

Aa



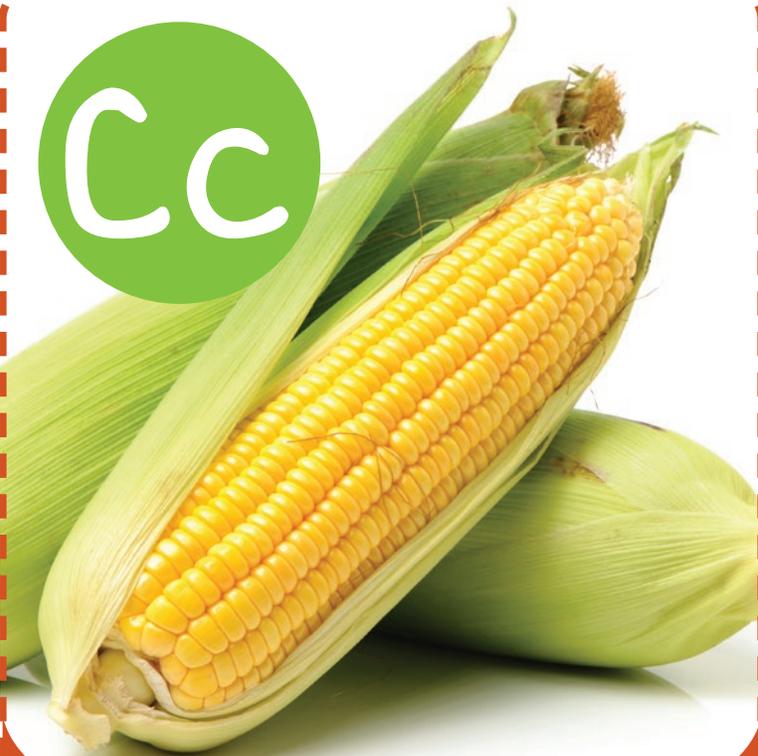
artichoke

Bb



broccoli

Cc



corn

Dd



dragon fruit

# broccoli

*Broccoli is fun to eat.  
It's a healthy snack you cannot beat.*

*Broccoli is little flowers,  
When you eat it, you get special powers.*

*Broccoli is a super food, you see,  
For it is filled with vitamins B, K & C.*



monsters don't  
like broccoli

by Barbara Jean Hicks

## fun facts

- Broccoli is one of the healthiest green vegetables.
- Broccoli is good both raw or cooked.
- Broccoli has more vitamin C than an orange.



# artichoke

## okie dokie artichokie dip

- 1 14 oz can of artichoke hearts
- 1 10 oz package of frozen chopped spinach
- 1/2 cup shredded Parmesan cheese
- 2 tablespoons of lemon juice
- 1/2 cup of mayonnaise
- 1 teaspoon garlic salt seasoning



Preheat oven to 375 degrees. Drain one can of hearts and mince into pieces. Add all ingredients in a mixing bowl and stir thoroughly. Spoon mixture into baking dish and bake 15-20 minutes. Allow to cool 10 minutes before serving. Serve 1/2 cup with whole grain crackers.

*Snack vegetable crediting: 4 servings for ages 1-5*

## fun facts

- Artichokes have hearts!
- Artichokes come from California.
- Artichokes are flowers.



# dragon fruit

## dragon fruit smoothie

- 1 cup dragon fruit, peeled and diced
- 1 cup strawberries, diced
- 1 cup banana, diced
- 1 1/2 cup plain yogurt



Mix all ingredients in a blender and serve 1/2 cup to each child. Ask them to describe the taste.

*Snack fruit & meat/meat alternate crediting: 6 servings for ages 1-5*

## fun facts

- Dragon fruit is from a cactus.
- Dragon fruit is also known as strawberry pear or pitaya.
- Dragon fruit comes from Asia.



# corn

## hand print corn cob

First, make some prints to resemble the corn. Slightly bend the end of a straw to make an oval shape, dip it in yellow paints, and stamp onto white cardstock. Use paper plates as paint trays for super quick clean-up! When the paint has dried, trace around child's hand in pencil then cut it out. Glue the hand print onto some construction paper, and cut out green corn husks from green construction paper.



## fun facts

- An ear of corn has 800 kernels.
- Corn is also called maize.
- Corn is produced on every continent in the world except Antarctica.



Ee



eggplant

Ff



fig

Gg



garlic

Hh



huckleberry

# fig

## 3d fig tree

Assembling your fig tree is super easy! First, print the template, available at [cacfp.org](http://cacfp.org), on cardstock. Color it in and cut out the pieces. Cut along the solid black line and then slide the two pieces together (one from the top and one from the bottom). Secure the two pieces at 90 degrees from one another using tape on the backsides. Use tape to reinforce. Ta-da! You have a free-standing fig tree.



## fun facts

- Fig trees don't have blossoms.
- There are nine different kind of figs.
- California grows the most fig trees in the country.

# eggplant

## eggplant sticks

- 10 oz. eggplant
- 1/2 cup Italian seasoned breadcrumbs
- 2 tablespoons Parmesan cheese, grated
- 2 large egg whites, whipped



Cut 1/4 inch slices and then from those, cut 1/4 inch sticks. Mix breadcrumbs and cheese in a bowl. In another, whip the egg whites. Dip the eggplant sticks into the egg whites and then roll in the breadcrumb mixture. Lay on large baking sheet lined with parchment paper and bake in 450° oven for 10 minutes. Turn over and bake another 5 minutes. Makes 32 sticks. Six sticks equals 1/2 cup baked eggplant.

*Snack vegetable crediting: 5 servings for ages 3-5*

## fun facts

- There are around 770 varieties of eggplant.
- They are related to potatoes.
- Italy used to call them "crazy apples."

# huckleberry

## try it

Go to your local farmers market or grocery store and see how many items you can find that has huckleberries in it (i.e. vinaigrette, salsa, sausage, baked goods, jam, juice). Then hold a tasting to see what everyone likes and doesn't like. Add the likes to your menu options.



## adventures of huckleberry finn

by Mark Twain

## fun facts

- Huckleberries are native to America.
- You can find them in the White House garden.
- Huckleberries are often mistaken for blueberries but they have different taste.

# garlic

## plant it

Did you know that garlic can sprout into more garlic? You can regrow garlic sprouts from a single garlic clove. Just place one garlic clove in a small cup with a little water, place in a window so it gets lots of light and let it grow. Once roots are strong, plant in dirt. Other plants that can regrow are onions, potatoes, celery, and green onions. Try them all.



## fun facts

- Garlic is divided in parts, called cloves.
- Garlic is used more than any other flavor enhancer in recipes by cooks around the world.
- Garlic is available all year.

li



iceberg lettuce

ji



jicama

kk



kiwifruit

li



lima beans

# jicama

## jicama sticks

- 2 cups watermelon
- 2 cups cantaloupe
- 4 cups jicama
- 1 cup fresh lime juice
- 1/3 cup fresh cilantro, chopped
- 1 teaspoon of chili powder



Peel and cut fruit into ¼ inch wide strips. Gently mix strips of watermelon, cantaloupe, and jicama with lime juice. Toss salad with cilantro and sprinkle chili powder over the top to taste. Serve chilled.

*Snack fruit & vegetable crediting: 8 servings for ages 1-5*

## fun facts

- Jicama is from South America.
- It is pronounced “HEE-kah-mah”
- Jicama is a root vegetable that tastes like a potato and pear combined.



# iceberg lettuce

## changing colors

You will need:

- cabbage leaves (lettuce family)
- food coloring
- water
- jars



Add some water to each jar. Then add 6-10 drops of different food coloring to each jar. Place a separate cabbage leaf in each jar. Leave your cabbage over night to achieve the full effect of this experiment. The leaves will absorb the colored water and change color!

## fun facts

- China produces the most lettuce.
- Iceberg lettuce is the second most popular vegetable.
- Lettuce is almost always eaten fresh.



# lima beans

## lim-A-B-C's

Using dried, white lima beans, write the letters of the alphabet using a black Sharpie to create a set of alphabet beans for literacy play! Now, set up a mini muffin tray filled with paper cupcake liners. Inside each one, write a letter of the alphabet. Have kids match each bean with the coordinating letter in the muffin tin. For added fun have them sound out each letter as they find and match it.



## fun facts

- Lima beans are also called butter beans because they taste like butter when cooked.
- They have white or yellowish flowers when they start to produce.
- Lima beans grow on a bush or vine.



# kiwifruit

## kiwi popsicles

- 1 cup kiwi, diced
- 1 cup strawberries, diced
- 2 cups watermelon, diced
- 1 lime



Juice and zest the lime. Peel kiwi. Place all ingredients in a blender and puree until completely smooth. Pour mixture into popsicle molds. Freeze for 3-4 hours or until solid.

*Snack fruit crediting: 8 servings for ages 1-5*

## fun facts

- Originally named “Chinese Gooseberry.”
- Renamed to Kiwifruit after the kiwi bird.
- Kiwifruit grows on vines.



Mm



melon

Nn



nectarine

Oo



okra

Pp



peppers

# nectarine

## nectarine fruit salad

- 1 cup nectarines, diced
- 1 cup peaches, diced
- 1 cup strawberries, diced
- 1/2 lime
- 1 1/2 teaspoon fresh basil, chopped



Juice the lime and add chopped basil. Mix well, and set aside. Lightly toss fruit in a large bowl. Drizzle lime mixture over fruit and mix gently to coat.

*Snack fruit crediting: 6 servings for ages 3-5*

## fun facts

- Nectarines are nicknamed “shaved peaches.”
- Originated in China.
- The word nectarine means sweet as nectar.



# melon

## melon salad

- 2 cups cantaloupe, diced
- 1 cup honeydew, diced
- 1 cup watermelon, diced
- 2 teaspoons fresh lime juice

Place all the melon in a wide bowl or on a platter. Add half lime juice over top, stir, adding second half to taste.

*Snack fruit crediting: 8 servings for ages 3-5*

## fun facts

- There are 25 varieties of melon.
- Melons are in the berry family.
- Grow on vines and produce two kinds of flowers.



# peppers

## pepper turkeys

- 4 bell peppers in different colors
- 1 large carrot, cut into thin “sticks”
- food-safe markers
- Tzatziki dip or hummus for filling



Slice the top off of the peppers and remove the seeds and stem. Cut a head shape into 3 of the peppers. Slice remaining into strips. Fill the bell pepper turkeys with desired filling such as hummus. Add the pepper strips and carrot sticks as feathers. Then draw a face on the turkey using the food-safe markers. This makes a perfect snack.

## fun facts

- Bell peppers come in over 8 different colors.
- There are over 50,000 varieties of peppers.
- Peppers are not related to ground pepper, as in salt and pepper.



# okra

## okra stamping

- okra
- paper
- water-based paint
- small plates

Cut okra into one-inch long pieces. Put different paint colors on small plates. Dip okra in one color of paint and press stamp onto paper. Lift stamp to see the flower-like imprint.



## fun facts

- Okra is nicknamed “lady fingers.”
- Okra can be used to make paper.
- When the vine blooms, the flowers look like hibiscus flowers.



Qq



quince

Rr



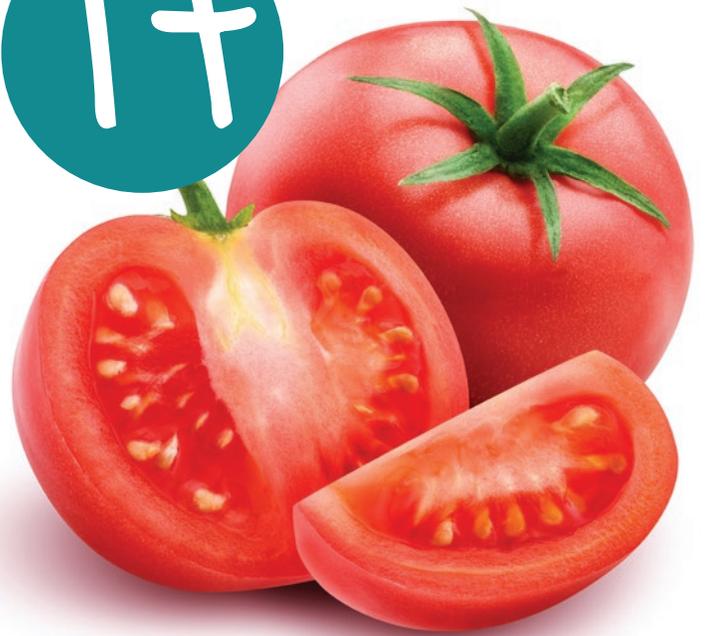
rutabaga

Ss



string beans

Tt



tomato

# rutabaga

## roasted rutabaga

- 1 large rutabaga
- 1 large sweet potato
- 1 butternut peeled squash
- 1 large carrot
- 1/2 red onion
- 3 tablespoon of olive oil
- salt, pepper, garlic, and dried thyme



Preheat oven to 425°. Cut vegetables into 1 inch to 1 1/2 inch chunks. Toss vegetables with olive oil and then sprinkle with seasonings until evenly coated. Spread the vegetables in a single layer on cookie sheet.

Roast vegetables at 425 degrees for 45 minutes.

Serve 1/2 cup for CACFP vegetable crediting for ages 3-5

## fun facts

- Rutabaga is a cross between a cabbage and turnip.
- You can eat the rutabaga leaves.
- Rutabagas are high in vitamin C.



# quince

## Read it! It's Okay to Be Different!

by Todd Parr



The quince is very different from popular fruits. That's okay. It's okay to be different. This book highlights and celebrates how everything and everyone is different.

## fun facts

- Quince is rarely eaten raw and when cooked, tastes like a cross between an apple and pear.
- A quince tree can grow for up to 50 years in the wild.
- Turkey grows twenty percent of the world's quince.



# tomatoes

## Let's Read I Will Never Not Eat a Tomato



by Lauren Child

Lola is a picky eater and doesn't like to try new foods. Her brother Charlie uses his imagination to help get her to eat. Mashed potatoes are a fluffy cloud from the peaks of Mount Fuji. Carrots are twiglets from Jupiter. What will Charlie come up with for tomatoes and will Lola try them?

## fun facts

- The largest tomato recorded was grown in Oklahoma in 1968 at 7 lb. 12 oz.
- Every year, a small town in Spain has a tomato fight where the whole town joins in.
- Tomatoes can be eaten raw or cooked.



# string beans

## plant it

- plastic cups
- packet of green bean seeds
- small bag of garden soil (unfertilized)



Have the children fill their cup two thirds of the way up with dirt, then poke a hole in the center of the dirt with their finger. Place one seed in the hole, cover with dirt and water. After a couple of days, the seeds will sprout! Water daily.

## fun facts

- String beans is another term for green beans.
- There are over 130 different types of beans. Most are green, but some are purple, yellow or even spotted.
- Beans are one of the most popular garden plants.



Uu



ugli fruit

Vv



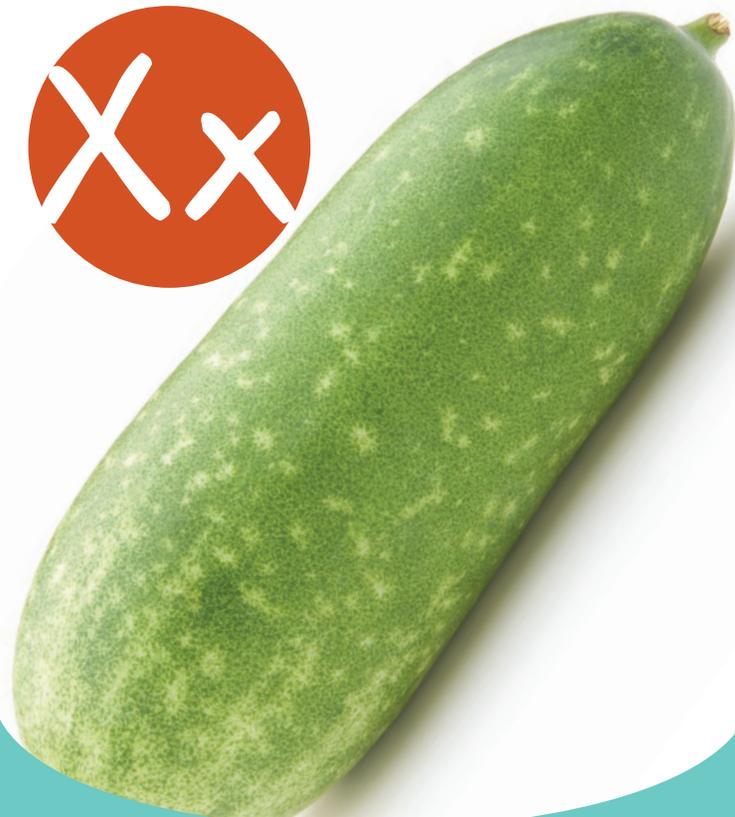
valencia oranges

Ww



winter squash

Xx



xigua

# valencia oranges

## hand-squeezed orange juice

Have you ever tried making orange juice by hand without a juicer? Kids will love this. Take several Valencia oranges and roll them on the table. Rolling first will help get the juices going. Cut them in half. Have each child squeeze by hand over a plastic pitcher. Then enjoy the fruits of your labor.



## fun facts

- Seeds in Valencia oranges are called pips.
- Valencia is the most popular orange in the world.
- They are named after the city of Valencia in Spain.

# ugli fruit

## ugli smoothie

- 2 cups ugli fruit, peeled and frozen
- 2 cups pineapple juice
- 2 cups plain yogurt



Add all ingredients to a blender, mix on high until smooth. Serve 1/2 cup per child immediately as a frosty smoothie or let sit for five minutes before serving.

*Snack fruit crediting: 8 servings for ages 1-5*

## fun facts

- Ugli fruit is a hybrid of grapefruit, orange, and tangerine.
- Not ugly! This fruit is pronounced OO-gli.
- Mainly produced in Jamaica, the ugli fruit is also available in Florida.

# xigua

## xigua (watermelon) soup

- 4 cups cubed seeded watermelon
- 1 tablespoon fresh mint, chopped
- 2 tablespoons lemon juice
- 1 tablespoon honey

Blend watermelon, lemon juice, mint, and honey in a blender. Refrigerate for 2 hours before serving.

*Snack fruit crediting: 8 servings for ages 1-5*

## fun facts

- Pronounced “she-qwah,” xigua is the Chinese word for watermelon.
- Watermelons are 92% water.
- The largest watermelon on record was 262 pounds.

# winter squash

## eddy pumpkin

- construction paper: orange, brown, green
- scissors
- paper plates
- glue stick



Cut out orange pieces of construction or tissue paper. Have children glue the pieces of paper all over a paper plate. They can glue on a brown rectangle for the stem and green leaf or add black shapes to make a jack-o-lantern, too.

## fun facts

- Winter squash is different than summer squash.
- Pumpkins are a kind of winter squash.
- There are over 30 different kinds of winter squash.

Yy



yam

Zz



zucchini

# zucchini

## zucchini zappers

- 3 cups zucchini, diced
- 4 teaspoons olive oil
- 2 tablespoons grated Parmesan cheese
- 1/4 cup panko breadcrumbs
- salt and pepper



Preheat broiler on high. Toss all ingredients in a bowl, and spread out on a baking pan in a single layer. Broil for 10 minutes.

*Snack vegetable crediting: 6 servings for ages 3-5*

## fun facts

- It is the only vegetable that starts with a Z.
- The flower of a zucchini plant is edible.
- One zucchini is a “zucchina, although most people use the word zucchini regardless of how many they have.”



# yam

## yam sticks

- 2 cups yams
- 2 tablespoons olive oil
- salt



Preheat oven to 425°. Using a sharp knife, slice the yams into thin sticks. Toss with olive oil and sprinkle with a dash of salt. Spread the sticks on a baking sheet in a single layer. Roast at 425° for 25 minutes. Turn the sticks over and cook for another 15 minutes. Serve with 1/4 cup of plain hummus.

*Snack vegetable crediting: 4 servings for ages 1-5*

## fun facts

- Yams are not sweet potatoes; they are not potatoes at all.
- Yams are an edible root.
- They can grow to 5 feet in length and can weigh as much as 150 lbs.

