands.)*

☺ **Did you know there are several different varieties of bananas?**

*(These include "finger bananas", "red bananas" and "plantains". The popular yellow banana, "Cavendish" is the one we commonly see in grocery stores.)*

☺ **Did you know that an average person eats 33 pounds of bananas each year?**

☺ **Did you know bananas have been produced for over 1 million years?**

☺ **Did you know bananas are a great source of potassium?**

*(Potassium balances the fluids in your body, is important for normal blood pressure, muscle growth and the functioning of the brain and nervous system.)*

☺ **Did you know more than 96% of American households purchase bananas at least once a month?**

☺ **Did you know that Dole packs single bananas in a special way specifically for school food service?**

*(There are 150 single packed bananas in a case. These are always consistent in size, quantity, and quality and are pre-washed and pre-trimmed; ready to serve from the carton!)*

**Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Beet 😊



# ☺ FUN FACTS! ☺

## Beet

### Did you know...

- ☺ Did you know beets come in red, white and a golden orange?
- ☺ Did you know beets are a root and grow underground similar to a carrot with a green leafy top?
- ☺ Did you know the beet root is either round or oval in shape?
- ☺ Did you know beets are actually two vegetables? *(The root and leaves are both edible!)*
- ☺ Did you know beets are available year round as they are grown in over 30 states?
- ☺ Did you know beets can be eaten raw or cooked?
- ☺ Did you know beets can be grilled, boiled or roasted?
- ☺ Did you know beets are cooked and then often served cold in a salad?
- ☺ Did you know beets are sometimes shredded raw and added to salads?
- ☺ Did you know beets peel best after cooking?  
*(Simply run under cold water after cooking and the skin removes easily. Be sure to wear disposable gloves so your hands do not turn red!)*
- ☺ Did you know pickled beets are a common food of the American South?
- ☺ Did you know in Eastern Europe a soup is made from beets called “borscht”?
- ☺ Did you know a traditional Pennsylvania Dutch dish is red beet eggs?  
*(They marinate hard-boiled eggs in the juice left over from pickling beets. They wait till the eggs turn a deep pink-red color.)*
- ☺ Did you know the leafy tops of beets when cooked taste similar to spinach?
- ☺ Did you know beet juice is used as food coloring to intensify the color of tomato paste, tomato sauce, desserts, jams, jellies, ice cream and breakfast cereals?
- ☺ Did you know beet pulp is fed to horses when they are in vigorous training?
- ☺ Did you know in the Middle Ages beets were used to treat illnesses related to digestion and the blood?
- ☺ Did you know beets are a good source of folate and manganese?  
*(Folate helps the body form red blood cells and is important in cell growth. It is specifically important for pregnant women. Manganese is required by the body for normal growth and health. It helps your body break down fats, carbohydrates, and proteins.)*
- ☺ Did you know there is a beet that they use for making sugar?  
*(A sugar beet is a plant whose root contains high amounts of sucrose. It is grown specifically for sugar production.)*

# ☺ Blackberry ☺



**Blackberry  
Bush**



# ☺ FUN FACTS! ☺

## Blackberry

### Did you know...

- ☺ Did you know blackberries have a dark purple to black color?
- ☺ Did you know Mexico is the leading producer of blackberries?
- ☺ Did you know that Oregon is the chief producer of blackberries in the U.S.?
- ☺ Did you know blackberries can grow wild like weeds?  
*(You may find some growing in your yard or along country roads.)*
- ☺ Did you know blackberries grow wild in the United Kingdom & Ireland?
- ☺ Did you know blackberries are red during their unripe phase?
- ☺ Did you know blackberries contain many drupelets or mini seeds?
- ☺ Did you know blackberries are not hollow like raspberries?  
*(Blackberries are picked with a solid center while raspberries have a hollow center.)*
- ☺ Did you know blackberry leaves are food for some caterpillars & deer?
- ☺ Did you know many blackberry plants contain sharp thorns, also known as prickles?
- ☺ Did you know they have developed blackberry plants without thorns or prickles?
- ☺ Did you know many blackberry plants do not produce fruit till the 2<sup>nd</sup> or 3<sup>rd</sup> year of growth?
- ☺ Did you know the peak season for blackberries is June & July?  
*(Winter berries usually are imported from countries such as Chile.)*
- ☺ Did you know blackberries are used in desserts, jams, seedless jellies, pies, crumbles, candy and wine?
- ☺ Did you know bees that nourish on blackberry flowers produce a medium to dark, fruit honey?
- ☺ Did you know blackberries are a delicate fruit and should be eaten within a few days? *(They are not as delicate as raspberries.)*
- ☺ Did you know blackberries are high in fiber and vitamins C and K?  
*(Fiber is important for healthy digestion. Vitamin C protects body from disease & keeps cells healthy. Vitamin K helps blood clot.)*
- ☺ Did you know 1 cup of blackberries contains half the daily recommended intake for vitamin C?
- ☺ Did you know blackberries are rich in phytochemicals?  
*(Phytochemicals are believed to help fight cancer cells.)*
- ☺ Did you know blackberries should not be washed until you are ready to eat them?  
*(Moisture will ruin the berries and often tends to create mold.)*

**Remember ... Eat more fruits and vegetables everyday!**

# 😊 Blood Orange 😊



# ☺ FUN FACTS! ☺

## Blood Orange

### Did you know...

- ☺ Did you know blood oranges have a deep red flesh?
- ☺ Did you know the blood orange's red color is due to the presence of anthocyanins, an antioxidant found in berries and red potatoes?  
*(Antioxidants are helpful at reducing the risk of heart disease, stroke and some cancers.)*
- ☺ Did you know blood oranges are smaller than an average orange?
- ☺ Did you know the skin of the blood orange is orange with usually some shading of red?
- ☺ Did you know the juice produced from blood oranges is a dark burgundy color reminiscent of blood?
- ☺ Did you know blood oranges were first discovered in the 15<sup>th</sup> century growing in Sicily, Italy?
- ☺ Did you know blood oranges are a familiar fruit in Israel and the Mediterranean?
- ☺ Did you know California is the primary grower of blood oranges in the United States?
- ☺ Did you know the flavor of blood oranges ranges from tart to sweet?
- ☺ Did you know Europeans often use blood oranges in salads?
- ☺ Did you know a popular Sicilian winter salad is blood oranges, sliced fennel, parsley and olive oil?
- ☺ Did you know one blood orange provides over 100% of the recommended daily value for vitamin C? *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*

**Remember ... Eat more fruits and vegetables everyday!**

# 😊 Blueberry 😊



# ☺ FUN FACTS! ☺

## Blueberry

Did you know...

- ☺ **Did you know over 200 million pounds of blueberries are produced each year in North America?**
- ☺ **Did you know New Jersey ranks 5<sup>th</sup> in the nation in blueberry production?**
- ☺ **Did you know blueberries contain more disease-fighting antioxidants than almost any other fruit or vegetable?**
- ☺ **Did you know the blueberry is the second most popular berry in the United States? What do you think the favorite berry is?**  
*(Strawberries are our favorite!)*
- ☺ **Did you know there are two varieties of blueberries; cultivated, and wild?**  
*(Wild blueberries are much smaller than the cultivated ones that we commonly eat fresh. The wild ones are usually sold in cans or as frozen. Wild blueberries also have a chewy, stronger flavor.)*
- ☺ **Did you know that there are 1,600 wild blueberries in a pound and 500 cultivated blueberries in a pound?**
- ☺ **Did you know blueberries are also available dried?**  
*(Dried blueberries make a great healthy snack! They can be used in recipes, just as you would use raisins.)*
- ☺ **Did you know that if you dust fresh blueberries with flour, just before you add them to a batter that they will not sink to the bottom of the pan?**

**Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Bok Choy 😊



**Pak-choy**



**Shanghai**



**Baby Pak-choy**



**Baby Shanghai**

# 😊 FUN FACTS! 😊

## Bok Choy

### Did you know...

- 😊 Did you know bok choy has been grown in China for over 6,000 years?
- 😊 Did you know there are two popular varieties of bok choy --- Pak-choy & Shanghai? *(Pak-choy has white stems and Shanghai has green stems.)*
- 😊 Did you know bok choy is related to the cabbage family?
- 😊 Did you know bok choy has white or green stems with smooth dark green leaves?
- 😊 Did you know the stalks of bok choy resemble celery without the stringiness?
- 😊 Did you know the dark green leaves are similar to Romaine lettuce?
- 😊 Did you know bok choy does not form a head like cabbage but instead forms a cluster of stems similar to celery?
- 😊 Did you know bok choy has a light, sweet flavor and crisp texture?
- 😊 Did you know there is baby bok choy?  
*(It is a miniature version of bok choy and is more tender. Baby bok choy is often cooked whole and served as an appetizer.)*
- 😊 Did you know bok choy can be eaten raw or cooked but most often it is cooked?
- 😊 Did you know bok choy is used in soups and stir fries?
- 😊 Did you know bok choy is commonly used in Chinese cooking?
- 😊 Did you know bok choy is an excellent source of vitamins A and C?  
*(Vitamin A is important for the growth and development of cells, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- 😊 Did you know 1 cup of raw bok choy only contains 10 calories?

**Remember ... Eat more fruits and vegetables everyday!**

# ☺ Broccoflower ☺



# 😊 FUN FACTS! 😊

## Broccoflower

### Did you know...

- 😊 Did you know broccoflower is a cross between broccoli and cauliflower?
- 😊 Did you know broccoflower is a fairly new vegetable that was first introduced in 1989?
- 😊 Did you know broccoflower looks like lime-green cauliflower?
- 😊 Did you know broccoflower is lighter in weight, less crisp and less dense than cauliflower?
- 😊 Did you know broccoflower when eaten raw, tastes similar to cauliflower but sweeter?
- 😊 Did you know when cooked, broccoflower tastes more like broccoli but milder and sweeter?
- 😊 Did you know broccoflower can be eaten raw with dip or added to vegetable salads?
- 😊 Did you know broccoflower can be cooked and served plain, with cheese sauce or with herbs and seasonings?
- 😊 Did you know broccoflower can be substituted for any recipe that calls for cauliflower?
- 😊 Did you know 1 cup of broccoflower has only 20 calories?
- 😊 Did you know broccoflower contains more vitamin C than oranges and more vitamin A than broccoli or cauliflower?  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*

**Remember ...**

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# 😊 Broccoli 😊



# ☺ FUN FACTS! ☺

## Broccoli

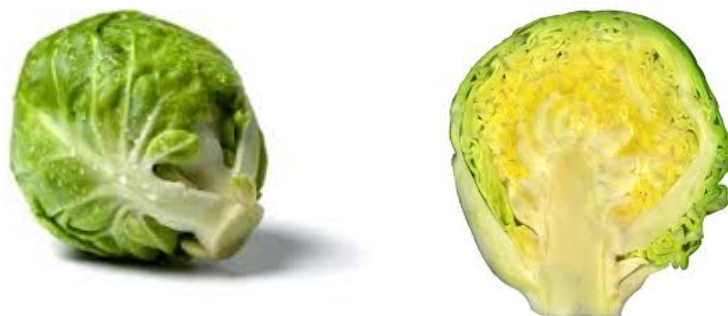
Did you know...

- ☺ **Did you know broccoli is a cruciferous vegetable and member of the cabbage family?** *(Cruciferous vegetables help prevent cancer.)*
- ☺ **Did you know there are different vegetables closely related to broccoli?** *(Broccolini, a cross between broccoli and kale; Broccoflower, a cross between broccoli and cauliflower; Broccoli Raab, long leafy stalks topped with small florets that look like broccoli.)*
- ☺ **Did you know that over the last 25 years broccoli consumption has increased by over 940%?**
- ☺ **Did you know broccoli has as much calcium, ounce per ounce, as milk?**
- ☺ **Did you know that the average person in the United States today, eats 4 1/2 pounds of broccoli per year?**
- ☺ **Did you know that broccoli florets, which are purplish or dark green, contain more vitamin C than paler ones?** *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ **Did you know that if you cut an "X" in the bottom of each fresh stalk of broccoli it will cook more evenly?** *(The broccoli florets tend to cook quicker than the stalks; therefore, cutting an "x" in each stalk helps them cook quicker.)*
- ☺ **Did you know that if a broccoli head was not picked when the flowers were still compact, that the flower buds would open as bright yellow flowers?**
- ☺ **Did you know that over 30,000 broccoli plants can be grown on one acre of land?**

**Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Brussel Sprout 😊



# ☺ FUN FACTS! ☺

## Brussel Sprouts

### Did you know...

- ☺ Did you know Brussel sprouts look like miniature cabbages?
- ☺ Did you know Brussel sprouts are popular in Brussels, Belgium & may have originated there in the 16<sup>th</sup> century?
- ☺ Did you know French settlers brought Brussel sprouts to Louisiana in the 18<sup>th</sup> century?
- ☺ Did you know Brussel sprouts are a traditional winter vegetable?
- ☺ Did you know Brussel sprouts thrive in cold, damp weather?
- ☺ Did you know Brussel sprouts grow on a thick stalk approximately 24 to 47 inches in height?
- ☺ Did you know Brussel sprouts grow like buds along the sides of the thick stalk?
- ☺ Did you know each stalk can produce up 2 to 3 pounds of Brussel sprouts?
- ☺ Did you know Brussel sprouts are usually sold loose not attached to their stalk?
- ☺ Did you know Brussel sprouts are a cruciferous vegetable?  
*(Cruciferous vegetables contain cancer preventive qualities.)*
- ☺ Did you know Brussel sprouts are believed to protect against colon cancer?
- ☺ Did you know Brussel sprouts contain good amounts of Vitamin A and C, folate and fiber? *(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, and aids in the absorption of iron. Folate helps our cells divide. Fiber aids in healthy digestion.)*
- ☺ Did you know most of the Brussel sprouts grown in the U.S. come from California?
- ☺ Did you know 80% to 85% of the Brussel sprouts grown in the U.S. are sent to be frozen?
- ☺ Did you know Brussel sprouts can be boiled, steamed, stir fried, grilled, pickled and currently the most popular way to serve is to roast?
- ☺ Did you know that when you overcook Brussel sprouts they produce a strong, unpleasant odor? *(The strong smell comes from the sulfur contained in the vegetable.)*

**Remember ... Eat more fruits and vegetables everyday!**

# 😊 Butternut Squash 😊



# ☺ FUN FACTS! ☺

## Butternut Squash

### Did you know...

- ☺ **Did you know butternut squash is a winter squash?**  
*(Winter squash is harvested at a mature age which makes its skin hard. Winter squash is always served cooked.)*
- ☺ **Did you know New Jersey ranks 6<sup>th</sup> in squash** *(includes summer and winter)*  
**production in the country?**
- ☺ **Did you know butternut squash has a smooth cream-beige shell or skin?**
- ☺ **Did you know butternut squash is medium in size with a pear shape?**
- ☺ **Did you know butternut squash is orange on the inside?**
- ☺ **Did you know butternut squash grows on a vine?**
- ☺ **Did you know butternut squash has small seeds on the inside?**  
*(The seeds can be roasted or toasted and eaten as a snack.)*
- ☺ **Did you know butternut squash originated from Mexico?**
- ☺ **Did you know butternut squash can be baked, roasted, grilled, boiled, pureed or mashed into soups, casseroles, breads or muffins?**
- ☺ **Did you know the skin of butternut squash softens when roasted or baked and is edible?**
- ☺ **Did you know butternut squash can be prepared like mashed potatoes and is delicious?**
- ☺ **Did you know butternut squash should not be refrigerated until it is cut?**
- ☺ **Did you know butternut squash is a good source of vitamin C, fiber and potassium?** *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron. Fiber is important for healthy digestion. Potassium balances the fluids in your body, is important for normal blood pressure, muscle growth and the functioning of the brain and nervous system.)*
- ☺ **Did you know butternut squash is an excellent source of vitamin A?**  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision.)*

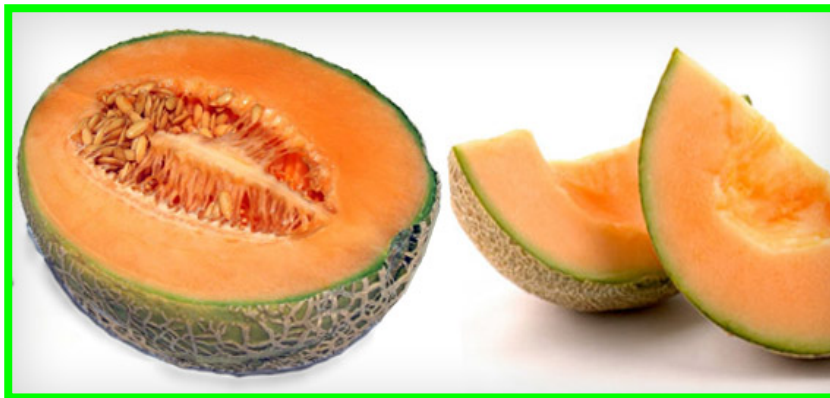
**Remember ... Eat more fruits and vegetables everyday!**

# C

**Is for...**



# 😊 Cantaloupe 😊



# ☺ FUN FACTS! ☺

## Cantaloupe

Did you know...

- ☺ Did you know cantaloupe is a melon?
- ☺ Did you know that cantaloupes are in the same gourd family as squashes and cucumbers?
- ☺ Did you know cantaloupes have a rough, rigid, tan skin?
- ☺ Did you know cantaloupes have an orange flesh?
- ☺ Did you know cantaloupes grow on a vine on the ground?
- ☺ Did you know cantaloupe is a juicy, sweet alternative for dessert?
- ☺ Did you know that cantaloupe is a popular melon in the United States?
- ☺ Did you know that a squirt of lemon or lime juice will enhance or perk up the flavor of a slice of cantaloupe?
- ☺ Did you know that there are six common sizes of cantaloupe?  
*(The sizes are 9, 12, 15, 18, 23 and 30. They are grouped into specific sizes based on their weight and the number that can fit into a 40-pound case or cardboard shipping box. A size 12 means that there are 12 cantaloupes of similar weight, approximately 3¼ lbs., in a 40-pound box. The smaller the number, the larger the cantaloupe.)*
- ☺ Did you know if you leave uncut cantaloupe at room temperature for two to four days the fruit will become softer and juicier?

**Remember ...**

**Eat more fruits and vegetables everyday!**

☺ Carrot ☺



😊 FUN FACTS! 😊

## Carrot

### Did you know...

- 😊 Did you know carrots come in many sizes and shapes: round, cylindrical, fat, very small, long or thin?
- 😊 Did you know carrots are usually orange in color?
- 😊 Did you know carrots are a root vegetable?  
*(The edible or orange part of the carrot grows underground.)*
- 😊 Did you know carrots are members of the parsley family?  
*(Their feathery green leaves look somewhat like parsley. Other members of this family are celery, parsnips, dill, fennel and the wildflower called Queen Anne's Lace.)*
- 😊 Did you know that carrots are crunchy?
- 😊 Did you know you can eat carrots raw, cooked or even as a juice?  
*(Carrots can be boiled, steamed, grilled or used to make cakes or breads)*
- 😊 Did you know carrots contain more sugar than any other vegetable, except for the beet?
- 😊 Did you know baby carrots or mini-peeled carrots are grown from “caropak” carrots?  
*(“Caropak” carrots are a different seed variety that grows slender carrots. They grow close together to keep their small size. These are primarily the variety of baby carrots available in supermarkets. True “baby” carrots would actually be carrots that have been removed from the ground early and look like miniature carrots. These are rarely available.)*
- 😊 Did you know carrots provide 30% of the vitamin A in American diets?  
*(Vitamin A is important for cell growth and development, for fighting diseases and for good vision.)*
- 😊 Did you know carrots are a great healthy, snack?

### **Remember ...**

Eat more fruits and vegetables everyday!

😊 Cauliflower 😊



😊 FUN FACTS! 😊

## Cauliflower

### Did you know...

- ☺ **Did you know cauliflower is a cruciferous vegetable?**  
*(Cruciferous vegetables such as cabbage, broccoli, kohlrabi and brussel sprouts contain certain nutrients that contribute to the reduction of cancer.)*
- ☺ **Did you know cauliflower's closest relative is broccoli?**
- ☺ **Did you know a lack of exposure to sunlight does not allow chlorophyll which is the color producing component of cauliflower to develop and therefore, the head remains white?**
- ☺ **Did you know cauliflower is a compact head of undeveloped white flower buds?**
- ☺ **Did you know that the compact head of the cauliflower is also called the "curd"?**
- ☺ **Did you know there are two types of cauliflower?**  
*(The two types are white cauliflower and green cauliflower. The green is a hybrid of white cauliflower and broccoli and is called "broccoflower". The green variety is less dense than the white, cooks more quickly, and has a milder taste.)*
- ☺ **Did you know ½ cup of cauliflower provides 100% of your daily recommended vitamin C?** *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ **Did you know you can eat cauliflower raw or cooked?**  
*(Cauliflower can be steamed, boiled or grilled. It also can be made into a soup.)*

### **Remember ...**

**Eat more fruits and vegetables everyday!**

☺ Celery ☺



☺ **FUN FACTS!** ☺

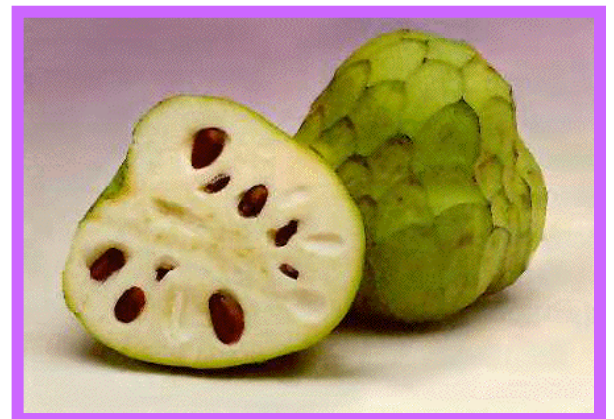
Celery

## Did you know...

- 😊 Did you know celery had its roots in France and Italy in the 1600's?
- 😊 Did you know celery is in the carrot family?
- 😊 Did you know celery is green?
- 😊 Did you know celery grows above ground?
- 😊 Did you know celery consists of leaf topped, ribbed stalks growing in a bunch with a common round base?
- 😊 Did you know celery hearts are the inner ribs of the celery bunch?
- 😊 Did you know California grows the most celery in the U.S.?
- 😊 Did you know "Pascal" celery is the most common variety?
- 😊 Did you know raw celery is crunchy?
- 😊 Did you know celery has a mild, sweet flavor?
- 😊 Did you know celery is a good source of vitamins A and C?  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- 😊 Did you know celery is often added to soups, stuffing, casseroles, stir-fries and stews to add flavor and seasoning?
- 😊 Did you know celery stalks have a groove in the middle that is perfect for adding fillings like peanut butter or cream cheese?

**Remember ...** Eat more fruits and vegetables everyday!

😊 Cherimoya 😊



☺ FUN FACTS! ☺

Cherimoya

## Did you know...

- 😊 Did you know cherimoya is part of the custard apple family?
- 😊 Did you know cherimoya grows on a small tree approximately 22 feet tall?
- 😊 Did you know cherimoya fruit is oval and slightly oblong in shape?
- 😊 Did you know cherimoya has a soft, sweet, white, creamy flesh with several large, glossy, dark brown seeds? *(The seeds can be easily removed.)*
- 😊 Did you know the seeds of the cherimoya if crushed open are poisonous?
- 😊 Did you know the skin of the cherimoya is slightly elevated with oval puckers?
- 😊 Did you know cherimoya will continue to ripen when kept at room temperature?
- 😊 Did you know cherimoya is best eaten when the skin “gives” slightly when lightly pressed just like an avocado?
- 😊 Did you know ripe cherimoya have a greenish-yellow skin color?
- 😊 Did you know cherimoya taste like a combination of pineapple and banana?
- 😊 Did you know cherimoya’s nickname is the “ice cream fruit” because some people chill it and then eat it with a spoon?
- 😊 Did you know cherimoyas are an excellent source of vitamin C and a good source of potassium and fiber? *(Vitamin C is needed by the body to form collagen in bones and aids in the absorption of iron. Potassium is important for normal blood pressure and muscle growth. Fiber is important for healthy digestion.)*
- 😊 Did you know cherimoya is primarily grown in South Asia, Central America, South America, Southern California, Hawaii and Southern Italy and Spain?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Cherry 😊



# ☺ FUN FACTS! ☺

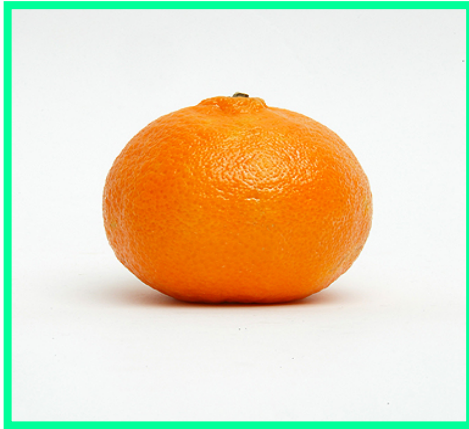
## Cherry

### Did you know...

- ☺ Did you know cherries have been around since prehistoric times?
- ☺ Did you know the early settlers brought cherries by ship to America in the 1600s?
- ☺ Did you know cherries are small and round?
- ☺ Did you know cherries can be red, dark red to black or light red with splashes of yellow?
- ☺ Did you know cherries have a smooth hard pit?
- ☺ Did you know there is a cherry called “bing” which is almost black in color and very sweet?
- ☺ Did you know there is a cherry known as “rainier” or “white cherry” which is super sweet and very expensive? *(The skin of this cherry is light red with splashes of yellow. It has a creamy, yellow flesh and is super sweet. It was developed in 1952. It is very expensive. It was named after Mt. Rainier in Washington State where it was created.)*
- ☺ Did you know cherries grow on trees that have beautiful white or pink blossoms?
- ☺ Did you know there are ornamental cherry trees just grown for their beautiful blossoms? *(They can be found in Washington, DC as they were given to the U.S. as a gift from Japan.)*
- ☺ Did you know it takes a cherry tree 3 to 4 years to produce fruit?
- ☺ Did you know cherries have a very short growing season?
- ☺ Did you know the peak growing season for cherries is in the summer?
- ☺ Did you know birds are a fan of cherries and can eat up to a third of a farmer’s crop?
- ☺ Did you know there are sweet cherries and sour cherries?
- ☺ Did you know sour cherries are primarily used for cooking? *(They make a great cherry pie!)*
- ☺ Did you know Turkey is the world’s leading producer of cherries while the U.S. is second?
- ☺ Did you know in the U.S. sweet cherries are mostly grown in Washington State, California, Oregon, Wisconsin, and Michigan?
- ☺ Did you know most sour cherries in the U.S. are grown in Michigan?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Clementine 😊



# ☺ FUN FACTS! ☺

## Clementine

### Did you know...

- ☺ Did you know that clementines have a distinctive sweet taste?
- ☺ Did you know that two clementines fulfill the USDA's recommended daily requirement of vitamin C?
- ☺ Did you know that citrus fruit such as clementines will help keep your bones and teeth healthy?
- ☺ Did you know that clementines are sold in mini wooden crates at your local supermarket?
- ☺ Did you know clementines are orange?
- ☺ Did you know that clementines are often mistaken for tangerines?
- ☺ Did you know clementines have a round shape?
- ☺ Did you know that clementines have what is called a "zipper" skin, loose and easily peeled?
- ☺ Did you know that clementines are a favorite citrus among children?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Collard Greens 😊



# 😊 FUN FACTS! 😊

## Collard Greens

### Did you know...

- 😊 Did you know collard greens are a member of the cabbage family?
- 😊 Did you know collard greens grow as a loose bouquet instead of in a tight head like cabbage?
- 😊 Did you know collard greens have large, dark green edible leaves?
- 😊 Did you know collard leaves are smooth with a slightly ruffled edge?
- 😊 Did you know the central rib or stem is usually tough and often discarded before cooking?
- 😊 Did you know collard greens are available year round?
- 😊 Did you know collard greens are tastier and more nutritious in the cold months after the 1<sup>st</sup> frost?
- 😊 Did you know collard greens have been eaten for approximately 2,000 years dating back to the Ancient Greeks?
- 😊 Did you know collard greens were brought to North America by the slaves?
- 😊 Did you know collard greens are a common food in Southern U.S. cooking?
- 😊 Did you know collard greens are popular in Soul food cuisine?
- 😊 Did you know Southern cooks often add bacon, ham and pork to collards for flavoring and sometimes serve them with vinegar or pepper sauce?
- 😊 Did you know collards are eaten traditionally on New Year's Day to ensure wealth in the coming year? *(The leaves of collards resemble folding money.)*
- 😊 Did you know in Kashmir collard greens are included in almost every meal?  
*(Kashmir is located on the northern borders of India and Pakistan and southwestern border of China.)*
- 😊 Did you know collard greens have a similar taste to another green known as kale, but they are milder?
- 😊 Did you know that raw collards cook down to a 4<sup>th</sup> of their volume?  
*(4 cups of raw collards would only produce 1 cup of cooked greens.)*
- 😊 Did you know collard greens are steamed, boiled and used in soups and stews?
- 😊 Did you know collard greens are low in calories?  
*(A ½ cup cooked collards contains approximately 46 calories.)*
- 😊 Did you know collard greens are an excellent source of vitamins A and C and rich in calcium and fiber? *(Vitamin A is important for growth and development of cells, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones and aids in the absorption of iron. Calcium builds strong bones. Fiber aids in healthy digestion.)*
- 😊 Did you know collard greens are rich in vitamin K? *(Vitamin K helps the blood clot.)*

**Remember ...** Eat more fruits and vegetables everyday!

# ☺ Corn on the Cob ☺





**Yellow Corn**



**White Corn**



**Bi-Color Corn**

# ☺ FUN FACTS! ☺

## Corn on the Cob

### Did you know...

- ☺ Did you know corn on the cob is also known as an ear of corn?
- ☺ Did you know the ear is covered by tightly wrapped leaves called the husk?
- ☺ Did you know threads of silk surround and protect the ear of corn?
- ☺ Did you know there is 1 piece of silk for every kernel?
- ☺ Did you know the average ear of corn has 800 kernels arranged in 16 rows?
- ☺ Did you know the kernels on the corn on the cob can be yellow, white or a combination of white and yellow (*bicolor*)?
- ☺ Did you know they call corn on the cob with white and yellow (*bicolor*) kernels honey and cream, butter and sugar and peaches and cream?
- ☺ Did you know you can test if corn on the cob is fresh by pinching a kernel?  
(*A milky juice should spurt out if the corn is fresh.*)
- ☺ Did you know the peak season for corn on the cob is in the summer months?
- ☺ Did you know New Jersey ranks 9<sup>th</sup> in the nation in sweet corn production?
- ☺ Did you know corn on the cob should be stored in a cool area?  
(*Warmth causes the sugar content of corn to convert to starch which will make the ear less sweet.*)
- ☺ Did you know the procedure for removing the husk and silk from corn on the cob is known as husking or shucking?
- ☺ Did you know the Iroquois Indians gave the first corn to European settlers in 1779?
- ☺ Did you know corn on the cob can be boiled, steamed or grilled whole in the husk?

- 😊 Did you know you can eat the corn directly off the cob or cut it off from the cob?
- 😊 Did you know because corn is high protein and carbohydrate it has been an important nutritional food for over thousands of years?
- 😊 Did you know Americans consume approximately 25 pounds of corn per person per year but most of it is in the frozen or canned state?

**Remember ...** Eat more fruits and vegetables everyday!

## 😊 Cranberry 😊





# ☺ FUN FACTS! ☺

## Cranberry

Did you know...

- ☺ Did you know that early settlers referred to the tiny red berry as a “cranberry” because the flower and its stem resembled the neck, head and bill of a crane?  
*(As years went by, the “e” was dropped.)*
- ☺ Did you know cranberries grow on vines in boggy or swampy areas?
- ☺ Did you know New Jersey ranks 3<sup>rd</sup> in the nation in cranberry production?
- ☺ Did you know there are four major varieties of cranberries:  
**American, European, Mountain and Highbush?**  
*(American is bright red and is the most common variety that is used for juice or sold as fresh; European is primarily used for ornamental purposes and is smaller than the American; Mountain is a ¼ to ½ inch in diameter, bright to dark red and is occasionally sold in markets; Highbush is mostly used for jelly, jams and sauces.)*
- ☺ Did you know that fresh cranberries are too tart to eat raw?
- ☺ Did you know that most cranberries are picked by machines?  
*(However, machines damage the berry. Machine harvested berries are used for juice, jellies, etc...)*
- ☺ Did you know fresh whole berries are hand-picked?  
*(Machine picking damages the berry.)*
- ☺ Did you know Native Americans brewed cranberry mixtures and placed them on arrow wounds to draw poison?
- ☺ Did you know Native Americans pounded cranberries into a paste and mixed it with dried meat to preserve and extend the life of the meat?
- ☺ Did you know good, ripe cranberries will bounce? *(Their nickname is “bounceberries”).*
- ☺ Did you know fresh cranberries can last up to 2 months in the refrigerator?
- ☺ Did you know that more than one-third of cranberries grown in the U.S. are made into cranberry juice?

- 😊 Did you know that dried cranberries are often called “Craisins”?
- 😊 Did you know that dried cranberries may last up to 12 months if stored in a cool, dry place?
- 😊 Did you know that dried cranberries are a quick, healthy snack?
- 😊 Did you know cranberries are a good source of vitamin C and fiber?  
*(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron. Fiber is important for healthy digestion.)*
- 😊 Did you know cranberry sauce is a traditional part of American and Canadian Thanksgiving meals and also European winter festivals?

**Remember ...** Eat more fruits and vegetables everyday!

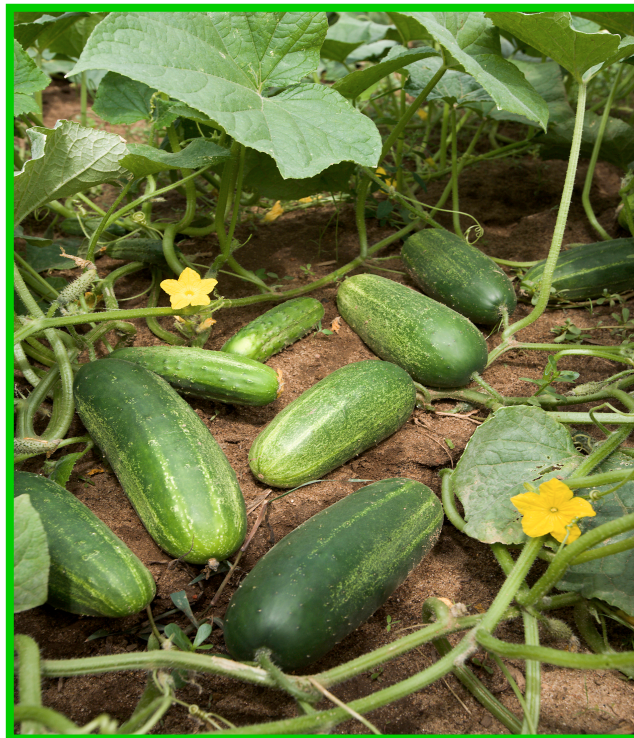
# 😊 Cucumber 😊



wiseGEEK



wiseGEEK



# 😊 FUN FACTS! 😊

## Cucumber

### Did you know...

- 😊 Did you know cucumbers are 95% water?
- 😊 Did you know the inner temperature of a cucumber can be 20° degrees cooler than the outside air?  
*(This is how we got the catchy phrase “Cool as a Cucumber”!)*
- 😊 Did you know cucumbers are cool and moist due to their water content?
- 😊 Did you know there are many varieties of cucumbers?  
*(English, Persian, Pickling, Armenian and Japanese)*
- 😊 Did you know cucumbers are a member of the gourd family along with pumpkins, zucchini, watermelon and squash?
- 😊 Did you know some cucumbers are called “burpless”?  
*(These cucumbers have no seeds or tiny seeds which make this variety easier for people to digest.)*
- 😊 Did you know the “kirby” cucumber, used to make dill pickles, is also a popular raw cuke?  
*(The “kirby” is popular as a fresh cucumber because it has a thin skin with a crisp flesh and tiny seeds. Its skin is also not waxed!)*
- 😊 Did you know an average sized cucumber has only 15 calories?
- 😊 Did you know there are two types of cucumbers; slicers and picklers?  
*(“Slicers” are eaten raw or fresh and “picklers” are used to make pickles.)*
- 😊 Did you know New Jersey ranks 6<sup>th</sup> in the nation in cucumber production?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# D

**Is for...**



☺ Daikon ☺



☺ FUN FACTS! ☺

## Daikon

### Did you know...

- ☺ Did you know daikons are a variety of radishes?
- ☺ Did you know daikons are also called Oriental or Chinese radishes?
- ☺ Did you know daikons originated in Asia?
- ☺ Did you know daikon comes from the Japanese words “dai” meaning large and “kon” meaning root?
- ☺ Did you know the most common daikon variety looks like a large white carrot?
- ☺ Did you know most daikons are 6-20 inches long and 2-4 inches in diameter?
- ☺ Did you know daikons have white flesh and a thin dirty white skin?
- ☺ Did you know daikons are usually eaten raw and have a crunchy mild flavor?
- ☺ Did you know that more daikon is produced in Japan than any other vegetable?
- ☺ Did you know daikons are low in calories and are a good source of vitamin C? *(1/2 cup = 10 calories and 15% of your recommended daily intake of vitamin C)*
- ☺ Did you know daikons contain active enzymes that aid in digestion?  
*(Often these are served in Japanese restaurants with tempura or other fried foods as they are believed to cut the oiliness and aid in digestion. They are served raw and finely shredded into a string like shape.)*
- ☺ Did you know that California is the major producer of daikons in the U.S.?

**Remember ...** Eat more fruits and vegetables everyday!

☺ Date ☺



☺ FUN FACTS! ☺

## Date

### Did you know...

- 😊 Did you know dates originated in the Middle East and Northern Africa?
- 😊 Did you know dates are grown on date palm trees?
- 😊 Did you know dates are grown in desert environments?
- 😊 Did you know the word date comes from the Greek word for “finger”?  
*(The fruit's elongated shape resembles a finger.)*
- 😊 Did you know dates contain a single seed?
- 😊 Did you know dates are the only naturally dehydrated whole fruit?  
*(They contain little water; only 30% moisture.)*
- 😊 Did you know mature date palm trees produce between 176 - 264 pounds of dates in one harvest season?
- 😊 Did you know dates contain many minerals that work in harmony to lower blood pressure? *(The minerals include calcium, magnesium, zinc, copper, iron, selenium and potassium.)*
- 😊 Did you know an unripe date is bright red or bright yellow?
- 😊 Did you know fresh dates are deep brown and plump?  
*(Fresh dates contain less sugar and more fiber than dried dates.)*
- 😊 Did you know dates do not need to be refrigerated?
- 😊 Did you know dates can be eaten out-of-hand, stuffed with fillings such as almonds, walnuts or cream cheese, or chopped and used in desserts such as puddings, cookies and breads?
- 😊 Did you know in ancient times, a bowl of dates was offered at a meal as a sign of hospitality to a guest? *(Many cultures continue this custom.)*
- 😊 Did you know Egypt, Iran and Saudi Arabia are the top producers of dates?
- 😊 Did you know the primary states in the U.S. growing dates are southern California, Arizona and southern Florida?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Dragon Fruit 😊



**Red Flesh Dragon Fruit**



**Yellow Dragon Fruit**



**White Flesh Dragon Fruit**



# 😊 FUN FACTS! 😊

## Dragon Fruit Did you know...

- 😊 Did you know dragon fruit are common in Mexico, Central America, South America, East Asia and Southeast Asian countries?
- 😊 Did you know dragon fruit are also called pitaya?
- 😊 Did you know there are three types of dragon fruit?  
*(The three types are red-skinned with white flesh, red-skinned with red flesh and yellow-skinned with white flesh. The red skinned with white flesh are the most common variety.)*
- 😊 Did you know dragon fruit grows on a cactus-like tree?
- 😊 Did you know the dragon fruit cactus has a large white fragrant flower that only blooms at night?
- 😊 Did you know the flower of the dragon fruit cactus-like tree is called “moonflower” or “Queen of the Night”?
- 😊 Did you know dragon fruit grows well in dry, tropical climates with moderate amounts of rain?
- 😊 Did you know the dragon fruit cactus can produce fruits 5-6 times per year?
- 😊 Did you know most dragon fruit is eaten raw?
- 😊 Did you know some dragon fruit are sour?
- 😊 Did you know the skin of the dragon fruit is leathery and slightly leafy?
- 😊 Did you know that most dragon fruit have a bright pink or crimson color skin?
- 😊 Did you know the flesh of the dragon fruit has a soft, creamy texture?
- 😊 Did you know most dragon fruit is very bland with a mild sweetness?  
*(The mild taste is often a surprise because the fruit has such a vibrant skin color. Most people think the taste is going to be very strong and sweet.)*
- 😊 Did you know dragon fruit have thousands of tiny, black, crunchy seeds similar to kiwifruit?
- 😊 Did you know the seeds of the dragon fruit are eaten together with the flesh?
- 😊 Did you know the seeds of the dragon fruit contain fats?
- 😊 Did you know the seeds of the dragon fruit have a nutty taste?
- 😊 Did you know they produce juice and wine from dragon fruit?
- 😊 Did you know they make dried dragon fruit?
- 😊 Did you know the flowers from the dragon fruit are used to make tea?
- 😊 Did you know you don't eat the skin of the dragon fruit?
- 😊 Did you know dragon fruit are low in calories?
- 😊 Did you know dragon fruit contain a lot of water?
- 😊 Did you know dragon fruit are a good source of vitamin C?

E

Is for...



# 😊 Eggplant 😊



**Deep Purple/Black Eggplant**



**Striped Eggplant**



**White Eggplant**



**Japanese Eggplant**



# ☺ FUN FACTS! ☺

## Eggplant

### Did you know...

- ☺ Did you know eggplants are a member of the nightshade family?  
*(They are closely related to tomatoes, potatoes and hot peppers.)*
- ☺ Did you know eggplants originated in India?
- ☺ Did you know the first eggplants were white and looked like eggs when hanging from the plant?
- ☺ Did you know eggplants are purple, green, white, striped and even orange?  
*(The common variety in the U.S. is deep purple to almost black.)*
- ☺ Did you know eggplants are commonly used a meat substitute?
- ☺ Did you know most eggplants are pear shaped or elongated?
- ☺ Did you know eggplant range in size from a golf ball to a football?
- ☺ Did you know eggplants contain small, soft, edible, bitter seeds?
- ☺ Did you know eggplant is not eaten raw? *(It is too bitter!)*
- ☺ Did you know there are Japanese/Oriental/Chinese eggplants that have the shape of a cucumber and a thin edible skin?
- ☺ Did you know that in the U.S. --- Florida and New Jersey are the top producers of eggplant?
- ☺ Did you know if you rinse and salt eggplant it helps eliminate the bitterness and prevents it from absorbing a lot of oil when frying or sautéing this vegetable?
- ☺ Did you know eggplant is a berry that forms after the flower drops?  
*(Early in the season eggplants produce star-shaped blue-violet flowers.)*
- ☺ Did you know that some cultures still think the eggplant is poisonous?  
*(A legend has it that an Indian ate some raw bitter eggplant and had a fit. People thought the eggplant had poisoned him. In some areas it is known as “mad apple”, “bad egg” or “bad apple”.)*
- ☺ Did you know there are male and female eggplants?  
*(Check the blossom end. The male has a round mark and the female an oval mark. Females are firmer, have fewer seeds and are less bitter.)*
- ☺ Did you know the Italians prepare a dish with eggplant and various vegetables called “gumbroit” and the French cook a similar dish but call it “ratatouille”?

**Remember ... Eat more fruits and vegetables everyday!**

# 😊 Endive 😊



**Curly Endive**



**Broad-Leaf Endive**



# 😊 FUN FACTS! 😊

## Endive

### Did you know...

- 😊 Did you know endive is closely related to the dandelion plant?
- 😊 Did you know endive is sometimes called chicory?
- 😊 Did you know endive originated in southern Asia and Egypt?
- 😊 Did you know endive is zesty, bitter and green?
- 😊 Did you know endive can be eaten raw or cooked?
- 😊 Did you know there are two varieties of endive?  
*(Curly Endive --- wild looking, narrow, green curly outer leaves, usually eaten raw;  
Escarole/Broad-Leaved Endive: broad, pale green leaves, popular among Italians as a cooked dish with beans and often added to soups.)*
- 😊 Did you know endive is related to Belgian endive but is totally a different plant?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

**F**

**Is for...**



☺ Fennel ☺



☺ FUN FACTS! ☺

Fennel

## Did you know...

- 😊 Did you know fennel tastes similar to licorice candy?
- 😊 Did you know fennel is sometimes called “sweet anise”?
- 😊 Did you know fennel originated in the Mediterranean?
- 😊 Did you know fennel looks similar to celery, but has a white or pale green bulb and stalks topped with feathery green leaves?
- 😊 Did you know fennel is related to parsley, carrots and dill?
- 😊 Did you know fennel is a root vegetable and the bulb grows underground?
- 😊 Did you know the name fennel originates from the Greek word for “marathon”?  
*(The Greeks fought the famous battle at Marathon in 490 B.C. against the Persians on a field of fennel and for this reason it was given the name marathon.)*
- 😊 Did you know the ancient Greeks prized fennel as a medicine?
- 😊 Did you know fennel is often called Florence fennel or among the Italians “finocchio” (pronounced “finook”)?
- 😊 Did you know flowers grow near the top of the feathery green leaves of fennel and these produce fennel seeds?
- 😊 Did you know fennel seeds are a common ingredient in Italian sausages and meatballs and European rye breads?
- 😊 Did you know the Italians often serve fennel at the end of the meal as it is believed to help in the digestion of food?
- 😊 Did you know fennel can be eaten raw and is crunchy?
- 😊 Did you know the bulb of the fennel can also be braised, grilled, stir-fried or cooked and added to stew or soup?
- 😊 Did you know the feathery tops of fennel are used as an herb?
- 😊 Did you know fennel is low in calories? *(One cup contains 25 calories.)*
- 😊 Did you know fennel is a good source of vitamin C, potassium and fiber?  
*(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron. Potassium balances the fluids in your body, is important for normal blood pressure, muscle growth and the functioning of the brain and nervous system. Fiber is important for healthy digestion.)*

**Remember ... Eat more fruits and vegetables everyday!**

😊 Fig 😊



☺ FUN FACTS! ☺

## Fig

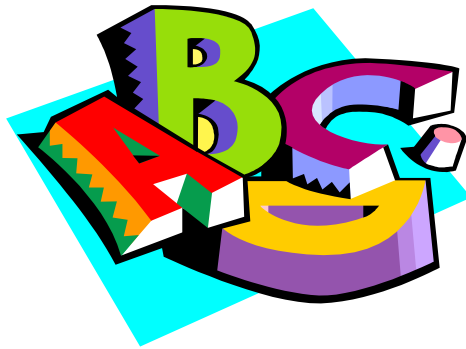
### Did you know...

- 😊 Did you know figs are one of the oldest fruits?
- 😊 Did you know figs were brought to the U.S. by Spanish missionaries settling in southern California in 1759?
- 😊 Did you know there are hundreds of varieties of figs?
- 😊 Did you know figs have white, green, purple or black skin?
- 😊 Did you know fresh figs can be round, flat, oval or elongated?
- 😊 Did you know the flesh of fresh figs ranges in color from yellowish white to a deep reddish pink?
- 😊 Did you know most fresh figs are full of tiny, crunchy seeds that are eaten?
- 😊 Did you know the skin of fresh figs is edible?
- 😊 Did you know California is the top producer of figs in the U.S.?
- 😊 Did you know figs are very fragile and must be handled with extreme care by shippers? *(This is the reason fresh figs are expensive.)*
- 😊 Did you know figs are primarily dried because they are so fragile?
- 😊 Did you know you can use dried fig puree in baked good recipes to replace some of the fat? *(Only use half of the amount of oil, shortening, margarine or butter in the recipe. Replace the other half of the recipe amount with fig puree. To make fig puree simply place 2 cups dried figs, ¾ cup water and 2 teaspoons of vanilla in a blender or food processor.)*
- 😊 Did you know there is a variety called the “Mission fig”? *(It was named after the mission monks who were the first to plant this variety in California.)*
- 😊 Did you know although the fig is considered a fruit it is actually a flower inverted into it’ self?
- 😊 Did you know figs are a common food in the Mediterranean?

**Remember ...** Eat more fruits and vegetables everyday!

# G

**Is for...**



# 😊 Grape 😊



**Concord Grapes**



**Red Globe Grapes**



# ☺ FUN FACTS! ☺

## Grape Did you know...

- ☺ Did you know grapes are one of the oldest fruits going back as far as biblical times?
- ☺ Did you know grapes can be eaten raw, or used for making jam, jelly, juice, vinegar, wine, raisins or grape seed oil?
- ☺ Did you know grapes come in thousands of varieties?
- ☺ Did you know the most widely planted grape is the Thompson Seedless?
- ☺ Did you know grapes come in a variety of colors?  
*(Colors include: black, blue, golden, red, green, purple and blue-black)*
- ☺ Did you know grapes grow in clusters of 6 to 300 grapes?
- ☺ Did you know grapes are round or oblong in shape?
- ☺ Did you know grapes grow on vines?
- ☺ Did you know grape vines usually wind around stakes or trellises?  
*(The vines need these structures for support.)*
- ☺ Did you know they make wreaths from grape vines?
- ☺ Did you know some cultures eat the grape leaf?  
*(The Greeks make a dish called "dolmades". It is grape leaves stuffed with lamb, rice and other items.)*
- ☺ Did you know most grapes in the U.S. are grown in California?
- ☺ Did you know the top three world producers of grapes are China, Italy and the USA?
- ☺ Did you know that approximately 71% of world grape production is used for wine, 27% as fresh fruit, and 2% as dried fruit?
- ☺ Did you know grapes are classified into two categories?  
*(The two categories are "Table Grapes" which are eaten raw and "Wine Grapes" which are used to make wine.)*
- ☺ Did you know most table grapes have large seedless fruit with thin skin, and their juice is 15% sugar by weight? *(Wine grapes are smaller and usually have seeds and thick skins. They are very sweet and their juice is 24% sugar by weight.)*
- ☺ Did you know raisins are dried grapes?
- ☺ Did you know one cup of raisins contains 464 calories and one cup of grapes only contains 62 calories?
- ☺ Did you know grapes are about 80% water?
- ☺ Did you know grapes are a great low calorie snack?
- ☺ Did you know grapes can be frozen and are a refreshing summer treat?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Grapefruit 😊



**White Grapefruit**



**Pink Grapefruit**



**Ruby Red Grapefruit**



**Pomelo**



# ☺ FUN FACTS! ☺

## Grapefruit

### Did you know...

- ☺ Did you know this citrus fruit got its name, grapefruit, because it grows on the tree in clusters, like grapes?  
*(Sometimes as many as 25 fruits in a cluster hang from a tree.)*
- ☺ Did you know a grapefruit contains both a sweet and tangy flavor?
- ☺ Did you know the U.S. is the top producer of grapefruit?
- ☺ Did you know that the sweetest and juiciest grapefruit can be found in supermarkets from December to June and come from Florida and Texas?
- ☺ Did you know that California and Florida grapefruit are different?  
*(Florida grapefruit have a thinner rind and are sweeter and less pulpy. California grapefruit are easier to peel and segment, but they are not as juicy and their flavor is only fair.)*
- ☺ Did you know that the original grapefruit was called a pomelo or shaddock?  
*(This fruit can sometimes be found in Oriental markets. They are larger than grapefruit and have a rough, puffy, thick rind. They contain lots of seeds are sour tasting and have very little juice.)*
- ☺ Did you know there are three major types of grapefruits --- white, pink/red and star ruby/rio red? *(The types of grapefruit are based on the color of the pulp or flesh.)*
- ☺ Did you know grapefruits usually have a yellow or yellow-pink skin?
- ☺ Did you know grapefruits are round in shape?
- ☺ Did you know that grapefruits containing seeds are used to make juice?  
**Did you know that the pink and red varieties contain more vitamins than the white grapefruit?** *(Red grapefruit contains over 20 times more vitamin A than white. Vitamin A is important for cell growth and development, for fighting off diseases and for good vision.)*

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Green Bean 😊



**Bush Green Beans**



**Pole Green Beans**

# ☺ FUN FACTS! ☺

## Green Bean

### Did you know...

- ☺ Did you know green beans are also called *string beans*?  
(They got this name because years ago they had a fibrous string running along the seam of the bean. The string has been bred out of most varieties today.)
- ☺ Did you know the first “stringless” bean was grown in 1894?
- ☺ Did you know green beans are also called *snap beans*?  
(They got this name because they make a snapping noise when broken in half.)
- ☺ Did you know you eat the pod or shell of green beans?
- ☺ Did you know green beans are the most popular edible pod bean in the United States?
- ☺ Did you know New Jersey ranks 8<sup>th</sup> in snap bean production in the country?
- ☺ Did you know green beans are classified into two major groups, bush beans and pole beans?
- ☺ Did you know bush green beans grow on a plant approximately two feet tall?
- ☺ Did you know pole bean plants actually grow around poles supporting them?
- ☺ Did you know pole beans are usually larger and flatter than bush beans and commonly picked by hand?
- ☺ Did you know green beans are picked while still immature and the inner beans are just starting to grow?
- ☺ Did you know there are yellow string beans called *wax beans*?
- ☺ Did you know green beans are a good source of vitamin C?
- ☺ Did you know green beans can be eaten raw?
- ☺ Did you know raw green beans are crunchy?
- ☺ Did you know green beans can be steamed, boiled, stir-fried and baked in casseroles?
- ☺ Did you know *green bean casserole* is a popular green bean dish eaten at Thanksgiving? (It is made with green beans, cream of mushroom soup and French fried onions.)

**Remember ... Eat more fruits and vegetables everyday!**

# H

**Is for...**



☺ Honeydew ☺



☺ FUN FACTS! ☺

## Honeydew

### Did you know...

- 😊 Did you know honeydew has a round to slightly oval shape?
- 😊 Did you know honeydew usually weighs from 4-8 pounds?
- 😊 Did you know honeydew has a smooth skin that ranges from greenish to yellow?
- 😊 Did you know the flesh or inside of the honeydew is pale green in color?
- 😊 Did you know honeydews taste better if left unrefrigerated for a few days?
- 😊 Did you know a 1/10 slice of a honeydew is only 50 calories?
- 😊 Did you know honeydew is high in Vitamin C?  
*(A 1/10 slice contains 45% of your recommended daily value.)*
- 😊 Did you know honeydews are considered the sweetest of all the melons?
- 😊 Did you know honeydew have seeds in the middle?
- 😊 Did you know there is orange fleshed honeydew?  
*(The rind has a golden color that turns orange as the melon ripens.)*
- 😊 Did you know the best time to get a sweet honeydew is from August to October?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

😊 Hubbard Squash 😊



Golden



Baby Blue



Green



☺ FUN FACTS! ☺

Hubbard Squash

## Did you know...

- 😊 Did you know hubbard squash comes in several varieties?  
*(Green, Golden, Blue and Baby Blue are the various colors of its shell.)*
- 😊 Did you know hubbard squash ranges in size from 5 to 50 pounds?
- 😊 Did you know hubbard squash have a hard, thick, bumpy shell?
- 😊 Did you know the flesh of the hubbard squash, or inside part that is eaten, is orange?
- 😊 Did you know the flesh of hubbard squash is sweet when cooked?
- 😊 Did you know hubbard squash are a winter squash?  
*(Winter squash is harvested at a mature age which makes its skin hard and not edible. Winter squash is always served cooked.)*
- 😊 Did you know hubbard squash has a tear-drop shape?
- 😊 Did you know hubbard squash is not very pretty?
- 😊 Did you know hubbard squash is an excellent source of vitamin A?  
*(A ½ cup contains over 100% of the recommended daily value. Vitamin A is important for cell growth and development, for fighting off diseases and for good vision.)*
- 😊 Did you know uncut hubbard squash can be stored up to 3 months or longer in a cool, dry place?
- 😊 Did you know uncut hubbard squash should not be refrigerated?
- 😊 Did you know hubbard squash is very difficult to cut?  
*(The problem is the shell is hard, and it is difficult to keep the squash from rolling. Some people use a kitchen saw to cut it.)*
- 😊 Did you know hubbard squash is often used as a replacement in recipes that call for pumpkin?
- 😊 Did you know hubbard squash can be baked, mashed, added to soups or mixed with other vegetables in a casserole?
- 😊 Did you know hubbard squash makes a great pie?  
*(It tastes similar to pumpkin pie, but it's sweeter and requires less sugar.)*

## Remember ...

**Eat more fruits and vegetables everyday!**



**Is for...**



☺ Iceberg Lettuce ☺



☺ **FUN FACTS!** ☺

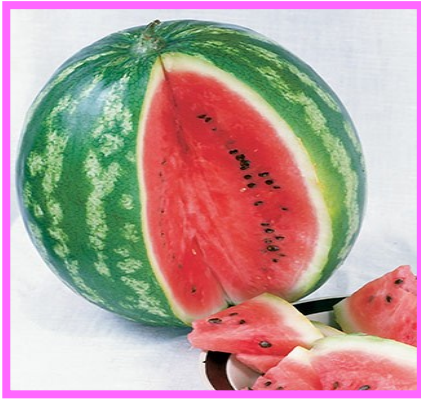
Iceberg Lettuce

## Did you know...

- ☺ Did you know iceberg lettuce was originally called “Crisphead Lettuce”?
- ☺ Did you know iceberg lettuce received its name in the 1920’s when a shipment of crisphead lettuce was packed in “ice” and shipped by train from the Midwest to the East Coast?
- ☺ Did you know lettuce originated in the Mediterranean?
- ☺ Did you know Christopher Columbus brought lettuce to the new world?
- ☺ Did you know there are many varieties of lettuce?  
*(Romaine, Boston, Bibb, Red and Green Leaf...)*
- ☺ Did you know iceberg lettuce is crispy and has a very mild flavor?
- ☺ Did you know iceberg lettuce has a large round head formed by large tightly packed leaves?
- ☺ Did you know iceberg lettuce is the most popular lettuce variety?
- ☺ Did you know iceberg lettuce is primarily eaten raw in salads?
- ☺ Did you know iceberg lettuce is primarily made up of water?
- ☺ Did you know iceberg lettuce is the least nutritious of all salad greens?
- ☺ Did you know iceberg lettuce mixed with other darker green lettuces will make a healthier salad than plain iceberg?  
*(The rule of thumb is the darker the leaves the healthier the lettuce. Usually the greener leaves contain more nutrients.)*
- ☺ Did you know California is the major producer in the U.S. of iceberg lettuce?
- ☺ Did you know the packaged lettuce you buy in supermarkets may be up to two weeks old?  
*(The lettuce is vacuum packed which removes moisture and air that damage the lettuce.)*
- ☺ Did you know local farmers usually cut the lettuce in the morning then submerge it into ice cold water?
- ☺ Did you know when the growing conditions are too wet, it will result in iceberg lettuce having rust marks on the leaves?

**Remember ...** Eat more fruits and vegetables everyday!

☺ Icebox Watermelon ☺



☺ **FUN FACTS!** ☺  
Icebox Watermelon

## Did you know...

- ☺ Did you know there are four categories of watermelons?  
*(Ice Box, Allsweet, Seedless and Yellow Flesh)*
- ☺ Did you know icebox watermelons can have a light green rind with dark green stripes or the rind can be all dark green?
- ☺ Did you know icebox watermelons range in size from 5 to 15 pounds?
- ☺ Did you know icebox watermelons have red or yellow flesh?
- ☺ Did you know icebox watermelon are popular for their convenient size, easy to fit in the refrigerator or a picnic cooler?
- ☺ Did you know farmers like growing icebox watermelons because the yield is great? *(More melons fit on a field.)*
- ☺ Did you know icebox watermelons are available in many varieties? *(Sugar Baby, Tiger Baby, Mickeylee, Minilee, Petit Sweet, Yellow Doll...)*
- ☺ Did you know watermelons originated in Africa?
- ☺ Did you know watermelon is in the cucumber and squash family?
- ☺ Did you know watermelons consist of 92% water and 6% sugar?
- ☺ Did you know watermelon is possibly the most refreshing and thirst quenching fruit?
- ☺ Did you know watermelon can be eaten in salads made into a salsa or blended into a refreshing cool drink?
- ☺ Did you know if you put an unripened watermelon in a paper bag it may help it to ripen?
- ☺ Did you know watermelon contains high quantities of lycopene?  
*(Lycopene is an antioxidant that may help reduce risks of cancer and other diseases.)*

## Remember ...

Eat more fruits and vegetables everyday!

J

Is for...



# 😊 Jackfruit 😊



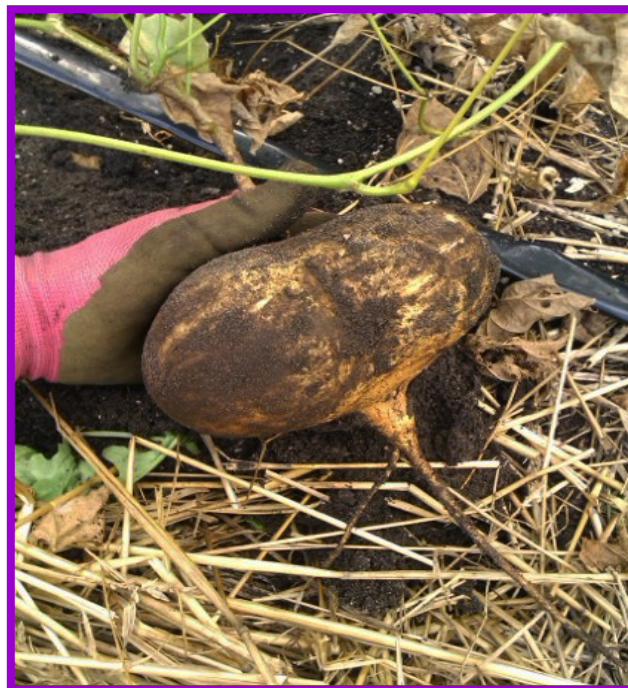
# 😊 FUN FACTS! 😊

## Jackfruit

### Did you know...

- 😊 Did you know a jackfruit can weigh up to 100 pounds?
- 😊 Did you know jackfruit can grow up to 3 feet long?
- 😊 Did you know jackfruit is the largest tree-borne fruit in the world?
- 😊 Did you know jackfruit has an oblong shape?
- 😊 Did you know jackfruit is commonly available during the summer months and the beginning of autumn?
- 😊 Did you know jackfruit grows in abundance in humid tropical climates in Southeastern Asia and Southern China?
- 😊 Did you know the jackfruit tree is 30 to 70 feet tall with glossy and somewhat leathery long, oval leaves?
- 😊 Did you know one jackfruit tree can produce 150 to 500 fruits per year?
- 😊 Did you know an uncut ripe jackfruit gives off a mildly unpleasant odor, resembling that of decayed onions?
- 😊 Did you know the exterior of the fruit is usually yellow when ripe?
- 😊 Did you know the exterior of the jackfruit contains many hard, cone-like points attached to a thick and rubbery skin?
- 😊 Did you know jackfruit contains fleshy pods of fruit surrounded by sticky soft antennae?
- 😊 Did you know the flesh of jackfruit has a pale to dark yellow color?
- 😊 Did you know each fleshy pod of jackfruit contains a seed that is edible?  
*(The seeds are usually boiled or roasted.)*
- 😊 Did you know jackfruits are difficult to peel because of the prickly exterior?
- 😊 Did you know the interior of jackfruit gives off a sticky, gluey substance that attaches to whatever it touches? *(Rub hands and knives in salad oil before cutting jackfruit.)*
- 😊 Did you know ripe jackfruit taste like a combination of pineapple and banana?
- 😊 Did you know unripe jackfruit when cooked taste like chicken and is an ideal meat substitute for vegetarians?
- 😊 Did you know jackfruit is available fresh, canned, frozen or as dried chips?
- 😊 Did you know jackfruit is also used to make ice cream, jam, jelly and curries?
- 😊 Did you know jackfruit is an excellent source of vitamin C? *(Vitamin C helps the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in absorption of iron.)*

# 😊 Jicama 😊



# ☺ FUN FACTS! ☺

## Jicama

### Did you know...

- ☺ Did you know jicama is pronounced --- *hick-ah-mah*?
- ☺ Did you know jicama is a root vegetable?
- ☺ Did you know jicama is also called the Mexican potato, Mexican yam bean, Chinese turnip or potato, ahipa, lo bok and saa got?
- ☺ Did you know jicama looks like a turnip or large radish?
- ☺ Did you know jicama has a short root?
- ☺ Did you know a jicama can range in weight from one-half pound to five pounds?
- ☺ Did you know jicama has a thin tan or brown skin?  
(The thin skin is usually peeled before eating.)
- ☺ Did you know the flesh of jicama is white?
- ☺ Did you know jicama seeds were used by Aztecs as a medicine?
- ☺ Did you know jicama is widely grown in Mexico and Central America?
- ☺ Did you know jicama is a popular food in the diets of Latin Americans and Mexicans?
- ☺ Did you know jicama is crisp, crunchy and slightly sweet?
- ☺ Did you know jicama can be eaten raw or lightly cooked?
- ☺ Did you know you store whole jicamas just like potatoes?  
(Store jicamas in a cool, dry place.)
- ☺ Did you know jicama is a great low calorie snack with a sprinkle of lemon or lime juice?
- ☺ Did you know jicama is great substitute for water chestnuts in stir-fries?
- ☺ Did you know jicama does not discolor when exposed to air?  
(Raw jicama is a great item for a vegetable platter served with dips.)
- ☺ Did you know jicama is high in vitamin C?  
(One cup contains 20% of the recommended daily value. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)

**Remember ...** Eat more fruits and vegetables everyday!

# K

Is for...



☺ Kale ☺



**Curly Leaved Kale**



**Flat Leaved Kale**



# ☺ FUN FACTS! ☺

## Kale

### Did you know...

- ☺ Did you know NJ ranks 4<sup>th</sup> in the Nation in kale production?
- ☺ Did you know kale leaves sprout up from a central core stem that is low to the ground?
- ☺ Did you know kale grows well in colder temperatures & can withstand frost?
- ☺ Did you know kale is often referred to as a “Super Food”?
- ☺ Did you know it is called a “Super Food” because 1 cup of kale contains:
  - ✓ 206% of Vitamin A --- Good for eyes & helps heart, lungs & kidneys
  - ✓ 134% for Vitamin C --- Protects from disease & keeps cells healthy
  - ✓ 9% for Calcium --- Builds strong bones
  - ✓ 684% for vitamin K --- Helps blood clot & boosts bone density
  - ✓ 33 calories
- ☺ Did you know kale is also high in potassium? *(Potassium helps lower blood pressure.)*
- ☺ Did you know kale is a cruciferous vegetable? *(It contains cancer preventive qualities.)*
- ☺ Did you know kale leaves are curly or flat?
- ☺ Did you know kale leaves range in color from green, dark green, violet-green & violet-brown?
- ☺ Did you know Curly Kale has ...
  - ✓ Deep Green Leaves
  - ✓ Ruffled Leaves
  - ✓ Fibrous Stalk
  - ✓ Pungent Taste w/ Bitter Peppery Flavors
- ☺ Did you know Flat Leaved Kale is ...
  - ✓ Known as Dinosaur, Lacinato or Tuscan
  - ✓ Dark Blue-Green
  - ✓ Leaves w/ Embossed Texture
  - ✓ Sweeter & More Delicate in Taste
- ☺ Did you know there is ornamental kale & leaves can be white, red, pink, lavender, blue or violet?
- ☺ Did you know Kale is sometimes called a poor man's food?  
*(It is easy to grow, loaded with nutrients & inexpensive.)*
- ☺ Did you know kale can be eaten raw in salads, added to soups, stews, stir-fries or can be boiled, steamed or baked?
- ☺ Did you know kale is often blended or processed into a green energy drink w/ veggies & fruits? *(Kale is main ingredient because it contains many healthy nutrients.)*
- ☺ Did you know kale can be baked & eaten like potato chips? *(A Super healthy snack!)*

**Remember ... Eat more fruits and vegetables everyday!**

# 😊 Kiwifruit 😊



Green Kiwifruit



Gold Kiwifruit



# ☺ FUN FACTS! ☺

## Kiwifruit

### Did you know...

- ☺ Did you know kiwifruit has been described as tasting like a combination of melon, citrus fruits, nectarines and strawberries --- all in one?
- ☺ Did you know kiwifruit originated in China? *(It is the National Fruit of China.)*
- ☺ Did you know the Chinese call kiwifruit yáng táo meaning “sunny peach” or mí hóu táo meaning “Macaque peach”? *(A macaque is a monkey.)*
- ☺ Did you know kiwifruit used to be called Chinese gooseberries in New Zealand?
- ☺ Did you know in 1959 New Zealanders changed the name to kiwifruit after their national bird, the kiwi? *(The kiwi bird is small, brown and furry like the fruit.)*
- ☺ Did you know the name kiwifruit is often shortened to “kiwi”?
- ☺ Did you know the first kiwifruit came to the U.S. from New Zealand in 1952?
- ☺ Did you know it takes almost 2 weeks for kiwi to arrive at U.S. ports from New Zealand?
- ☺ Did you know Italy and New Zealand are the top world producers of kiwi?
- ☺ Did you know most kiwifruit is green on the inside?
- ☺ Did you know that you can eat the tiny black seeds on the inside of the fruit?
- ☺ Did you know you can eat the fuzzy skin on the outside of the kiwifruit?  
*(Just rinse and rub the skin gently, cut into quarters and eat!)*
- ☺ Did you know you can speed up the ripening of kiwi by placing it close to, or in a bag with bananas, apples or pears?  
*(Kiwi is sensitive to a gas, ethylene, produced by these other fruits. This gas will soften the kiwifruit.)*
- ☺ Did you know that there are two types of kiwifruit, green and gold?  
*(The gold was first grown in the 1980's. It has a golden yellow flesh with tiny black seeds. It looks the same as green kiwi but with a golden color. It is also less hairy. It tastes similar to the green variety, but it has a hint of mango flavor.)*
- ☺ Did you know that kiwi can be used as a natural meat tenderizer?
- ☺ Did you know there are 400 varieties of kiwifruit in China?
- ☺ Did you know kiwi is one of the most popular fruits today?

**Remember ... Eat more fruits and vegetables everyday!**

# 😊 Kohlrabi 😊



# ☺ FUN FACTS! ☺

## Kohlrabi

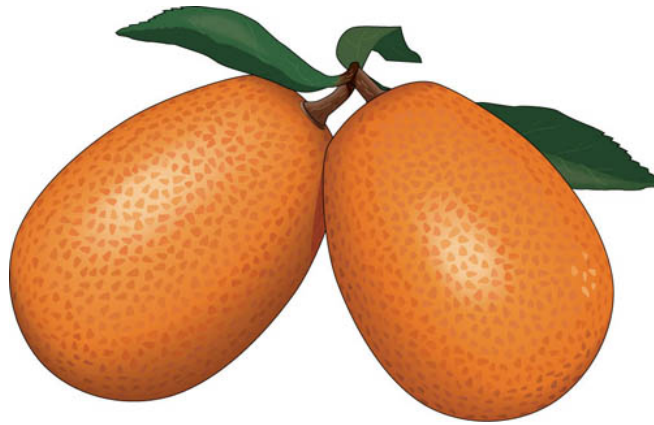
### Did you know...

- ☺ Did you know kohlrabi looks like a turnip?
- ☺ Did you know the name kohlrabi is a German word meaning cabbage-turnip?
- ☺ Did you know the bulb of the kohlrabi can be pale green or purple?  
*(The purple variety has a little stronger flavor.)*
- ☺ Did you know kohlrabi has leaves at the top of the bulb?
- ☺ Did you know the kohlrabi leaves can be cooked like collard greens?
- ☺ Did you know the flesh of kohlrabi is white?
- ☺ Did you know kohlrabi tastes like a mixture of cucumber and mild broccoli?
- ☺ Did you know kohlrabi is rich in Vitamin C?  
*(A half of a medium kohlrabi contains 90% of your recommended daily value. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know kohlrabi can be eaten raw?  
*(Eat raw with dip or add to salads.)*
- ☺ Did you know you can cook kohlrabi?  
*(It has a mild flavor when cooked and is delicious with various herbs and spices.)*
- ☺ Did you know if boiling or steaming kohlrabi you should cook it whole with the skin?  
*(Peel it after cooking, the skin comes off easily. This procedure will also retain the nutrients and flavor.)*
- ☺ Did you know there are baby kohlrabis?  
*(These are sweet and crispy.)*

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Kumquat 😊



# ☺ FUN FACTS! ☺

## Kumquat

### Did you know...

- ☺ Did you know a kumquat is the tiniest citrus fruit?  
*(Looks like a mini, mini orange.)*
- ☺ Did you know kumquat is Chinese for “Gold Orange”?
- ☺ Did you know a kumquat is eaten “skin and all”?
- ☺ Did you know the skin/peel of a kumquat is the sweetest part?
- ☺ Did you know the pulp/meat of a kumquat is tart?
- ☺ Did you know when you eat a kumquat you get a unique sweet and sour taste?
- ☺ Did you know kumquats have small seeds?  
*(The seeds can be swallowed or spit out.)*
- ☺ Did you know kumquats are native to China?
- ☺ Did you know most U.S. kumquats come from Florida?
- ☺ Did you know in Chinese culture these symbolize good luck?  
*(The fruit’s color symbolizes gold; the leaves, wealth; and its shape, unity and perfection.)*
- ☺ Did you know kumquats are easy to serve?  
*(Just wash them and enjoy!)*
- ☺ Did you know kumquats are a great source of vitamin C?  
*(Seven kumquats contain 100% of the recommended daily value for vitamin C. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*

**Remember ...**

**Eat more fruits and vegetables everyday!**

L

Is for...



# 😊 Looseleaf Lettuce 😊



# ☺ FUN FACTS! ☺

## Looseleaf Lettuce

### Did you know...

- ☺ Did you know looseleaf is a variety of lettuce with leaves that are joined at the stem?  
*(These form a loose bunch instead of a tight head like iceberg.)*
- ☺ Did you know the most popular looseleaf lettuces are the green leaf and red leaf?
- ☺ Did you know looseleaf lettuce has soft, curly leaves?
- ☺ Did you know looseleaf lettuce has a semisweet taste?
- ☺ Did you know red leaf is sweeter and more fragile than green leaf?
- ☺ Did you know green leaf is crispier than red leaf?
- ☺ Did you know looseleaf lettuce is high in vitamin A?  
*(A 1½ cup portion provides you with over 100% of your recommended daily value.)*
- ☺ Did you know the majority of looseleaf in the U.S. comes from California and Florida?
- ☺ Did you know local farms in New Jersey also grow looseleaf lettuce?
- ☺ Did you know the darker the leaves the more nutritious the lettuce?
- ☺ Did you know lettuce actually originated as a weed in the Mediterranean?
- ☺ Did you know lettuce has been around for more than 4,500 years?
- ☺ Did you know if you mix different varieties of lettuce such as red and green leaf, romaine, bibb, radicchio and iceberg you will make a healthier more nutritious salad?

**Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Lychee 😊



wiseGEEK



# ☺ FUN FACTS! ☺

## Lychee

### Did you know...

- ☺ Did you know lychees have been grown in China for more than 2,000 years?
- ☺ Did you know lychees look like a grape with a bumpy rough red or red-brown hard shell?
- ☺ Did you know that the lychee flesh, part that you eat, is a translucent white?
- ☺ Did you know lychees have a smooth, dark brown, flat seed in the middle of its white flesh?
- ☺ Did you know lychees are sweet?
- ☺ Did you know you eat a lychee by piercing it with your fingernail, peeling back the skin and squeezing out the fruit?
- ☺ Did you know approximately nine lychees contain over 100% of your recommended daily value for vitamin C?  
*(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know lychees grow on a dense round topped tree growing 30 to 100 feet tall?
- ☺ Did you know lychees grow best in areas where the summer months are hot and wet and the winter months are cool and dry?
- ☺ Did you know China and South-East Asia are top growers of lychees?
- ☺ Did you know lychees are sometimes called “lychee nuts”?
- ☺ Did you know sherbert made with lychee juice is popular in China?
- ☺ Did you know lychees are sold in canned and dried forms?
- ☺ Did you know lychees are used to sweeten tea in place of sugar?
- ☺ Did you know in China, lychees are believed to have medicinal benefits? *(They are thought to relieve coughing and aid in digestive ailments.)*
- ☺ Did you know the Chinese feed their newborn babies lychees?  
*(Parents use peeled lychee as a pacifier because they are rich in many nutrients.)*
- ☺ Did you know in some areas they have bee colonies near lychee trees? *(The honey has the wonderful sweet flavor of the lychee.)*

**Remember ... Eat more fruits and vegetables everyday!**

# M

**Is for...**



# 😊 Mango 😊



# ☺ FUN FACTS! ☺

## Mango

### Did you know...

- ☺ Did you know mangoes are the most popular fruit eaten in the world? *(Mangoes are as common as the apple to more than half the world.)*
- ☺ Did you know mangoes originated in Southeast Asia or India?
- ☺ Did you know mangoes are over 4,000 years old?
- ☺ Did you know mango trees require hot, tropical weather to produce fruit?
- ☺ Did you know mangoes grow on trees, sometimes 60 feet tall?
- ☺ Did you know mangoes hang from the tree like lollipops on long stems?
- ☺ Did you know most of the mangoes in the United States are shipped in from Mexico, Haiti, the Caribbean and South America?
- ☺ Did you know Asia produces three-quarters of the world's mangoes?
- ☺ Did you know India consumes the most mangoes and calls them the fruit of the gods?
- ☺ Did you know there are over a 1,000 varieties of mangoes?
- ☺ Did you know mangoes can weigh a few ounces to five pounds?
- ☺ Did you know mangoes range in color from yellow to green to orange or red?
- ☺ Did you know mangoes are juicy and taste like a combination of peach and pineapple?
- ☺ Did you know mangoes have a large flat stone in the middle of the fruit that is difficult to remove?
- ☺ Did you know mangoes are high in vitamin A?  
*(A half of a mango contains 40% of your recommended daily value. Vitamin A is important for cell growth and development, for fighting off diseases and for good vision.)*
- ☺ Did you know mangoes are kidney shaped?
- ☺ Did you know a firm mango will ripen, if left unrefrigerated, in just a few days?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Mushroom 😊



Oyster Mushroom



Portobello Mushroom



Enoki Mushrooms



Truffle



Hen-of-the-Woods Mushroom



# ☺ FUN FACTS! ☺

## Mushroom

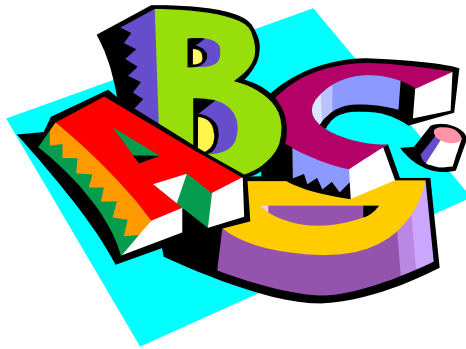
### Did you know...

- ☺ Did you know mushrooms are actually a fungus?
- ☺ Did you know mushrooms grow in the dark?
- ☺ Did you know mushrooms grow from spores?
- ☺ Did you know mushrooms did not become popular in the U.S. until the late 1800s?
- ☺ Did you know the most common mushroom is the white or button?  
*(These are the ones commonly packaged in supermarkets.)*
- ☺ Did you know white mushrooms have a thick short stem with a cap that sits on top?
- ☺ Did you know the white mushroom has a mild flavor?
- ☺ Did you know the white mushroom is eaten raw or cooked?  
*(Raw mushrooms make a great snack with dip. When cooked, the mushroom's flavor intensifies.)*
- ☺ Did you know Pennsylvania grows about 50% of the white mushrooms on the U.S. market?
- ☺ Did you know you should not pick and eat wild mushrooms that grow in the yard or woods, as these could be poisonous?
- ☺ Did you know there is a mushroom that looks like a hamburger and tastes like filet mignon? *(It is called the portobello. When cooked, it has a meaty flavor and chewy texture.)*
- ☺ Did you know there is a mushroom named after a shellfish?  
*(It is called an oyster mushroom. It looks somewhat like an oyster with a fan shape. They have a chewy texture and mild oyster-like flavor. They grow on top of one another on the bark of old trees. These are usually cooked.)*
- ☺ Did you know there is a mushroom that grows underground, is found by trained pigs and dogs and can cost over \$200 per pound? *(It is called a truffle. These mushrooms give off an aroma that trained pigs and dogs sniff out. Truffles shipped into the U.S. come primarily from France.)*
- ☺ Did you know there are over 38,000 varieties of mushrooms?  
*(Some of the common ones you will see are crimini, enoki, morel, porcino, shiitake, portobello, oyster, chanterelle, hen-of-the-woods...)*

**Remember ... Eat more fruits and vegetables everyday!**

# N

**Is for...**



# 😊 Napa Cabbage 😊



# ☺ FUN FACTS! ☺

## Napa Cabbage

### Did you know...

- ☺ Did you know cabbage is one of the oldest vegetables?
- ☺ Did you know napa cabbage is also called Chinese cabbage, Chinese lettuce, celery cabbage, pet-sai, tientsin, sui choy, chow choy and won bok?
- ☺ Did you know the name, napa cabbage, comes from the Japanese word “nappa” meaning the leaves of any vegetable?
- ☺ Did you know napa cabbage has long leaves?
- ☺ Did you know napa cabbage grows to about ten inches long?
- ☺ Did you know napa cabbage has a mild sweet flavor and is juicier and more tender than regular cabbage?
- ☺ Did you know napa cabbage has pale green and white crinkly leaves with prominent veins which form into a slender head?
- ☺ Did you know napa cabbage is low in calories?  
*(It contains only 12 calories per cup.)*
- ☺ Did you know napa cabbage is a good source of vitamin C?  
*(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know California is the top producer in the U.S. but Florida and New Jersey also grow napa cabbage?
- ☺ Did you know shredded, raw napa cabbage is good added to a salad or coleslaw?
- ☺ Did you know napa cabbage can be substituted for ordinary cabbage in any recipe?
- ☺ Did you know napa cabbage, when cooked, does not give off a strong odor, like regular cabbage?
- ☺ Did you know napa cabbage is good cooked in stir-fries, soups or as a side vegetable steamed, braised or boiled?
- ☺ Did you know napa cabbage cooks in less time than regular solid heads of cabbage?
- ☺ Did you know napa cabbage is used to make a spicy Asian dish called *kimchi*? *(Kimchi is a spicy version of sauerkraut that accompanies many meals in the Far East.)*

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Nectarine 😊



White Nectarine



# ☺ FUN FACTS! ☺

## Nectarine

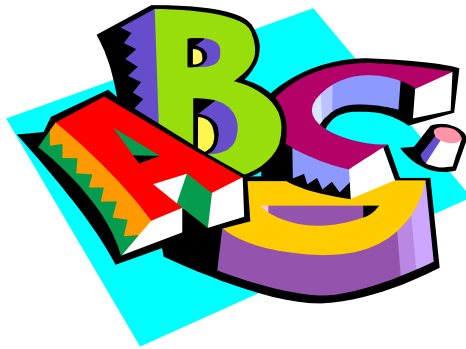
### Did you know...

- ☺ Did you know a nectarine is like a fuzzless peach?
- ☺ Did you know the nectarine originated in China more than 2,000 years ago?
- ☺ Did you know a ripe nectarine has a distinct wonderful fragrance?
- ☺ Did you know until 1942 nectarines were a dull, small, green fruit? *(In 1942 a new improved nectarine variety, LeGrade, was developed.)*
- ☺ Did you know nectarines have a smooth golden yellow skin painted with patches of red?
- ☺ Did you know the flesh of a nectarine is yellow or orange with a pink tinge?
- ☺ Did you know the flesh of nectarines is meatier than a peach?
- ☺ Did you know nectarines have a sweet, juicy flavor?
- ☺ Did you know you can eat the skin of the nectarine?
- ☺ Did you know a nectarine is also called a *stone fruit* and is related to peaches and plums?
- ☺ Did you know nectarines come in freestone and clingstone varieties? *(Freestone means the flesh separates easily from the pit. Clingstone means the part that you eat clings to the pit.)*
- ☺ Did you know California grows 95% of the U.S. crop of nectarines?
- ☺ Did you know there are white nectarines? *(These have a white flesh.)*

**Remember ... Eat more fruits and vegetables everyday!**

# O

**Is for...**



# 😊 Okra 😊



# ☺ FUN FACTS! ☺

## Okra

### Did you know...

- ☺ Did you know okra is lantern shaped?
- ☺ Did you know okra is a ribbed, fuzzy, green pod?
- ☺ Did you know each okra pod is between 2-7 inches long?
- ☺ Did you know the pod of the okra is filled with rows of tiny seeds?
- ☺ Did you know the inside of the okra has a slimy, sticky texture?
- ☺ Did you know just seven okra pods contain 30% of your recommended daily value for vitamin C? *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know okra is in the cotton family?
- ☺ Did you know okra is also called bamia, bindi, bhindi, lady's finger and gumbo?
- ☺ Did you know okra was discovered around Ethiopia in the 12<sup>th</sup> century B.C.?
- ☺ Did you know in Africa and the Middle East they used to toast and grind the okra seeds and serve them as a coffee substitute?
- ☺ Did you know okra is an important vegetable in African, Mediterranean, Caribbean, Middle Eastern, Asian and Latin American cooking?
- ☺ Did you know okra came to North America during slavery?
- ☺ Did you okra is popular in the cooking of the American South?
- ☺ Did you know okra is commonly used in Creole and Cajun dishes?
- ☺ Did you know okra should be picked when it is very young?  
*(Older or mature okra is tough, coarse and fibrous.)*
- ☺ Did you know okra can be steamed, boiled, pickled, sautéed or stir-fried?
- ☺ Did you know okra is used to thicken soups and stews?
- ☺ Did you know the more you cut okra the slimier it gets?
- ☺ Did you know fresh okra should be used right away as it tends to decay very quickly? *(To keep okra from going bad --- store in a paper bag in the warmest part of the refrigerator.)*

**Remember ... Eat more fruits and vegetables everyday!**

# 😊 Orange 😊



# ☺ FUN FACTS! ☺

## Orange Did you know...

- ☺ Did you know oranges are a citrus fruit?
- ☺ Did you know oranges grow on trees with white fragrant flowers?
- ☺ Did you know Columbus brought orange seeds to the New World?
- ☺ Did you know Florida produces 70% of the U.S. crop of oranges?
- ☺ Did you know in 1895 there was a major freeze in Florida that destroyed many orange trees?
- ☺ Did you know Arizona, California and Texas also grow oranges?
- ☺ Did you know the greatest consumption of oranges is in the form of juice?
- ☺ Did you know oranges have a leathery skin?
- ☺ Did you know oranges are round and orange in color?
- ☺ Did you know the inside of an orange has several sections called carpels which contain juice and sometimes seeds?
- ☺ Did you know the name for an orange seed is a “pip”?
- ☺ Did you know the color of an orange is not a good guide to quality?  
*(Oranges may be ripe even though they have green spots.)*
- ☺ Did you know one medium orange contains 140% of the recommended daily value for vitamin C? *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know oranges are grouped as sweet, sour and mandarin?
- ☺ Did you know the sweet varieties include the navel, Valencia, blood, hamlin, jaffa, and pineapple?
- ☺ Did you know sour oranges are grown in Spain and called Seville?  
*(These are used to make marmalades and liqueurs.)*
- ☺ Did you know the most common oranges seen in the supermarket are the Valencia and navel?
- ☺ Did you know navel oranges have a meaty flesh, thick rinds, are easy to peel and have no seeds?
- ☺ Did you know navel oranges have a navel at the blossom end which looks like a belly button?
- ☺ Did you know Valencia oranges have seeds, thinner skins and more juice than pulp as compared to a navel orange?
- ☺ Did you know Valencia oranges are primarily used for their juice?
- ☺ Did you know all oranges should be firm, shiny and heavy for size?

**Remember ...** Eat more fruits and vegetables everyday!

# P

**Is for...**



☺ Papaya ☺



**Yellow Papaya**



**Red Papaya**



☺ **FUN FACTS!** ☺

## Papaya

### Did you know...

- ☺ Did you know papaya is also called pawpaw or papaw?
- ☺ Did you know papaya originated in Mexico, Central America and northern South America?
- ☺ Did you know papaya grows in tropical climates?
- ☺ Did you know India and Brazil are the top producers of papaya?
- ☺ Did you know papayas grow on a tree that is 16 to 33 feet tall?
- ☺ Did you know papaya grows in clumps near the top of the tree trunk?
- ☺ Did you know a papaya tree produces fruit within three years?
- ☺ Did you know a papaya ranges in size from 6-20 inches in length?
- ☺ Did you know a papaya ranges in weight from 1 pound to 10 pounds?
- ☺ Did you know the papaya skin ranges in color from pale yellow to deep orange?
- ☺ Did you know papaya has a spherical or pear shape?
- ☺ Did you know the inside of the papaya is filled with tiny black seeds?
- ☺ Did you know papaya is ripe when it feels soft, similar to a ripe avocado?
- ☺ Did you know there are two kinds of commonly grown papaya --- “red papaya” and “yellow papaya”?
- ☺ Did you know red papaya has sweet, red or orange flesh?
- ☺ Did you know yellow papaya has yellow flesh?
- ☺ Did you know ripe papaya is usually eaten raw and seasoned with lemon, salt and pepper?
- ☺ Did you know ripe papaya is sweet and some say tastes similar to cantaloupe?
- ☺ Did you know in many Asian regions green papaya is eaten cooked and is used in curries, soups and stews?
- ☺ Did you know green papaya is rich in papain which is used for tenderizing meats? *(It can break down tough meat fibers and is included as an ingredient in powdered meat tenderizers.)*
- ☺ Did you know the black seeds of papaya are edible and have a sharp, spicy taste? *(The seeds are sometimes ground and used as a substitute for black pepper.)*
- ☺ Did you know in some parts of Asia the young leaves of the papaya tree are steamed and eaten like spinach?
- ☺ Did you know in some parts of the world papaya leaves are made into tea and used as a treatment for malaria?
- ☺ Did you know papaya is an excellent source of vitamins A and C?  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, and aids in absorption of iron.)*

**Remember ...** Eat more fruits and vegetables everyday!

☺ Parsnip ☺



☺ FUN FACTS! ☺

Parsnip

## Did you know...

- 😊 Did you know parsnips are a root vegetable?
- 😊 Did you know parsnips are closely related to carrots and parsley?
- 😊 Did you know parsnips are cylindrical in shape?
- 😊 Did you know parsnips look like a white carrot?
- 😊 Did you know parsnips have a cream-colored skin?
- 😊 Did you know parsnips have a white interior?
- 😊 Did you know parsnips originated in Eurasia?
- 😊 Did you know that in ancient times parsnips were a common food in many cultures but then they were replaced by potatoes?
- 😊 Did you know parsnips are considered a winter vegetable?
- 😊 Did you know parsnips become sweeter after the first winter frost?  
*(In near-freezing temperatures the starch in the parsnip root changes into sugar, resulting in a unique nutty, sweet flavor.)*
- 😊 Did you know parsnips were used as a source of sugar in Europe before sugar cane and the sugar beet were available?
- 😊 Did you know parsnips resemble carrots in taste but are sweeter, especially when cooked?
- 😊 Did you know parsnips are usually cooked but also can be eaten raw?
- 😊 Did you know parsnips can be baked, boiled, pureed, roasted, fried or steamed?
- 😊 Did you know parsnips are rich in potassium?
- 😊 Did you know parsnips contain anti-oxidants which may help prevent cancer?
- 😊 Did you know parsnips are high in fiber which may help reduce blood cholesterol and prevent constipation?

**Remember ... Eat more fruits and vegetables everyday!**

😊 Pattypan Squash 😊



☺ FUN FACTS! ☺

## Pattypan Squash

### Did you know...

- ☺ Did you know pattypan squash is also called scallop squash, custard squash and white squash?
- ☺ Did you know in Poughkeepsie, New York they call pattypan squash *schwoughksie squash* (pronounced “shwooxie squash”)?
- ☺ Did you know pattypan squash is a summer squash?  
(Summer squash has a tender shell or skin like zucchini and yellow squash and you can eat the skin. It also grows during the summer months.)
- ☺ Did you know the name for pattypan squash comes from “a pan for baking a patty”?
- ☺ Did you know pattypan squash has a flying saucer shape with scalloped edges?
- ☺ Did you know pattypan squash comes in white, yellow and green varieties?
- ☺ Did you know pattypan squash ranges from 2 - 5 inches in diameter?
- ☺ Did you know pattypan squash usually weigh less than 1 pound?
- ☺ Did you know pattypan squash grow on vines that are close to the ground?
- ☺ Did you know pattypan squash have yellow flowers that are edible?
- ☺ Did you know pattypan squash is a good source of vitamins A and C?  
(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, and aids in absorption of iron.)
- ☺ Did you know 1 cup of pattypan squash contains approximately 25 calories and no fat?
- ☺ Did you know pattypan squash can be steamed?
- ☺ Did you know some cooks slice pattypan squash and roast it?
- ☺ Did you know you can scoop out the inside of pattypan and mix it with herbs, spices, cheese and bread crumbs and reinsert it in the shell and bake the squash for a pretty presentation?
- ☺ Did you know the flesh or inside of the pattypan squash is scooped out and sometimes prepared like mashed potatoes?
- ☺ Did you know the Polish pickle pattypan squash in sweet vinegar?

**Remember ...** Eat more fruits and vegetables everyday!

☺ Peach ☺



White Peach



Doughnut Peach



☺ FUN FACTS! ☺

## Peach

### Did you know...

- 😊 Did you know peaches are a member of the rose family?
- 😊 Did you know peaches originated in China?
- 😊 Did you know in China peaches are a symbol of longevity?
- 😊 Did you know New Jersey ranks 4<sup>th</sup> in peach production in the country?
- 😊 Did you know peaches grow on trees?
- 😊 Did you know peaches are round?
- 😊 Did you know peaches have a velvety or fuzzy skin?
- 😊 Did you know peaches have yellow-orange skin with red blushing?
- 😊 Did you know the inside of a peach is yellow?
- 😊 Did you know peaches have a red-brown oval pit surrounded by a wood-like husk?
- 😊 Did you know you can eat the skin of peaches?
- 😊 Did you know peaches come in clingstone (*flesh clings to the pit*) or freestone (*flesh breaks away from the pit easily*)?
- 😊 Did you know clingstone peaches are usually used for canning?
- 😊 Did you know a medium peach contains 15% of your recommended daily value for vitamin C? (*Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.*)
- 😊 Did you know half of the U.S. peaches are grown in the South and the other half come from California?
- 😊 Did you know New Jersey grows a large crop of peaches?
- 😊 Did you know peach season in New Jersey is from July to September?
- 😊 Did you know there is a peach called a “*doughnut peach*” because it looks like a doughnut?
- 😊 Did you know there are *white peaches*?
- 😊 Did you know white peaches have whitish-red skin and white flesh?
- 😊 Did you know white peaches are usually sweeter than yellow varieties and have less acid?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Pear 😊



**Green Pear**



**Red Pear**



**Brown/Bosc Pear**



**Yellow-Green Pear**



# ☺ FUN FACTS! ☺

## Pear

### Did you know...

- ☺ Did you know pears are a relative of the apple?  
*(Pears can be substituted for apples in most recipes.)*
- ☺ Did you know pears are an ancient fruit that has been cultivated for more than four thousand years?
- ☺ Did you know pears grow on trees?
- ☺ Did you know pears are picked before they are ripe?
- ☺ Did you know you can ripen pears by placing them in a paper bag at room temperature?
- ☺ Did you know most pears have a bell shape?
- ☺ Did you know pears are yellow-green, green, brown and red?
- ☺ Did you know pears have a white to pale yellow flesh?
- ☺ Did you know pears used to have a very gritty texture caused by cells in the flesh called stone cells?  
*(In today's pears most of the grittiness no longer exists.)*
- ☺ Did you know ripe pears have a fragrant smell?
- ☺ Did you know pears are sweet?
- ☺ Did you know there's no need to peel a pear?  
*(Their tender skin is edible and a great source of fiber!)*
- ☺ Did you know there are over four thousand varieties of pears?
- ☺ Did you know the common pears seen in the supermarket are Anjou, Bartlett, Bosc, Comice, Forelle and Seckel?
- ☺ Did you know seckel pears are tiny and are also called "sugar pears"?
- ☺ Did you know pears are a snack filled with energy?
- ☺ Did you know pears are an excellent source of potassium?  
*(Potassium is needed to maintain heartbeat, muscle contraction, nerve transmission and metabolism.)*
- ☺ Did you know pears are also a source of vitamin C?  
*(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*

**Remember ... Eat more fruits and vegetables everyday!**

# 😊 Persimmon 😊



**Hachiya Persimmon**



**Fuyu or Fuji Persimmon**

# 😊 FUN FACTS! 😊

## Persimmon

### Did you know...

- 😊 Did you know persimmons originated in Asia?
- 😊 Did you know persimmons grow on trees?
- 😊 Did you know it takes a persimmon tree approximately 7 to 8 years before it produces fruit?
- 😊 Did you know persimmons are about the size of an apple?
- 😊 Did you know the persimmon has four large papery leaves at the stem?
- 😊 Did you know persimmons have a very thin skin?
- 😊 Did you know China, Korea and Japan are the major producers of persimmons?
- 😊 Did you know in Japan persimmons are known as the “divine food” because they are so sweet?
- 😊 Did you know you can hasten the ripening of persimmon by putting it into a paper bag with a banana or apple?
- 😊 Did you know there are hundreds of varieties of persimmons but 2 types are popular in the U.S., Hachiya and Fuyu?
- 😊 Did you know the Hachiya are heart shaped and bright orange with an orange-red flesh?
- 😊 Did you know the Hachiya persimmon is super sweet when ripe but bitter when not ripe?  
*(Hachiya persimmons contain tannins which make them bitter if they are not totally ripened.)*
- 😊 Did you know the Hachiya persimmon has black seeds that are edible?
- 😊 Did you know the Hachiya persimmon should be very soft before you eat, almost like a firm jelly?
- 😊 Did you know you can cut the Hachiya persimmon and scoop out the flesh and eat with a spoon?
- 😊 Did you know the Fuyu persimmons are sometimes called fujis?
- 😊 Did you know Fuyu persimmons look like bright orange squatty tomatoes?
- 😊 Did you know the Fuyu persimmons can be eaten when soft and ripe or when firm? *(This variety of persimmons will be sweet at both stages.)*
- 😊 Did you know Fuyu persimmons have a few large brown seeds that should be thrown out before eating the fruit?
- 😊 Did you know a Fuyu persimmon can be eaten like an apple with the skin?
- 😊 Did you know persimmons can be eaten raw, dried or used in a variety of dessert dishes such as pies, cookies, cakes and puddings?
- 😊 Did you know in Indiana there is an annual persimmon festival with a persimmon pudding contest? *(Persimmon pudding is baked and has the texture of pumpkin pie. It is almost always topped with whipped cream.)*

# 😊 Pineapple 😊



# ☺ FUN FACTS! ☺

## Pineapple

### Did you know...

- ☺ Did you know a ½ cup of fresh pineapple contains only 60 calories?
- ☺ Did you know the name pineapple was derived from the word “pina” because Spanish explorers thought the fruit looked like a pinecone?  
*(The English added the word “apple” to associate it with juicy luscious fruits.)*
- ☺ Did you know “halakahiki” (*hah-lah-kah-hee-kee*) is pineapple in Hawaiian?
- ☺ Did you know Hawaii was the first to can pineapple?
- ☺ Did you know the Caribbean Indians placed pineapples or pineapple crowns outside the entrances of their homes to symbolize friendship and hospitality?
- ☺ Did you know just a ½ cup of pineapple contains approximately 25% of your daily recommended vitamin C? *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know pineapple can be enjoyed in many ways?  
*(Eat fresh, canned or dried pineapple and drink pineapple juice.)*
- ☺ Did you know there are four types of pineapples?  
*(Gold, Smooth Cayenne, Red Spanish and Sugar Loaf; the Gold is the newest variety with an extra sweet flavor, golden color and higher vitamin C content.)*
- ☺ Did you know the average pineapple weighs 2 – 5 pounds?
- ☺ Did you know a good way to distribute a pineapple’s sugar content, throughout the fruit, is to stand it upside down for a few days?  
*(This allows the sugar to flow towards the top.)*

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Plantain 😊



**Green Plantain**



**Yellow Plantain**



**Black Plantain**



# ☺ FUN FACTS! ☺

## Plantain

### Did you know...

- ☺ Did you know plantains are usually cooked before they are eaten?
- ☺ Did you know plantains look like bananas but are longer, thicker skinned and starchier in flavor?
- ☺ Did you know plantains are often referred to as *cooking bananas*?
- ☺ Did you know the plantain is popular in Latin American, Caribbean and Asian countries?
- ☺ Did you know plantains are a staple food in tropical regions and are prepared and served much like the U.S. uses potatoes?
- ☺ Did you know plantains are used more like a vegetable than a fruit?
- ☺ Did you know plantains have three different ripening stages?
- ☺ Did you know for each of the plantain's ripening stage it has a different taste and cooking method?
- ☺ Did you know the first stage, the green plantain, tastes more like a potato and the interior is yellowish or slightly pink? *(It is starchy at this stage.)*
- ☺ Did you know the second stage, the yellow plantain, is used in dishes that require a slightly sweet taste and firm texture?  
*(At this stage the plantain has a creamier texture and a light banana scent.)*
- ☺ Did you know the third stage of growth when plantains are black they are used in sweet recipes or can also be eaten raw?  
*(Black plantains are still firm and can be cooked. Their pulp is a deep yellow.)*
- ☺ Did you know plantains grow on trees in bunches like bananas?
- ☺ Did you know plantains are usually stored at room temperature?
- ☺ Did you know plantains are a good source of vitamins A and C and potassium? *(Vitamin A is important for cell growth, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron. Potassium balances the fluids in your body, is important for normal blood pressure, muscle growth and the functioning of the brain and nervous system.)*
- ☺ Did you know plantains can be baked, boiled, fried, grilled and roasted?
- ☺ Did you know plantain chips are a popular snack in many countries?  
*(Plantains are sliced and fried, producing chips.)*
- ☺ Did you know plantain leaves are larger and stronger than banana leaves?
- ☺ Did you know plantain leaves are used in some countries as wrappers for certain dishes such as tamales or seasoned meats?
- ☺ Did you know plantain leaves in India are used like plates?

# 😊 Plum 😊



**Red Plums**



**Yellow Plums**



**Purple Plums**



**Blue Plums**



**Green Plums**



**Black Plums**



# 😊 FUN FACTS! 😊

## Plum

### Did you know...

- 😊 Did you know plums have a pit?
- 😊 Did you know plums are related to the nectarine, peach and apricot?
- 😊 Did you know plums have been treasured by the Chinese for over two thousand years?
- 😊 Did you know plum trees were brought to California from Asia in the 1870's?
- 😊 Did you know California produces around 90% of the U.S. plums?
- 😊 Did you know plums come in a wide variety of colors --- red, purple, green, yellow, blue and black?
- 😊 Did you know plums have a round or heart shape?
- 😊 Did you know most plums have a yellow or reddish flesh?
- 😊 Did you know some plums are very sweet and others very tart?
- 😊 Did you know prunes are dried plums?
- 😊 Did you know plum juice is used to make jams and thick syrups?
- 😊 Did you know plums are a source of vitamin C?  
*(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*

**Remember ... Eat more fruits and vegetables everyday!**

# 😊 Pluot 😊



# ☺ FUN FACTS! ☺

## Pluot

### Did you know...

- ☺ Did you know pluots are part plum and part apricot?
- ☺ Did you know pluots were invented in the 1990's?
- ☺ Did you know pluots are sometimes called “dinosaur eggs”?
- ☺ Did you know pluots are also referred to as “plumcots”?
- ☺ Did you know pluots have a greater percentage of plum in them than apricot?
- ☺ Did you know pluots have a smooth skin like a plum?
- ☺ Did you know pluots are the shape and size of plums?
- ☺ Did you know the skin color of pluots varies --- green, yellow, pink, red, purple, black or any combination of these colors?
- ☺ Did you know the skin of pluots can be solid in color, speckled or striped?
- ☺ Did you know the flesh of pluots can be white, pink, red, yellow, orange or yellow-orange?
- ☺ Did you know pluots are sweeter than both their parents, the plum and apricot?
- ☺ Did you know pluots are very juicy?
- ☺ Did you know pluots have a pit?
- ☺ Did you know pluots grow on a tree?
- ☺ Did you know pluots are a good source of vitamins A and C?  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know there are over 20 different varieties of pluots?

**Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Pomegranate 😊



# ☺ FUN FACTS! ☺

## Pomegranate

### Did you know...

- ☺ Did you know pomegranates contain hundreds of seeds?
- ☺ Did you know the name pomegranate is derived from the Latin words meaning “apple of numerous seeds”?
- ☺ Did you know pomegranates are also called “Chinese Apples”?
- ☺ Did you know in ancient times the juice of the pomegranate was used as a dye and also as a medicine?
- ☺ Did you know years ago nomads took pomegranates with them into the desert because they were a thirst quencher and they lasted for months without drying out?
- ☺ Did you know pomegranates grow on small trees 12-16 feet tall?
- ☺ Did you know pomegranates are available from September thru December?
- ☺ Did you know pomegranates are the size of a large orange?
- ☺ Did you know pomegranates have a leathery, thick, smooth, reddish-pink skin?
- ☺ Did you know the inside of a pomegranate consists of clusters of seeds encased in bright cranberry-red pulp that are surrounded by bitter, white membranes ?
- ☺ Did you know the red pulp has a sweet and tart taste?
- ☺ Did you know you can eat the red pulp and the seeds of the pomegranate?  
*(Some people eat the seed and pulp while others eat just the pulp and spit out the seed.)*
- ☺ Did you know the pomegranate seeds are crunchy?
- ☺ Did you know pomegranates are very, very juicy?
- ☺ Did you know pomegranate juice can stain your clothes?
- ☺ Did you know pomegranate seeds make a beautiful garnish for fruit salads?
- ☺ Did you know grenadine is made from pomegranate juice?  
*(Grenadine is used as a sauce for cooked fruit and is added to beverages.)*
- ☺ Did you know pomegranate juice is a healthy beverage?  
*(Be careful not to drink too much as it is very high in sugar and calories!)*
- ☺ Did you know pomegranate juice is high in antioxidants which are believed to help prevent heart problems?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Pumpkin 😊



White



Green



Red



Grey



# ☺ FUN FACTS! ☺

## Pumpkin

### Did you know...

- ☺ Did you know pumpkins are a squash?
- ☺ Did you know it is believed pumpkins originated in North America?
- ☺ Did you know pumpkins were used by the Indians and early colonists as a primary food in their diet?
- ☺ Did you know the origin of pumpkin pie is thought to have occurred when the early settlers sliced off the top of pumpkins, removed the seeds and added milk, honey and spices and then baked it in hot ashes?
- ☺ Did you know years ago people believed eating pumpkins were a remedy to remove freckles and cure snake bites?
- ☺ Did you know most pumpkins are round in shape?
- ☺ Did you know pumpkins have a prickly and rigid stem?
- ☺ Did you know the shell of the pumpkin is smooth with ribs?
- ☺ Did you know most pumpkins weigh 9-18 pounds?  
*(Although, some pumpkins can weigh over 75 pounds.)*
- ☺ Did you know most pumpkins are orange but some are green, white, red and gray?
- ☺ Did you know pumpkins are grown in all the continents except Antartica?
- ☺ Did you know in 1981 Howard Dill grew a pumpkin weighing 500 pounds and patented his seeds and sold them around the world?  
*(Growing large pumpkins is a popular festivity and weights reach over 1,000 pounds.)*
- ☺ Did you know fresh pumpkins can be boiled, baked, steamed or roasted?
- ☺ Did you know pumpkins make great pies and soup?
- ☺ Did you know roasted pumpkin seeds make a great snack?
- ☺ Did you know pumpkins are an excellent source of vitamin A?  
*(A  $\frac{3}{4}$  cup contains 130% of your recommended daily value. Vitamin A is important for cell growth and development, for fighting off diseases and for good vision.)*
- ☺ Did you know pumpkins are commonly carved into decorative lanterns called jack-o-lanterns to celebrate Halloween?

**Remember ...** Eat more fruits and vegetables everyday!

# Q

**Is for...**



# 😊 Quince 😊



# ☺ FUN FACTS! ☺

## Quince

### Did you know...

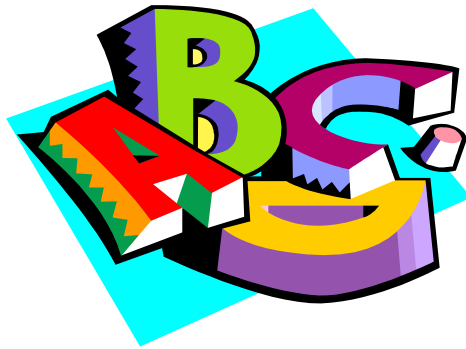
- ☺ Did you know quince is a relative of the apple and pear?
- ☺ Did you know that quince grows on trees?
- ☺ Did you know quince have grown in Asia and the Mediterranean for over 4,000 years?
- ☺ Did you know quince were known as the “golden apple” to the Greeks and Romans?
- ☺ Did you know in ancient times quince were a symbol of love and happiness?
- ☺ Did you know that quince have a smooth green to yellow skin?
- ☺ Did you know quince have a round or pear shape?
- ☺ Did you know quince are about the size of an apple?
- ☺ Did you know quince have a core like an apple but with more pits?
- ☺ Did you know quince have a fruity fragrance when ripe?
- ☺ Did you know the flesh of the quince is yellowish-white?
- ☺ Did you know in the United States quince are rarely eaten raw because the flesh is hard and tart?
- ☺ Did you know in Asia and tropical countries quince have a softer and juicier flesh?
- ☺ Did you know when you cook quince the flesh turns pink?
- ☺ Did you know quince are used to make jams, jellies and preserves as they have a high pectin (*gelling agent*) content?
- ☺ Did you know quince tend to hold their shape when cooked and are perfect for poaching, stewing or baking into a dessert?
- ☺ Did you know cooked quince taste like a combination of apples and pears?
- ☺ Did you know in Portugal quince is called “*marmelo*” because it is used to make marmalade?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# R

**Is for...**



# 😊 Radish 😊



# 😊 FUN FACTS! 😊

## Radish

### Did you know...

- 😊 Did you know radishes originated thousands of years ago in China, Egypt and Greece?
- 😊 Did you know radishes are root vegetables and grow underground?
- 😊 Did you know radishes have leafy green tops that grow above ground?
- 😊 Did you know some people eat the spicy leaves of the radish?
- 😊 Did you know the biggest crops of radishes in the U.S. are grown in California and Florida?
- 😊 Did you know there are many varieties of radishes but the “Red Globe” is the most popular in the U.S.?
- 😊 Did you know the radish common to the U.S. is primarily red in color?
- 😊 Did you know this common radish is small and round or oval in shape?
- 😊 Did you know the round red radish is approximately 1 inch in diameter?
- 😊 Did you know this red radish has a solid, crisp flesh?
- 😊 Did you know the red round radish is crunchy, crispy and has a peppery flavor?
- 😊 Did you know radishes are a favorite in home, school and children’s gardens because they grow rapidly and are ready in 3 to 4 weeks?  
*(Radishes are usually the first vegetable to come up in the spring.)*
- 😊 Did you know radishes are sometimes sold in bunches with their leaves attached?
- 😊 Did you know that because the leaves yellow quickly, radishes are usually sold with the tops removed and are packaged in plastic bags?
- 😊 Did you know red radishes are usually eaten raw in salads or added to raw vegetable platters?
- 😊 Did you know you can make decorative roses out of radishes?  
*(Simply make 1 or 2 rows of deep slashes all around the radish. Then put the radish in ice water and refrigerate until the petals swell and curl out into a flower shape.)*

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Rambutan 😊



# 😊 FUN FACTS! 😊

## Rambutan

### Did you know...

- 😊 Did you know rambutans originated in Malaysia?
- 😊 Did you know rambutans are a tropical fruit?
- 😊 Did you know Thailand is the largest producer of rambutans?
- 😊 Did you know the word rambutan comes from the Malay/Indonesian word meaning “hairy”?
- 😊 Did you know in Vietnam rambutans are called chôm chôm which means “messy hair”?
- 😊 Did you know rambutans grow on evergreen trees that range from 39 to 65 feet tall?
- 😊 Did you know an average rambutan tree produces 5,000 to 6,000 fruit per year?
- 😊 Did you know the roots, bark and leaves of rambutan trees are used in medicine and to produce dyes?
- 😊 Did you know rambutans are round to oval in shape?
- 😊 Did you know rambutans grow in clusters of 10 to 20 together?
- 😊 Did you know rambutans are a non-climacteric fruit?  
*(This means that they ripen only on the tree.)*
- 😊 Did you know rambutans are closely related to lychees and longans?
- 😊 Did you know the best quality rambutans occur when they are picked and still attached to their bark? *(They are less likely to have rot damage and remain fresh longer.)*
- 😊 Did you know rambutans have a leathery, reddish skin?
- 😊 Did you know rambutans are covered with flexible spines or hairs?
- 😊 Did you know the flesh of the rambutan is translucent and whitish or very pale pink in color?
- 😊 Did you know rambutans have a sweet taste?
- 😊 Did you know rambutans are primarily eaten fresh but they also can be made and make them into jellies and jams?
- 😊 Did you know the flesh of rambutans resemble grapes?
- 😊 Did you know rambutans have a glossy brown seed?
- 😊 Did you know you can cook and eat the rambutan seed?
- 😊 Did you know candles and soaps are manufactured from the rambutan seed oil?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Raspberry 😊



# 😊 FUN FACTS! 😊

## Raspberry

### Did you know...

- 😊 Did you know raspberries are the most delicate of all the berries?
- 😊 Did you know raspberries are commonly red?
- 😊 Did you know raspberries also come in purple, black and gold?
- 😊 Did you know raspberries look like a cluster of mini seeds?
- 😊 Did you know these mini juicy seeds are called *drupelets*?
- 😊 Did you know one raspberry could contain 100 drupelets?
- 😊 Did you know raspberries have a hollow core once they are picked, which makes them very fragile?
- 😊 Did you know raspberries grow on a bramble bush?
- 😊 Did you know raspberries have a tart-sweet flavor?
- 😊 Did you know the U.S. raspberry season is from June to October?
- 😊 Did you know most of U.S. raspberries are grown in California?
- 😊 Did you know raspberries are very expensive in the winter months because they are usually shipped in from other countries and are very fragile?
- 😊 Did you know raspberries are rich in vitamin C?  
*(One cup contains 40% of the recommended daily value for vitamin C. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- 😊 Did you know 1 cup of raspberries contains 32% of the recommended daily value for fiber?

**Remember ...**

**Eat more fruits and vegetables everyday!**

# ☺ Red Bell Pepper ☺



Suntanned Peppers



# ☺ FUN FACTS! ☺

## RED Bell Pepper

Did you know...

- ☺ Did you know a red bell pepper tastes sweet?
- ☺ Did you know that a sweet red pepper is simply a mature green bell pepper?
- ☺ Did you know red bell peppers have a bell shape?
- ☺ Did you know New Jersey ranks 3<sup>rd</sup> in bell pepper production in the country?
- ☺ Did you know that sweet bell peppers come in a rainbow of colors?  
*(They come in green, red, yellow, purple and even brown.)*
- ☺ Did you know that in some countries they package red, yellow and green peppers in packs of three and call them “traffic light peppers”?
- ☺ Did you red bell peppers are the sweetest of all the colors?
- ☺ Did you know that by weight, a sweet red bell pepper contains three times as much vitamin C as a citrus fruit such as an orange?  
*(One serving or ½ cup, about 5 strips, provides 100 percent of your daily requirement of vitamin C! Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know red bell peppers contain the antioxidant, lycopene?  
*(Lycopene is an antioxidant that may help reduce the risks of cancer and other diseases.)*
- ☺ Did you know that peppers can get a suntan?  
*(A suntanned pepper is a green pepper with red spots.)*

**Remember ...**  
**Eat more fruits and vegetables everyday!**

# 😊 Romanesco Cauliflower 😊



# 😊 FUN FACTS! 😊

## Romanesco Cauliflower

### Did you know...

- 😊 Did you know Romanesco cauliflower has been growing in Italy since the 16<sup>th</sup> century?
- 😊 Did you know Romanesco cauliflower is also called Roman cauliflower?
- 😊 Did you know Romanesco is called “Romanesco cauliflower” in the U.S.; “Romanesco broccoli” in Canada and “Romanesco cabbage” in Germany ?
- 😊 Did you know Romanesco cauliflower resembles cauliflower?
- 😊 Did you know Romanesco cauliflower is chartreuse or lime green in color?
- 😊 Did you know Romanesco cauliflower resembles many mini trees?
- 😊 Did you know Romanesco cauliflower has a fractal shape?  
*(A fractal is a geometric shape that can be repeatedly subdivided into parts. Each of these smaller parts is a smaller copy of the whole. These fractals are what give the cauliflower it's strange yet beautiful appearance.)*
- 😊 Did you know Romanesco cauliflower is composed of many buds arranged in mini cones spirally studding the vegetable?
- 😊 Did you know some think Romanesco cauliflower looks like an undersea creature?
- 😊 Did you know Romanesco cauliflower grows close to the ground and is surrounded by large green leaves?
- 😊 Did you know Romanesco cauliflower can be eaten raw or cooked?
- 😊 Did you know Romanesco cauliflower tastes like a cross between broccoli and cauliflower?

**Remember ...**

Eat more fruits and vegetables everyday!

# 😊 Rutabaga 😊



# ☺ FUN FACTS! ☺

## Rutabaga

### Did you know...

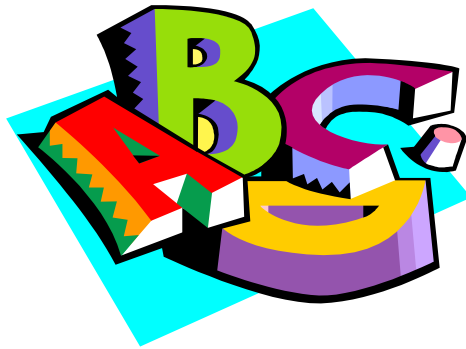
- ☺ Did you know rutabagas are also called “*Swede*” or “*yellow turnips*”?
- ☺ Did you know rutabagas look like turnips?
- ☺ Did you know rutabagas are a root vegetable?  
(*The part that we eat is the root and it grows underground.*)
- ☺ Did you know rutabagas are a cross between a cabbage and a turnip?
- ☺ Did you know rutabagas got their name from the Swedish word “rotabagge” which means round root?
- ☺ Did you know rutabagas are violet at the top and a yellow-tan at the bottom?
- ☺ Did you know rutabagas have a wax coating to protect them from losing moisture and shriveling up?
- ☺ Did you know rutabagas have a pale yellow or tan flesh?
- ☺ Did you know when you cook rutabagas the flesh turns orange?
- ☺ Did you know a ½ cup of cooked rutabaga contains 25% of the recommended daily value for vitamin C? (*Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.*)
- ☺ Did you know cooked rutabagas only contain 35 calories per ½ cup?
- ☺ Did you know rutabagas are usually bigger and sweeter than turnips?
- ☺ Did you know rutabagas can be cooked like potatoes?  
(*Mashed rutabagas are delicious!*)
- ☺ Did you know cooked rutabagas have a potato-like texture?
- ☺ Did you know rutabagas are grown in cooler climates?
- ☺ Did you know if you store rutabagas in a cool dark place they will keep for over a month?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# S

**Is for...**



☺ Spaghetti Squash ☺



# ☺ FUN FACTS! ☺

## Spaghetti Squash Did you know...

- ☺ Did you know spaghetti squash is also called noodle squash, vegetable spaghetti and squaggetti?
- ☺ Did you know spaghetti squash is a winter squash?  
*(Winter squash have hard shells and are always eaten cooked. Their peak growing season is from September to March.)*
- ☺ Did you know spaghetti squash is oblong in shape?
- ☺ Did you know the outside of spaghetti squash can be ivory, yellow or orange in color?
- ☺ Did you know the flesh or inside of spaghetti squash is orange?
- ☺ Did you know spaghetti squash contain many large seeds in its center?
- ☺ Did you know the spaghetti squash seeds can be roasted similar to pumpkin seeds?
- ☺ Did you know spaghetti squash grows on vines?
- ☺ Did you know spaghetti squash have yellow flowers?
- ☺ Did you know when the spaghetti squash is cooked, the flesh falls apart like strands of spaghetti?
- ☺ Did you know spaghetti squash can be baked, boiled, steamed or microwaved?
- ☺ Did you know you can cook spaghetti squash whole?  
*(Simply pierce the squash in several places to allow steam to release. Bake or microwave.)*
- ☺ Did you know you can substitute spaghetti squash for spaghetti and serve it with tomato sauce?
- ☺ Did you know you can toss spaghetti squash with butter or cheese for a great meal?
- ☺ Did you know some people eat spaghetti squash cold with a vinaigrette dressing?
- ☺ Did you know a cup of cooked spaghetti squash only contains 42 calories?  
*(Regular cooked spaghetti contains 220 calories per cup.)*

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Spinach 😊



# ☺ FUN FACTS! ☺

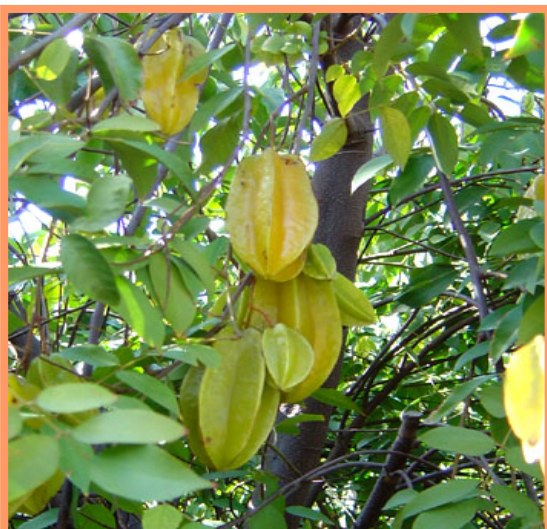
## Spinach

### Did you know...

- ☺ Did you know there are three different varieties of spinach?  
*(The three varieties are: Flat or Smooth Leaf which has smooth leaves, Savoy which has curly leaves and Semi-Savoy which has slightly curly leaves.)*
- ☺ Did you know spinach originated in ancient Persia?  
*(Today this land is known as Iran.)*
- ☺ Did you know three-fourths of the spinach consumed in the U.S. is in the fresh form?
- ☺ Did you know the consumption of spinach in the U.S. has been on the rise over the last several years? *(The popularity of this vegetable has increased as a result of the triple-washed, cello-packed spinach and baby spinach.)*
- ☺ Did you know New Jersey ranks 3<sup>rd</sup> in spinach production in the country?
- ☺ Did you know that spinach is rich in iron and vitamins A, C and K?  
*(Iron transports oxygen to your cells. Vitamin A is important for cell growth, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron. Vitamin K keeps your blood healthy.)*
- ☺ Did you know spinach contains phytochemicals *(pronounce "fight-o-chemicals")*, which help protect themselves from insects and help protect your health too?
- ☺ Did you know you can find spinach in your local supermarket in the following forms --- fresh, canned or frozen?
- ☺ Did you know eating and preparing spinach is simple because it can be eaten raw or cooked?
- ☺ Did you know you can prepare spinach as a salad, a hot vegetable, a creamy soup, a soufflé, add it to vegetarian lasagna or combine it with cheese as a stuffing for raviolis?
- ☺ Did you know spinach can contain a lot of grainy dirt particles and, therefore, should be washed thoroughly and gently to avoid tearing the leaves?
- ☺ Did you know slightly damp spinach can be steamed or microwaved without adding any additional water?
- ☺ Did you know the United States is the second largest producer of spinach in the world? *(China is the largest producer.)*
- ☺ Did you know California, Arizona and New Jersey are the top spinach producing states?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Star Fruit 😊



# ☺ FUN FACTS! ☺

## Star Fruit

### Did you know...

- ☺ Did you know star fruit is also called “*carambola*”?
- ☺ Did you know when you cut star fruit into slices it looks like a star?
- ☺ Did you know star fruit has a golden to green color skin?
- ☺ Did you know star fruit has a waxy type skin?
- ☺ Did you know you can eat the skin of the star fruit?
- ☺ Did you know star fruit have an oval shape?
- ☺ Did you know a star fruit has five ribs running down its length?
- ☺ Did you know the flesh of the star fruit is yellow?
- ☺ Did you know star fruit have a sweet-tart flavor?
- ☺ Did you know star fruit have seeds?
- ☺ Did you know star fruit grow well in warm climates?
- ☺ Did you know star fruit grow on a tree?
- ☺ Did you know most star fruit come from Malasia?
- ☺ Did you know star fruit are also grown in California, Florida, Hawaii and the Caribbean?
- ☺ Did you know a ½ cup star fruit provides you with 20% of your daily recommended value for vitamin C? *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know star fruits that are a deeper gold in color, have thicker ribs and a bit of brown on the ribs will usually have a sweeter flavor?
- ☺ Did you know star fruit can add a decorative touch to fruit trays?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Strawberry 😊



# 😊 FUN FACTS! 😊

## Strawberry

### Did you know...

- 😊 Did you know strawberries grow on a plant that is very low to the ground?
- 😊 Did you know every strawberry has approximately 200 tiny seeds?
- 😊 Did you know the strawberry is the only fruit with seeds on the outside rather than on the inside?
- 😊 Did you know ripe strawberries are red?
- 😊 Did you know strawberries have a heart shape?
- 😊 Did you know just eight strawberries contain 140% of a child's recommended daily intake for vitamin C?
- 😊 Did you know strawberries are sweet and a healthy snack?
- 😊 Did you know once you pick a strawberry it won't ripen any further?
- 😊 Did you know you should keep strawberries in the refrigerator after you purchase?
- 😊 Did you know New Jersey strawberries are available from late May to early July?
- 😊 Did you know strawberries are picked by hand?
- 😊 Did you know strawberries are a popular addition to dairy products such as ice cream, milkshakes, yogurt and smoothies?
- 😊 Did you know California produces 75% of the United States' strawberries?
- 😊 Did you know California grows one billion pounds of strawberries per year? *(If you were to lay each berry that California produces side by side, they would go around the world 15 times.)*
- 😊 Did you know strawberries are grown in every state in the U.S.?
- 😊 Did you know the American Indians used to crush berries and mix with cornmeal and bake into strawberry bread?
- 😊 Did you know after early colonists tried the Indians' strawberry bread they developed their version of the recipe and created *strawberry shortcake*?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Sugar Snap Pea 😊



# ☺ FUN FACTS! ☺

## Sugar Snap Pea

### Did you know...

- ☺ Did you know a 100-calorie serving of sugar snap peas contains more protein than a whole egg or tablespoon of peanut butter?
- ☺ Did you know sugar snap peas are from the legume family?  
*(Legumes are plants that produce pods containing edible, fleshy seeds.)*
- ☺ Did you know sugar snap peas are green?
- ☺ Did you know about 1 cup of sugar snap peas equals 45 calories?
- ☺ Did you know the pods of sugar snap peas are plump, sweet and tender?
- ☺ Did you know there are other varieties of snap peas including Sugar Rae, Sugar Bon and Sugar Ann?
- ☺ Did you know frozen or fresh sugar snap peas make a great cold snack with dip? *(Blanch, “shock” in ice water and chill. Serve as a finger food with your favorite dip.)*
- ☺ Did you know that sugar snap peas are only available fresh and frozen?  
*(The high temperatures used for canning would destroy the structure of the pod.)*
- ☺ Did you know sugar snap peas require very little cooking time?  
*(Cook only 2-3 minutes at a simmer. If overcooked the pods soften and the flavor is destroyed.)*

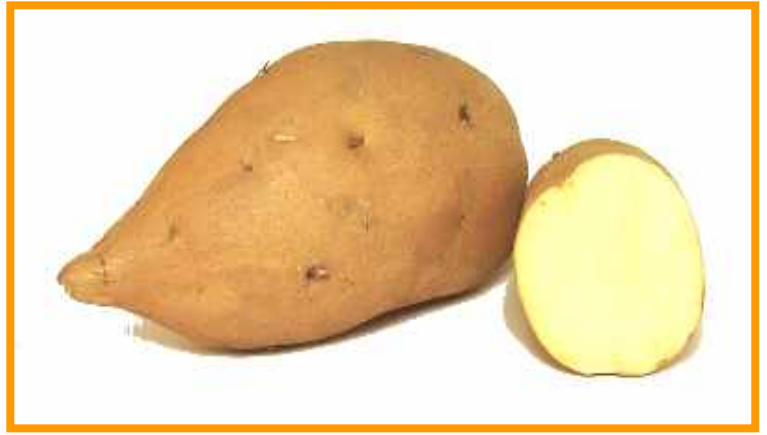
### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Sweet Potato 😊



Orange Sweet Potatoes



White Sweet Potatoes



Red Sweet Potatoes



# ☺ FUN FACTS! ☺

## Sweet Potato

### Did you know...

- ☺ **Did you know a sweet potato contains 327% of your daily recommended value for vitamin A, which is more than any other vegetable?** *(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision.)*
- ☺ **Did you know that sweet potatoes and yams are not the same?** *(Yams come from the yam family and are tubers, like potatoes, while sweet potatoes are considered storage roots, like carrots. Yams also 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 are primarily grown in the Caribbean while sweet potatoes grow in the U.S. Yams do not contain any vitamin A while sweet potatoes are super rich in this vitamin.)*
- ☺ **Did you know that there are two main varieties of sweet potatoes, pale yellow with a dry flesh and dark orange with a moist flesh?**
- ☺ **Did you know the skin of the sweet potato can be white, yellow, orange, red or purple?**
- ☺ **Did you know that the orange fleshed sweet potato is the primary one sold in the U.S.?**
- ☺ **Did you know you can eat sweet potatoes raw with dip?** *(They taste like a sweet carrot. They are a super healthy snack!)*
- ☺ **Did you know you can eat sweet potato fries?** *(Sweet potato fries are much healthier than the common white potato French fry!)*
- ☺ **Did you know you can also eat baked sweet potatoes?**
- ☺ **Did you know that when you eat a sweet potato you are actually eating a root?**
- ☺ **Did you know that sweet potatoes are one of the most nutritious vegetables you can eat?**
- ☺ **Did you know sweet potatoes should not be refrigerated?** *(If refrigerated, they will develop a hard core and a bad taste. Store in a cool, dry place with temperatures between 55°-60° F.)*
- ☺ **Did you know New Jersey ranks 7<sup>th</sup> in sweet potato production in the country?**
- ☺ **Did you know “candied sweet potatoes” are a traditional dish served at Thanksgiving in the U.S.?** *(This dish is made with sweet potatoes, brown sugar or maple syrup, butter, marshmallows, cinnamon and orange juice.)*

**Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Swiss Chard 😊



**Green**



**Red**



**Yellow**



# ☺ FUN FACTS! ☺

## Swiss Chard

### Did you know...

- ☺ Did you know Swiss chard is a green leafy vegetable?
- ☺ Did you know Swiss chard is also called spinach beet and bright lights?
- ☺ Did you know there is “Rainbow Chard” that is a mixture of red, green and yellow stem chard?
- ☺ Did you know the word “Swiss” was added to the name chard to distinguish it from French spinach varieties?
- ☺ Did you know the stems of Swiss chard are usually white but can be red or yellow?
- ☺ Did you know the leaves of Swiss chard are usually green, shiny and ribbed?
- ☺ Did you know Swiss chard grows straight up from the ground?
- ☺ Did you know Swiss chard can be picked when the leaves are young and tender or after they mature when they are larger and have tougher stems?
- ☺ Did you know Swiss chard has a slightly bitter taste?
- ☺ Did you know Swiss chard tastes similar to spinach but is not as strong?
- ☺ Did you know when you cook Swiss chard their bitterness fades?
- ☺ Did you know Swiss chard when young and tender can be eaten raw in salads?
- ☺ Did you know Swiss chard can be stir fried, added to soups and even stuffed?
- ☺ Did you know Swiss chard is a vegetable often used in Mediterranean cooking?
- ☺ Did you know in Europe Swiss chard is served either hot or cold after it has been sautéed in olive oil and garlic and seasoned?
- ☺ Did you know the leaves of Swiss chard are more nutritious than the center stem?
- ☺ Did you know Swiss chard is extremely rich in vitamins K, A and C?

*(Vitamin K helps blood clot. Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*

**Remember ...** Eat more fruits and vegetables everyday!

**T**

**Is for...**



# 😊 Tamarind 😊



# ☺ FUN FACTS! ☺

## Tamarind

### Did you know...

- ☺ Did you know tamarind grow on trees which can be 40 to 60 feet in height?
- ☺ Did you know the tamarind tree is planted in Caribbean islands as a wind-break as it gives protection against hurricanes and strong winds?
- ☺ Did you know tamarind grows well in tropical climates?
- ☺ Did you know South Asia and Mexico are the largest consumers and producers of tamarind?
- ☺ Did you know ripe tamarind has a brown, brittle pod about 4 inches long and contains a pulpy interior surrounding very large seeds?
- ☺ Did you know the tamarind seeds are flat and glossy brown?
- ☺ Did you know tamarind has a sweet and sour taste?
- ☺ Did you know the ripe tamarind is sometimes used to make a candy that has a spicy taste?
- ☺ Did you know in Barbados the pulp of tamarind is used to make sweet and spicy tamarind balls which are found in most supermarkets?
- ☺ Did you know ripe tamarind is also crushed to make a strong, refreshing drink that has a sweet smell?
- ☺ Did you know ripened tamarind is eaten raw and used in desserts, jams, ice creams, sorbets and juices?
- ☺ Did you know tamarinds can be eaten in their green immature state also?
- ☺ Did you know the green, unripe tamarind is slightly acidic and is used for seasoning fish and meats and is added to curries?
- ☺ Did you know in certain countries such as Nigeria, Indonesia and the Philippines the tamarind bark and leaves are used as a medicine for stomach disorders, yellow and malarial fevers and for scurvy?
- ☺ Did you know tamarind is high in acid, sugar, B vitamins and oddly for a fruit, calcium? (*Calcium builds strong bones.*)

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Tangerine 😊



# 😊 FUN FACTS! 😊

## Tangerine

### Did you know...

- 😊 Did you know tangerines are over 3,000 years old?
- 😊 Did you know tangerines have a pebbly skin?
- 😊 Did you know tangerines have seeds?
- 😊 Did you know tangerines originated in Tangiers?  
*(Tangiers is a city in northern Morocco.)*
- 😊 Did you know tangerines are a citrus fruit?
- 😊 Did you know tangerines are orange in color?
- 😊 Did you know tangerines have a thinner rind at the stem end which makes them easy to peel?
- 😊 Did you know tangerines are smaller and flatter than oranges?
- 😊 Did you know tangerines grow on a small tree?
- 😊 Did you know there is a very sweet tangerine called a honey tangerine?
- 😊 Did you know a medium tangerine contains 45% of the recommended daily value for vitamin C?  
*(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- 😊 Did you know tangerines are a variety of the mandarin orange?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# 😊 Tomato 😊



**Yellow Tomato**



**Plum Tomato**



**Cherry Tomato**



**Grape Tomato**



# ☺ FUN FACTS! ☺

## Tomato

### Did you know...

- ☺ Did you know tomatoes are in the fruit family?
- ☺ Did you know tomatoes are considered a vegetable because they are served and prepared like a vegetable?  
*(Botanically a tomato is classified as a fruit but from a culinary standpoint it is commonly prepared in a salad or as part of the meal as most vegetables are, rather than as a dessert as most fruits are served.)*
- ☺ Did you know tomatoes are classified into three groups?  
*(The three groups are: Cherry, Plum and Slicing Tomatoes.)*
- ☺ Did you know tomatoes were thought to be poisonous until the nineteenth century?
- ☺ Did you know New Jersey ranks 8<sup>th</sup> in tomato production in the country?
- ☺ Did you know a ½ cup of tomatoes contains 40% of the recommended daily value for vitamin C? *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know tomatoes are a good source of Vitamin A?  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision.)*
- ☺ Did you know tomatoes grow on a plant that is 3-10 feet in height?
- ☺ Did you know the tomato plant has a weak, woody stem with smaller branching stems containing leaves 4-10 inches long?
- ☺ Did you know most tomatoes are red?
- ☺ Did you know some tomatoes are yellow?
- ☺ Did you know tomatoes are round with a smooth edible skin?
- ☺ Did you know a tomato used to be called a *Peruvian apple*, a *love apple* and a *golden apple*?
- ☺ Did you know you should not refrigerate tomatoes?  
*(Refrigerating kills the flavor of the tomato.)*
- ☺ Did you know there are thousands of varieties of tomatoes?
- ☺ Did you know there is a tomato called *Beefsteak*?  
*(It got this name because it doesn't have the hard greenish-white core and therefore, is solid red and entirely edible, just like a steak is solid red meat.)*
- ☺ Did you know tomatoes are used to make salsa, ketchup and sauce for pizza and pasta?
- ☺ Did you know there are tiny tomatoes, the size of grapes, and they are called “grape tomatoes”? *(They are sweet and a great healthy snack.)*
- ☺ Did you know there is a mini tomato that is round in shape called a “cherry tomato”?
- ☺ Did you know the tomato is the state vegetable of New Jersey?  
*(Jersey tomatoes are often said to have the best taste!)*

# 😊 Turnip 😊



😊 **FUN FACTS!** 😊

## Turnip

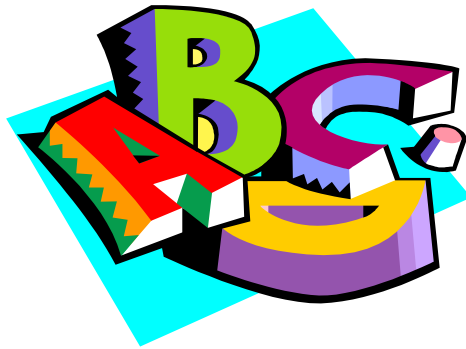
### Did you know...

- 😊 Did you know turnips are available in New Jersey in the Spring and Fall?  
*(Available April to June and September to November.)*
- 😊 Did you know the major countries that grow turnips are --- China, Uzbekistan and Russia?
- 😊 Did you know turnips were grown back in ancient Greek and Roman times?
- 😊 Did you know turnips are a root vegetable? *(The bulb that we eat grows underground.)*
- 😊 Did you know many people eat the turnip leaves or greens?
- 😊 Did you know most turnips are white?
- 😊 Did you know the part of the turnip that is above ground is purple or red?  
*(The sun colors this part of the turnip.)*
- 😊 Did you know most turnips are round in shape?
- 😊 Did you know the interior or flesh of the turnip is white?
- 😊 Did you know turnips are an excellent source of Vitamin C?
- 😊 Did you know turnips are low in calories? *(1 medium is only 35 calories.)*
- 😊 Did you know the turnip greens are a good source of Vitamins A, C, K and calcium?
- 😊 Did you know turnips grow well in in cool weather?
- 😊 Did you know larger turnips are used to feed livestock?
- 😊 Did know in Lebanon and Japan turnips are pickled?
- 😊 Did you know stewed turnip greens are a popular regional cuisine of the southern United States?
- 😊 Did you know turnip greens are commonly cooked with ham hocks or pork fat?
- 😊 Did you know in the US the juice produced from stewed turnip greens is prized as “pot liquor”? *(Pot liquor, sometimes spelled “potlikker” is the liquid left behind after boiling greens such as collard greens, mustard greens or turnip greens. In poor areas where food was scarce, there developed a tradition among cooks to save the broth made from boiling the tops of vegetables. The concentrated liquid is full of vitamins and flavor, and it may be used to make soups or gravies.)*

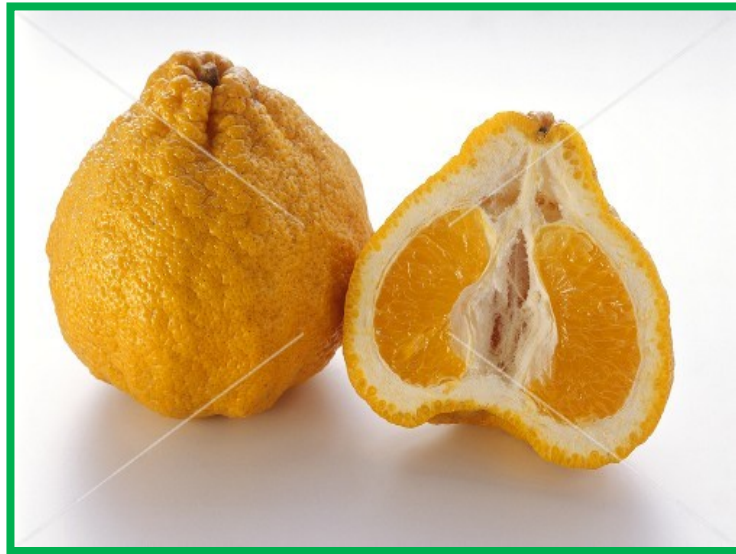
**Remember ... Eat more fruits and vegetables everyday!**

# U

**Is for...**



☺ Ugli Fruit ☺



☺ **FUN FACTS!** ☺

Ugli Fruit

## Did you know...

- ☺ Did you know the ugli fruit originated in Jamaica?
- ☺ Did you know ugli fruit have a greenish-yellow color?
- ☺ Did you know ugli fruits have a bumpy skin?
- ☺ Did you know ugli fruits peel easily as their skin is very loose?
- ☺ Did you know ugli fruits look like an irregular shaped grapefruit?
- ☺ Did you know ugli fruits are a cross between a tangerine, grapefruit and a Seville orange?
- ☺ Did you know ugli fruits have some seeds?
- ☺ Did you know ugli fruits are a citrus fruit?
- ☺ Did you know ugli fruits grow on a tree?
- ☺ Did you know in Jamaica they pronounce ugli --- “*OOWG-lee*”?
- ☺ Did you know ugli fruits are very, very, very juicy?
- ☺ Did you know an ugli fruit tastes like a mixture of tangerines and grapefruits?
- ☺ Did you know ugli fruits are rich in vitamin C?  
*(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know ugli fruits are very ugly but taste delicious?

## Remember ...

**Eat more fruits and vegetables everyday!**

V

Is for...



# 😊 Vidalia Onion 😊



# ☺ FUN FACTS! ☺

## Vidalia Onion

### Did you know...

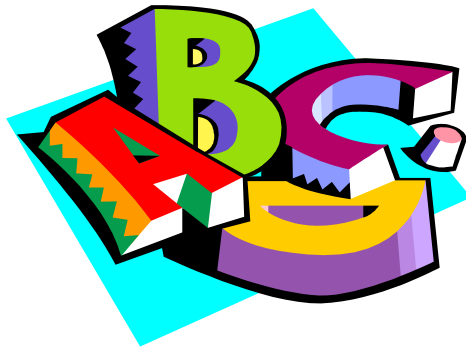
- ☺ Did you know Vidalia onions are very sweet?
- ☺ Did you know Vidalia onions are only grown in specific areas in Georgia?
- ☺ Did you know Vidalia onions are unusually sweet because there is a low amount of sulfur in the soil in which they are grown?
- ☺ Did you know Vidalia onions were first grown in the early 1930's?
- ☺ Did you know Vidalia onions were first grown in Vidalia, Georgia and that is how they received their name?
- ☺ Did you know the Vidalia onion is the official state vegetable of Georgia?
- ☺ Did you know Vidalia onions are available in the spring and summer months?
- ☺ Did you know Vidalia onion are round?
- ☺ Did you know Vidalia onions have a thin tan or brown skin?
- ☺ Did you know the inside of Vidalia onions is white?
- ☺ Did you know Vidalia onions grow underground?
- ☺ Did you know Vidalia onions add flavor to many different dishes?
- ☺ Did you know there are hundreds of different varieties of onions?

**Remember ...**

**Eat more fruits and vegetables everyday!**

# W

**Is for...**



# 😊 Watercress 😊



# ☺ FUN FACTS! ☺

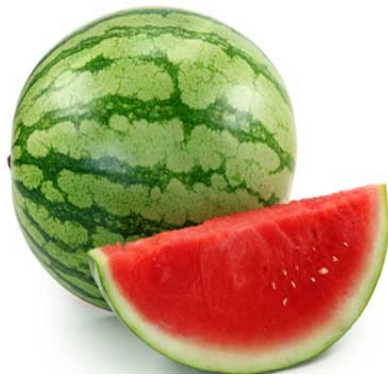
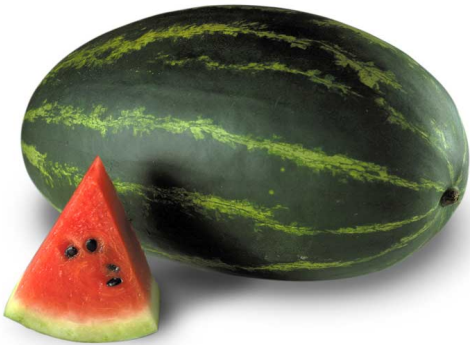
## Watercress

### Did you know...

- ☺ Did you know watercress is a member of the mustard family?
- ☺ Did you know watercress has long stems and small round leaves?
- ☺ Did you know watercress has dark green leaves?
- ☺ Did you know watercress has a peppery, tangy flavor?
- ☺ Did you know the entire watercress plant is edible even the roots?
- ☺ Did you know watercress is a semi-aquatic plant?  
*(It grows well in water and very moist soil.)*
- ☺ Did you know watercress is used in salads and added to sandwiches, dips and cream cheese?
- ☺ Did you know watercress can be cooked and is great in soups?
- ☺ Did you know the Greeks thought watercress improved the brain's ability to think?
- ☺ Did you know since ancient times watercress has been believed to cleanse the body?
- ☺ Did you know watercress is very high in vitamin A and C?  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know watercress is a good source of calcium?  
*(Calcium helps keep your bones and teeth strong and healthy.)*
- ☺ Did you know watercress is also considered an herb?
- ☺ Did you know a good way to keep watercress fresh is to place roots in a glass of water and store in the refrigerator?

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 Watermelon 😊



# ☺ FUN FACTS! ☺

## Watermelon Did you know...

- ☺ Did you know watermelon originated in the Kalahari Desert of Africa?
- ☺ Did you know watermelons were placed in the burial tombs of Egyptian Kings to nourish them in their afterlife?
- ☺ Did you know early explorers used watermelons as canteens?
- ☺ Did you know China is the world's number one producer of watermelons?
- ☺ Did you know in the U.S. there are forty-four states that produce watermelons?
- ☺ Did you know watermelons are part of the cucumber and squash family?
- ☺ Did you know there are more than 1200 varieties of watermelons?  
(In the U.S. there are only about 50 varieties that are popular.)
- ☺ Did you know the first watermelons were primarily rind and seeds?
- ☺ Did you know watermelons are either round or oval in shape?
- ☺ Did you know farmers in Japan grow watermelons in the shape of a cube?
- ☺ Did you know watermelons are 92% water and 6% sugar?
- ☺ Did you know people have grown watermelons that are over 260 pounds?
- ☺ Did you know seedless watermelons were invented over 50 years ago?
- ☺ Did you know the white seeds often seen in seedless watermelons are not mature seeds and are safe to eat? *Don't worry no seeds or watermelons will grow in your stomach!*  
(Seeds actually refer to the black ones. These are the mature ones. )
- ☺ Did you know watermelons grow on the ground and are attached to a vine?
- ☺ Did you know watermelons have a smooth exterior rind?
- ☺ Did you know the outside of a watermelon can be green with dark green stripes, or dark green?
- ☺ Did you know the inside rind of the watermelon is a light green or white in color?
- ☺ Did you know that most watermelons have a red flesh?
- ☺ Did you know some watermelons have orange or yellow flesh?
- ☺ Did you know most watermelons have a sweet taste but some varieties are bitter?
- ☺ Did you know watermelon is eaten raw?
- ☺ Did you know watermelon is the most refreshing and thirst quenching fruit?
- ☺ Did you know people use watermelon to make salsa, fruit salads or a cool drink?
- ☺ Did you know that in China they stir fry the rind of the watermelon and eat it?
- ☺ Did you know pickled watermelon rind is commonly eaten in Southern U.S.?
- ☺ Did you know watermelon with red flesh is rich in lycopene?  
(Lycopene is an antioxidant that may help reduce the risks of cancer and other diseases.)

**Remember ...** Eat more fruits and vegetables everyday!

# 😊 White Asparagus 😊



# ☺ FUN FACTS! ☺

## White Asparagus

### Did you know...

- ☺ Did you know white asparagus grows under the soil?
- ☺ Did you know the sun does not penetrate the white asparagus plant, and therefore it does not make chlorophyll which is needed to produce the green color?
- ☺ Did you know white asparagus is popular in Europe, especially Germany, the Netherlands, France and Belgium?
- ☺ Did you know raw white asparagus has a sweet, nutty taste?
- ☺ Did you know white asparagus is usually milder, more tender and less fibrous than green asparagus?
- ☺ Did you know that when the white asparagus stalk starts to sprout from the soil they mound dirt around it to deprive it from light?
- ☺ Did you know the root of white asparagus is called a crown?
- ☺ Did you know the white asparagus stalk sprouts from the crown?
- ☺ Did you know white asparagus has small buds at the top of the stalk?
- ☺ Did you know white asparagus looks like a white tree?
- ☺ Did you know white asparagus is considered to be a gourmet item in the U.S.?
- ☺ Did you know white asparagus is usually more expensive than the green because it requires more labor to produce?
- ☺ Did you know white asparagus is sometimes called “white gold”?

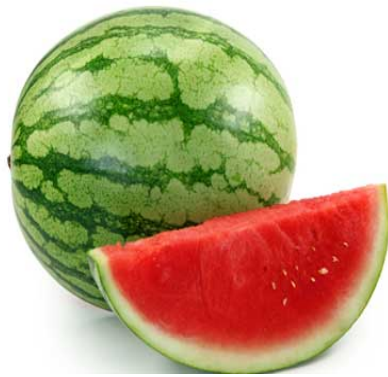
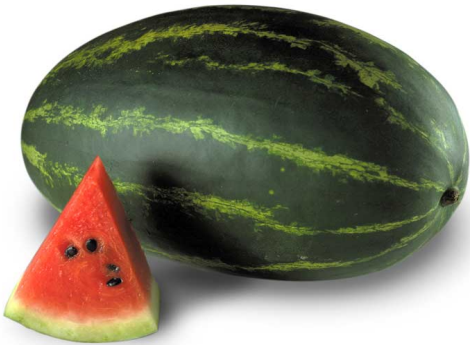
**Remember ...** Eat more fruits and vegetables everyday!

# X

**Is for...**



# 😊 Xigua 😊



# ☺ FUN FACTS! ☺

## Xigua

### Did you know...

- ☺ Did you know xigua is the Chinese word in Mandarin for watermelon?  
*(Mandarin is one of five major regional languages of China. Mandarin is spoken by over 800 million people around the world, more than any other language.)*
- ☺ Did you know xigua is pronounced “shi gwah”?
- ☺ Did you know China is the world’s number one producer of xigua?
- ☺ Did you know that in China they stir fry the rind of the xigua and eat it?  
*(The rind is cooked with olive oil, garlic, chili peppers, scallions, sugar and rum.)*
- ☺ Did you know the Chinese also stew and pickle xigua rind?
- ☺ Did you know xigua originated in the Kalahari Desert of Africa?
- ☺ Did you know xigua were placed in the burial tombs of Egyptian Kings to nourish them in their afterlife?
- ☺ Did you know xigua are part of the cucumber and squash family?
- ☺ Did you know there are more than 1200 varieties of xigua?
- ☺ Did you know the first xigua were primarily rind and seeds?
- ☺ Did you know xigua are either round or oval in shape?
- ☺ Did you know farmers in Japan grow xigua in the shape of a cube?
- ☺ Did you know xigua are 92% water and 6% sugar?
- ☺ Did you know people have grown xigua that are over 260 pounds?
- ☺ Did you know seedless xigua were invented over 50 years ago?
- ☺ Did you know the white seeds often seen in seedless xigua are not mature seeds and are safe to eat? *Don’t worry no seeds or xigua will grow in your stomach!*  
*(Seeds actually refer to the black ones. These are the mature ones. )*
- ☺ Did you know xigua grow on the ground and are attached to a vine?
- ☺ Did you know xigua have a smooth exterior rind?
- ☺ Did you know the outside of xigua are green with dark green stripes, or dark green?
- ☺ Did you know the inside rind of the xigua is a light green or white in color?
- ☺ Did you know that most xigua have a red flesh?
- ☺ Did you know some xigua have orange or yellow flesh?
- ☺ Did you know most xigua have a sweet taste but some varieties are bitter?
- ☺ Did you know xigua is eaten raw?
- ☺ Did you know people use xigua to make salsa, fruit salads or a cool drink?
- ☺ Did you know xigua with red flesh is rich in lycopene?  
*(Lycopene is an antioxidant that may help reduce the risks of cancer and other diseases.)*

**Remember ...** Eat more fruits and vegetables everyday!

# ☺ Ximenia Americana ☺



# ☺ FUN FACTS! ☺

## Ximenia Americana

Did you know...

- ☺ Did you know ximenia americana is commonly known as yellow plum or sea lemon?
- ☺ Did you know ximenia Americana grows in tropical climates?
- ☺ Did you know ximenia Americana grow on trees?
- ☺ Did you know ximenia Americana trees have leaves that smell like almonds?
- ☺ Did you know ximenia Americana fruit is lemon-yellow or orange-red in color?
- ☺ Did you know ximenia Americana have a thin skin?
- ☺ Did you know ximenia Americana have a pleasant plum-like flavor?
- ☺ Did you know in Asia the leaves of ximenia Americana are cooked as a vegetable?  
*(The leaves contain cyanide, a poisonous substance, and need to be cooked thoroughly!)*
- ☺ Did you know ximenia Americana are common in Africa, Asia and South America?
- ☺ Did you know ximenia Americana are eaten raw or made into jellies, jams, syrup, juice or porridge?
- ☺ Did you know ximenia Americana are rich in vitamin C?  
*(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*

**Remember ...**

**Eat more fruits and vegetables everyday!**

Y

Is for...



# 😊 Yardlong Beans 😊



# ☺ FUN FACTS! ☺

## Yardlong Beans

### Did you know...

- ☺ Did you know yardlong beans are also called asparagus beans, snake beans, Chinese long beans and long-podded cowpeas?
- ☺ Did you know the yardlong bean is actually only a half yard long?  
*(Beans are usually picked when they are 18-20 inches long as they are tenderer. They can grow up to a yard long, but are usually tougher at this length.)*
- ☺ Did you know yardlong beans are primarily grown in Southeast Asia, Thailand and Southern China?
- ☺ Did you know yardlong beans grow well in subtropical and tropical climates?
- ☺ Did you know yardlong beans are pale to dark green in color?
- ☺ Did you know yardlong beans are eaten both cooked and raw?
- ☺ Did you know yardlong beans are a good source of vitamins A and C?  
*(Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- ☺ Did you know yardlong beans grow on twining, climbing vines with delicate stems?
- ☺ Did you know the yardlong bean plants grow 9-12 feet in height?
- ☺ Did you know the yardlong bean plant has large white or purple flowers?
- ☺ Did you know the yardlong bean grows very quickly?  
*(Once pollinated, it can grow to 12 inches in just a few days.)*
- ☺ Did you know yardlong beans are cooked similar to green beans?
- ☺ Did you know yardlong beans have a denser texture and more intense flavor than the green bean?

**Remember ...** Eat more fruits and vegetables everyday!

# ☺ Yellow Summer Squash ☺



# ☺ FUN FACTS! ☺

## Yellow Summer Squash

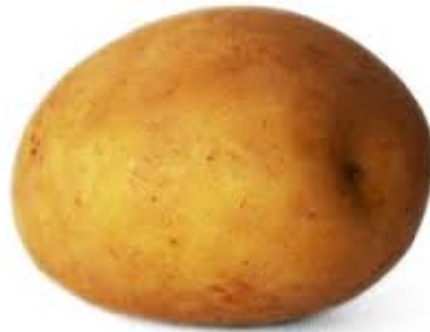
### Did you know...

- ☺ Did you know squash is an important vegetable crop grown in New Jersey?
- ☺ Did you know New Jersey ranks 6<sup>th</sup> in squash (*includes summer and winter*) production in the country?
- ☺ Did you know yellow squash is classified as a “*summer squash*”?
- ☺ Did you know that squash comes in two different varieties ---summer and winter?
- ☺ Did you know that summer squash has a soft, edible, thin shell or skin and winter squash has a hard shell or skin?
- ☺ Did you know the seeds of yellow squash are soft and edible?
- ☺ Did you know yellow squash is entirely edible?  
(*Eat the skin, flesh and seeds.*)
- ☺ Did you know the skin of yellow squash is yellow and the flesh is white to off-white?
- ☺ Did you know you can eat yellow squash raw and it is great with low fat dip?
- ☺ Did you know yellow squash has a high water content and if overcooked will turn to mush?
- ☺ Did you know yellow squash is low in calories because it is over 90% water?
- ☺ Did you know yellow squash has a mild flavor?  
(*When cooked, it combines well with herbs and seasonings.*)
- ☺ Did you know that yellow squash is available with a crooked neck and with a straight neck?  
(*Their names are --- “Yellow Crookneck” and “Yellow Straightneck”.*)
- ☺ Did you know the skin and rind of summer squash is a source of beta-carotene (*vitamin A*) but the fleshy portion is not?  
(*Eat the entire squash for a healthy diet. Vitamin A is important for cell growth and development, for fighting off diseases and for good vision.*)
- ☺ Did you know squash was a common food eaten by Native Americans for more than five thousand years before Europeans settlers arrived?
- ☺ Did you know the word squash comes from the Algonquin word *askutasquash* which means “*eaten raw*”?

### **Remember ...**

**Eat more fruits and vegetables everyday!**

# ☺ Yukon Gold Potatoes ☺



# ☺ FUN FACTS! ☺

## Yukon Gold Potatoes

### Did you know...

- ☺ Did you know Yukon gold potatoes are a cross between a North American white potato and a wild South American yellow fleshed variety?
- ☺ Did you know Yukon gold potatoes were developed in the 1960's by G. R. Johnston and R. G. Rowberry in Ontario, Canada?  
*(It was introduced to farm markets and stores in 1980! It is a very new variety of potatoes.)*
- ☺ Did you know Yukon gold potatoes are named after the Yukon River in Northern Canada and the word "gold" was added to identify its color and the appearance of this potato?
- ☺ Did you know Yukon gold potatoes grow underground?
- ☺ Did you know Yukon gold potatoes have a smooth eye-free skin?
- ☺ Did you know the skin of Yukon gold potatoes is light yellow to light golden brown?
- ☺ Did you know the flesh of the Yukon gold potatoes is yellow in color and is very moist?
- ☺ Did you know Yukon gold potatoes have a buttery, sweet flavor?
- ☺ Did you know Yukon gold potatoes whip up great for tasty mashed potatoes without any butter?
- ☺ Did you know Yukon gold potatoes can be boiled, baked, fried, grilled, and roasted?
- ☺ Did you know Yukon gold potatoes should be stored in a cool, dark well-ventilated place?
- ☺ Did you know Yukon gold potatoes are an excellent source of vitamin C and provide a good amount of potassium? *Vitamin C is needed by the body to form collagen in bones and aids in the absorption of iron. Potassium is important for normal blood pressure and muscle growth.)*

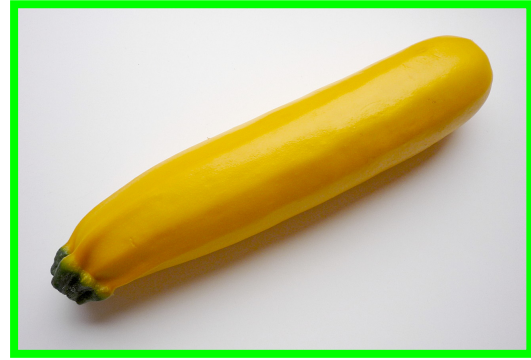
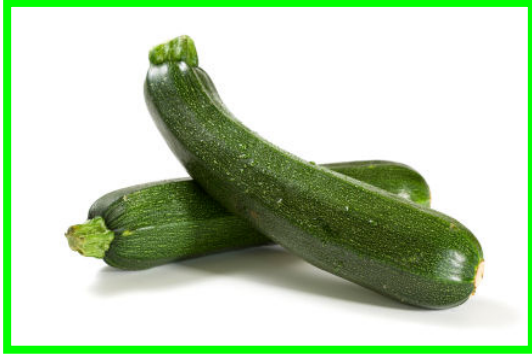
**Remember ...** Eat more fruits and vegetables everyday!

# Z

**Is for...**



# ☺ Zucchini ☺



# ☺ FUN FACTS! ☺

## Zucchini

### Did you know...

- ☺ Did you know zucchini is called *courgette* in several countries?
- ☺ Did you know zucchini is classified as a “*summer squash*”?
- ☺ Did you know that squash comes in two different varieties --- summer and winter?
- ☺ Did you know New Jersey ranks 6<sup>th</sup> in squash (*includes summer and winter*) production in the country?
- ☺ Did you know that summer squash has a soft, edible, thin shell or skin and winter squash has a hard shell or skin?
- ☺ Did you know the seeds of zucchini are soft and edible?
- ☺ Did you know the skin of zucchini is usually green and the flesh is white to off-white?
- ☺ Did you know zucchini can also be yellow?
- ☺ Did you know zucchini has the shape of a ridged cucumber?
- ☺ Did you know the flower of the zucchini plant is edible?
- ☺ Did you know the yellow-orange zucchini flower is often deep fried and served as a fritter, prepared as a tempura or can be stuffed, sautéed, baked or added to soups?
- ☺ Did you know zucchini was developed in Italy?
- ☺ Did you know zucchini are usually picked when they are less than 8 inches in length?
- ☺ Did you know mature zucchini can grow as long as three feet?
- ☺ Did you know zucchini is usually served cooked?
- ☺ Did you know zucchini can be steamed, grilled, stuffed, baked, barbequed or fried?
- ☺ Did you know zucchini can be baked into a bread or cake?
- ☺ Did you know zucchini can also be eaten raw?
- ☺ Did you know you can eat the tender skin of the zucchini?
- ☺ Did you know zucchini grows close to the ground on vines with very large leaves? (*Often, the zucchini is hidden under the leaves.*)
- ☺ Did you know zucchini is one of the easiest vegetables to grow?
- ☺ Did you know one cup of zucchini contains 35% of the recommended daily value for vitamin C? (*Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.*)

