

Fresh Fruits & Vegetables Handbook



☺ 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!



Apples

Fact Sheet

Where did they come from?

Apples have been grown for over 5,000 years. Apples can be traced back to the Romans and Egyptians who introduced this fruit to the British. Early Americans brought seeds from Europe and planted the first apple trees in Massachusetts and Virginia. Johnny Chapman, more commonly known as “Johnny Appleseed”, planted apple seeds wherever he traveled in the United States. Currently, at least 50% of apples grown in the United States are fresh, while the other 50% are used for juices, applesauce, jellies or dehydrated apple products. Today, Americans eat over 120 fresh apples each, per year!

Where do they grow?

Apples are grown throughout the United States, but Washington State produces the most apples each year. This state produces more than half of the fresh apples grown in the country. They sell their apples to all 50 states and over 40 countries. Other states, which are top producers of apples, include New York, New Jersey, California, Michigan, Pennsylvania and Virginia. New Jersey's leading counties that produce apples are Gloucester, Camden, Cumberland and Warren. Imported apples are grown in Canada and New Zealand. Most apple varieties are available all year round, but some varieties are only available a few months of the year.

How do they grow?

Commercial apples are not grown from seeds but through grafting or budding to produce trees that will bear fruit. Apple trees require fertile soil, adequate amounts of water, and grow best where the climate is hot during the day and cool at night. Once the apple tree is planted, it takes about 2-3 years for the tree to produce fruit. The apple tree will grow buds or short shoots which bloom into apple blossoms and form the fruit. When the fruit is mature and ripe, the apples are hand picked.

Are they healthy?

- ✎ Good source of fiber, potassium and vitamin C
- ✎ Contains no fat, cholesterol or sodium

How do you pick a good one?

- ✎ Choose apples that are firm
- ✎ Select ones with a shiny skin, not dull
- ✎ Avoid those with soft spots, bruises, punctures or discoloration

☺ FUN FACTS! ☺

Apples

Did you know...

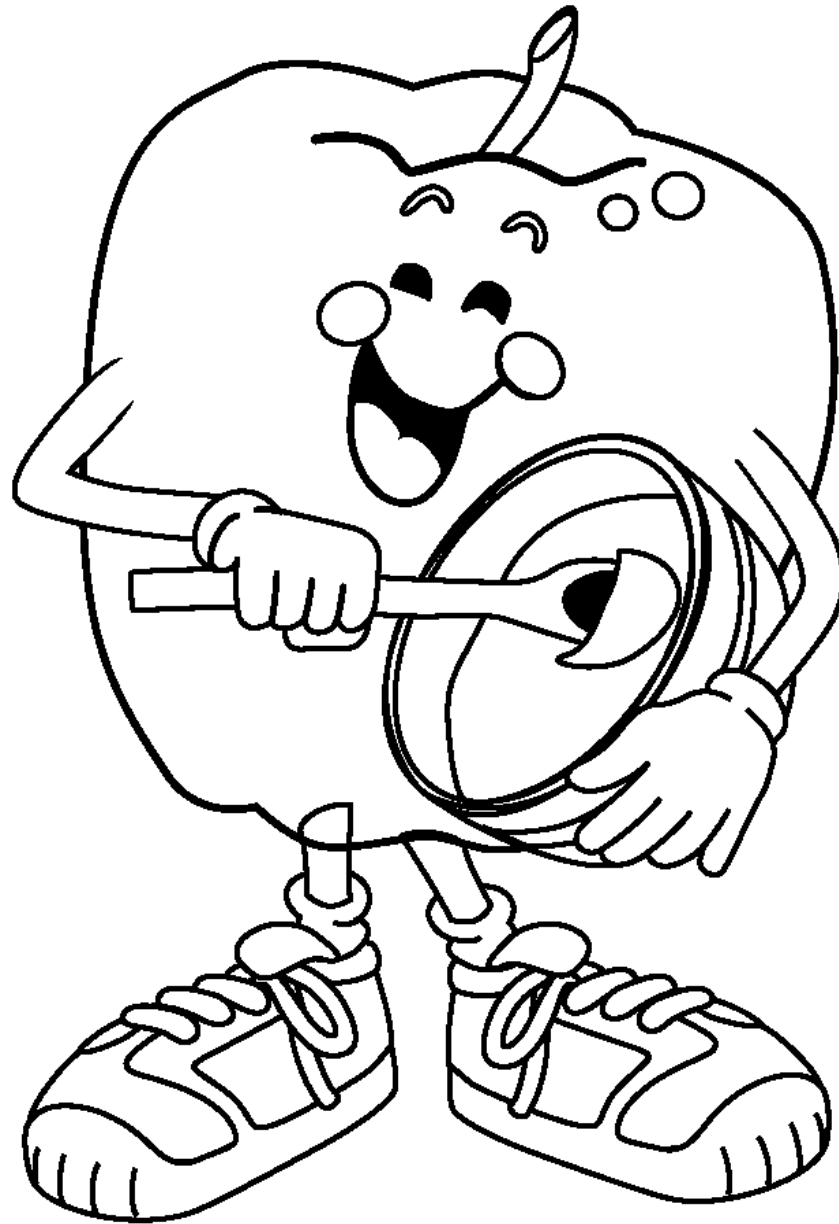
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Remember ... Eat more fruits and vegetables everyday!



Classroom Link... **Anthony Apple**

From: Dole 5-A-Day Web-Site; www.dole5aday.com



Anthony Apple ©



Classroom Link... *From: Washington Apple Commission & Dole 5 A Day*



APPLE TRIVIA



1- How many different apple varieties are there?

____15 ____7,500 ____400 ____6

2- Apples are harvested by?

____Horse ____Tractors ____People ____Helicopters

3- When are apples harvested?

____Winter ____Spring ____Summer ____Fall

4- How many seeds are in an average apple?

____5 ____1 ____3 ____16

5- How many grams of fiber are in an apple?

____1 ____3 ____5 ____12

6- Which state grows the most apples in the U.S.?

____Michigan ____Washington ____New York ____Alaska

7- How many fresh apples, on an average, does an American eat in one year?

____5 ____50 ____35 ____120

8- What is the most popular apple variety in the United States?

____Golden Delicious ____Granny Smith ____Fuji
____Red Delicious



Classroom Link...



APPLE TRIVIA ANSWERS



1-How many different apple varieties are there? X 7,500

Only a handful are available in your supermarket!

2-Apples are harvested by? X People

In Washington State, workers harvest over 3 billion apples by hand each fall.

3-When are apples harvested? X Fall

Apples are picked between August and early November. Advanced storage technology keeps them fresh year-round!

4-How many seeds are in an average apple? X 5

Apples contain 5 seed pockets. Usually, each pocket contains a seed.

5-How many grams of fiber are in an apple? X 5

A medium apple contains 5 grams, 20% of the recommended daily allowance.

6-Which state grows the most apples in the U.S.?

 X Washington

This state produces 6 of every 10 apples consumed in the U.S.

7-How many fresh apples, on an average, does an American eat in one year? X 120

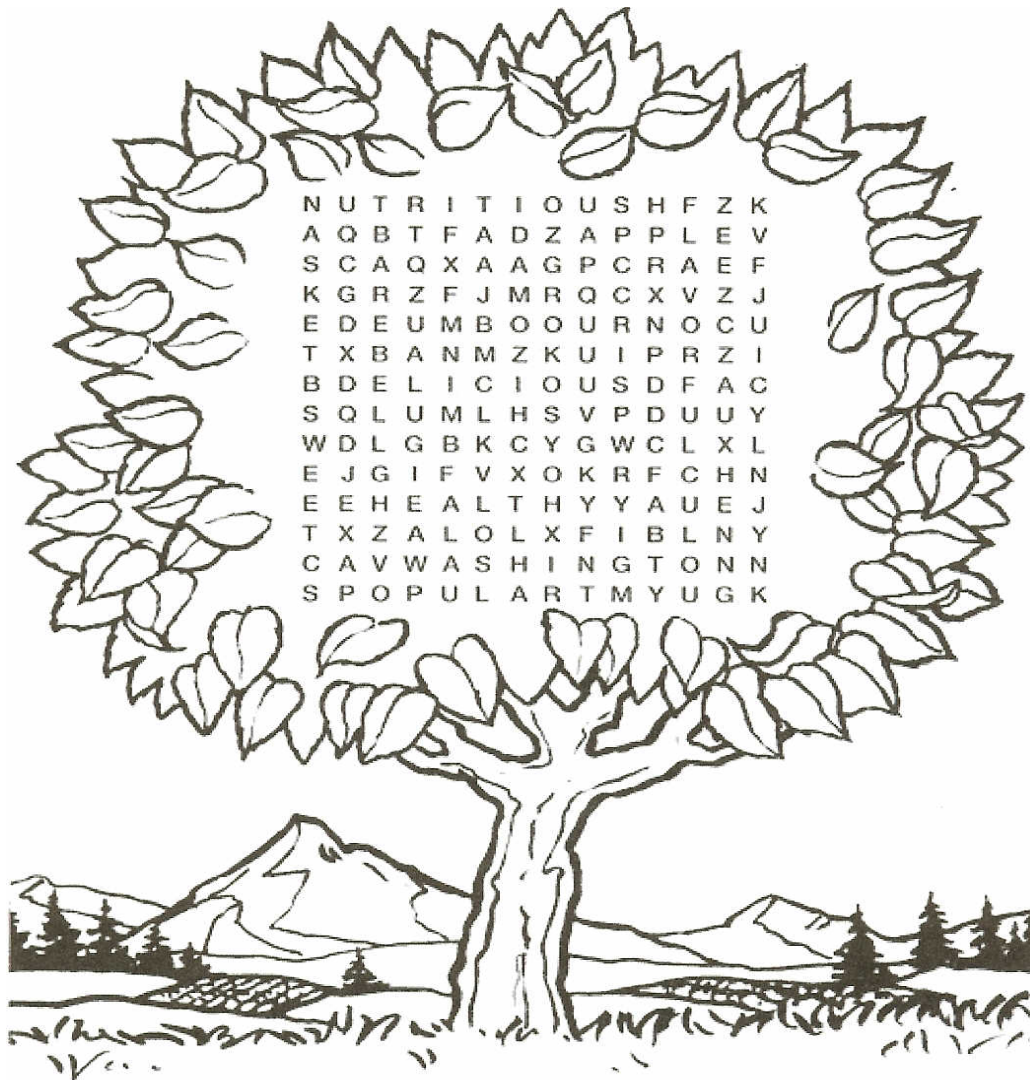
8-What is the most popular apple variety in the United States?

 X Red Delicious



Classroom Link... **Applemania!**

From: Washington Apple Commission



Applemania!

Here are some words that are often said about
Washington Apples.

Find them all and consider yourself a 100% **Applemaniac!**

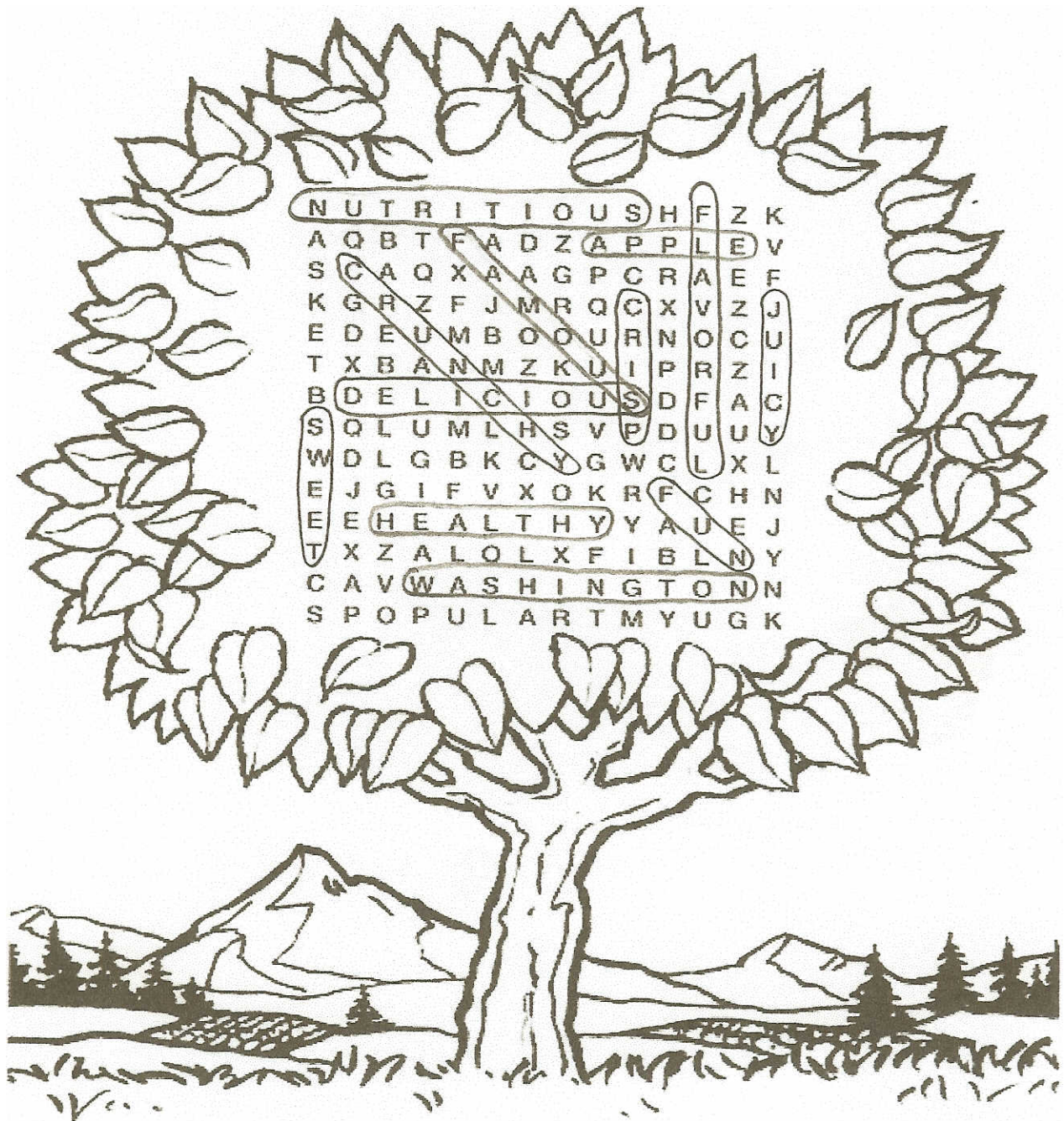
Find these words:

**Crunchy - Juicy - Healthy – Sweet – Flavorful – Famous
Washington - Nutritious - Crisp – Delicious - Fun – Apple**

From: <http://www.bestapples.com/kids/pages/11.html>



Classroom Link... **Applemania Answers**



😊 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!



Bananas



Fact Sheet

Where did they come from?

Bananas originated in the Malaysian jungles of Southeast Asia. Some researchers believe that bananas were the earth's first fruit and in some countries bananas were considered the principal food. Early travelers and settlers carried roots of banana plants as they migrated to the Middle East and Africa. Spanish explorers brought bananas on their journeys and introduced the fruit to the New World. However, it was not until the 1876 Philadelphia Centennial Exhibition when the bananas were officially introduced to the American public. Since the late 1800's bananas have been imported from other countries into the United States.




Where do they grow?

Bananas grow in tropical areas throughout the world. Bananas are not commercially grown in the United States, but imported from countries in Central and South America including Colombia, Costa Rica, Ecuador, Guatemala, Honduras, Panama, Mexico, and Nicaragua. Costa Rica and Ecuador are the largest exporters of bananas. Bananas are available all year long throughout the United States.




How do they grow?

Most people think bananas grow on trees but they actually grow on herb plants. Banana plants are a member of the lily family and are the largest herb plants in the world! Bananas grow best in tropical conditions since they require warm weather, rich soil and plenty of water. Bananas are formed inside a large bud, which grows upward from the root of the plant. As the bud grows, its petals open to a bunch of bananas called a "hand" which contains about 20 "fingers". Bananas are harvested when green and ripen while in the supermarket or after they are purchased.

Are they healthy?

-  Provide good source of fiber, vitamin C and B6
-  Supply high amounts of potassium which helps muscles work
-  Contain no fat, cholesterol or sodium and are low in calories

How do you pick a good one?

-  Choose bananas that are firm and free of bruises
-  Avoid those with brown spots or ones that seem soft
-  Select ripe ones that have yellow peels speckled with brown dots

😊 FUN FACTS! 😊

Bananas

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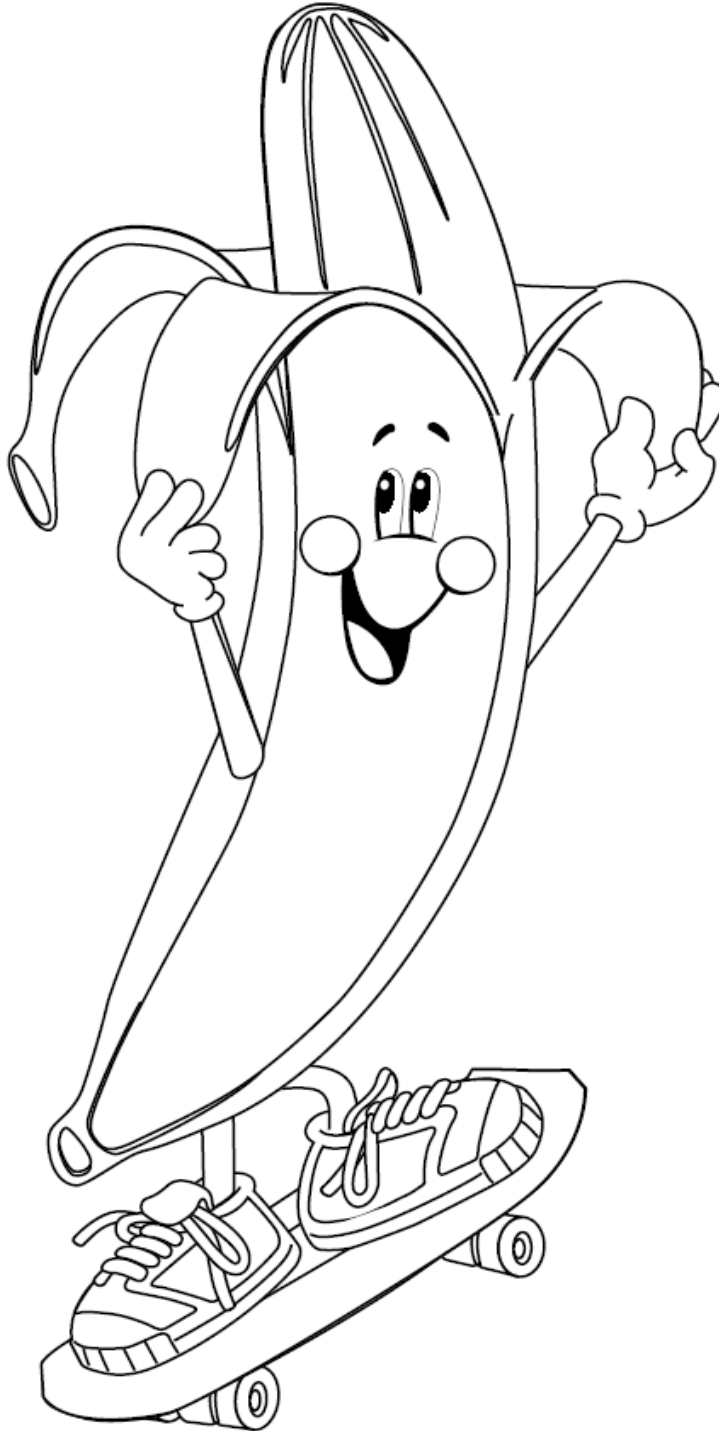
Remember ...

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Classroom Link... Coloring Page: Bobby Banana

From: Dole 5-A-Day Web-Site; www.dole5aday.com

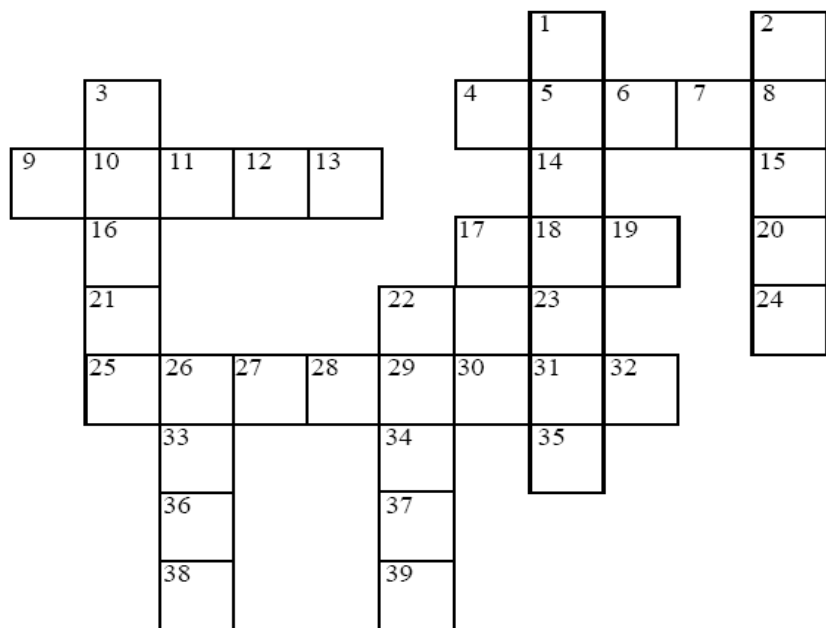


Bobby Banana ©



Classroom Link... From: www.dole5aday.com

Banana Crossword Fun



ACROSS

4. Bananas require warm tropical sun, rich soil, and lots of _____
9. Bananas are harvested when they're _____
17. One banana counts as one serving of your 5 A ____
25. Bananas grow in _____ areas

DOWN

1. _____ are the most popular fruit in America
2. Bananas do NOT grow on _____
3. Bananas were probably the first _____ farmed by man
22. Bananas are a good source of vitamin C, _____ and potassium
26. Store bananas at _____ temperature



Classroom Link... From: www.dole5aday.com

Answers to BANANA Crossword Fun

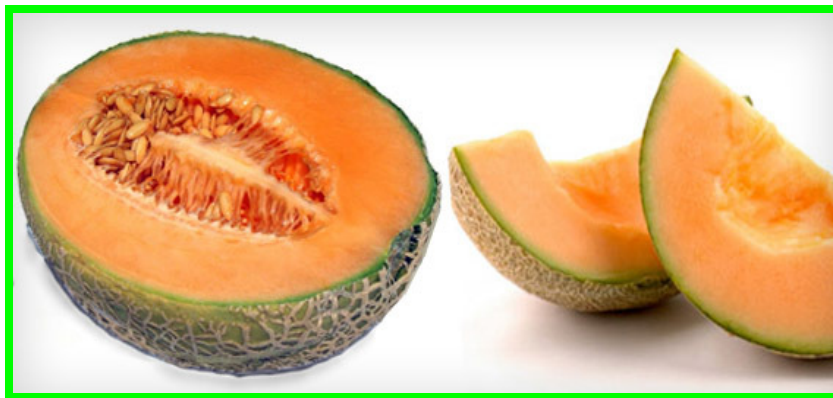
ACROSS:

4- WATER
9- GREEN
17- DAY
25- TROPICAL

DOWN:

1- BANANAS
2- TREES
3- FRUIT
22- FIBER
26- ROOM

☺ Cantaloupe ☺



☺ FUN FACTS! ☺

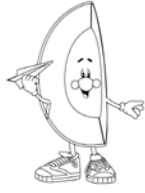
Cantaloupe

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?**

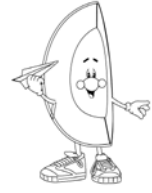
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Cantaloupe

Fact Sheet



Where did they come from?

Cantaloupe is a variety of fruit from the melon family. It originated in the Middle East and eventually spread across Europe. Cantaloupe was named after Cantalupo, Italy, the city where cantaloupe was originally cultivated from Armenia melon seeds in the 1700's. Christopher Columbus transported melon seeds to the United States, which were later cultivated by Spanish explorers in California. Cantaloupe, which is actually called a muskmelon, is the most common melon within the United States.

Where do they grow?

The majority of cantaloupe produced in the United States is grown in California, Arizona, New Mexico and Texas. Imported cantaloupe comes from Mexico and Central America including Costa Rica, Guatemala and Honduras. Cantaloupe is available year-round but their peak season is June through August.

How do they grow?

Cantaloupes are round with a golden tightly netted skin. The inside or flesh is a pinkish orange to bright orange. This melon grows best in sandy, aerated and well-watered soil, which is free of weeds. Cantaloupe plants are produced by planting melon seeds. The melons grow on vines along the soil.

Are they healthy?

- 👉 Good source of potassium, vitamin A and C
- 👉 High in water content
- 👉 Low in calories and cholesterol and also fat free

How do you pick a good one?

- 👉 Choose one which is round, firm and slightly golden
- 👉 Select cantaloupe with a sweet smell
- 👉 Avoid those with cracks, soft spots or dark bruises

☺ FUN FACTS! ☺

Cantaloupe

Did you know...

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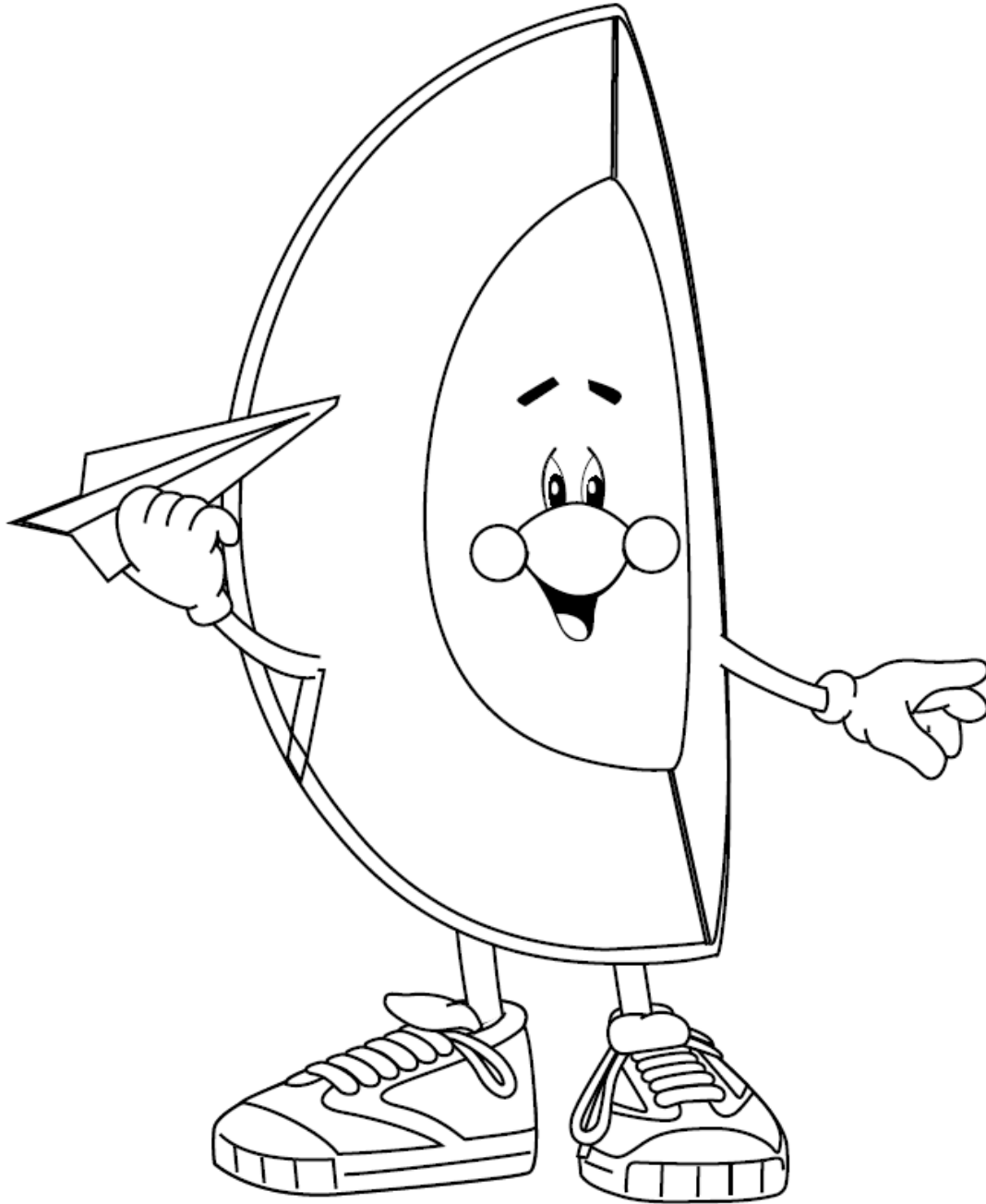
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Classroom Link... Christopher Cantaloupe

From: Dole 5-A-Day Web-Site; www.dole5aday.com



Christopher Cantaloupe ©

☺ 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?**

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Carrots



Fact Sheet

Where did they come from?

Carrots were first cultivated in Afghanistan more than 2000 years ago. During 900-1000 A.D. purple and yellow carrots were brought from Afghanistan to the Mediterranean. In the 1300's purple and yellow carrots were grown in Western Europe and China. In the 1700's orange carrots were first reported in the Netherlands. Today, the typical orange carrots available throughout the United States are descendants of Dutch-bred carrots. Other carrot varieties include white carrots that are used in western and Eastern Europe for livestock, red carrots grown in Japan and yellow and purple carrots that are available in the Mideast, Turkey, India and China.

Where do they grow?

The majority of carrots grown for United States are produced in California, Wisconsin, Michigan and Washington. California produces about 60 percent of the entire United States carrot crop. Carrots are shipped nationwide and are available all year long.

How do they grow?

Carrots are taproots, which is a type of root that grows downwards into the soil. Carrots are grown from seeds, which take 6 to 21 days to germinate and 70 to 100 days to mature fully. When you eat a carrot you are actually eating the root! The feathery green leaves that are on top of the root grow above the soil. Once carrots are grown and mature, machines mechanically harvest them. They pull carrots up by their tops and shake off the dirt. The machines also cut the tops off. Carrots grow best in cool seasons where young seedlings can withstand mild frosts, however high temperatures can significantly damage them.

Are they healthy?

- ✎ Excellent source of beta-carotene (vitamin A) which keeps our eyes healthy
- ✎ Contains the fiber, calcium pectate, which may lower cholesterol

How do you pick a good one?

- ✎ Choose those which are smooth, firm and well shaped
- ✎ Select ones that are not covered with hair like roots
- ✎ Pick ones with a bright orange to orange-red color
- ✎ Avoid carrots that are cracked, shriveled, soft or wilted
- ✎ Choose carrots that are smaller or thinner at the top, which usually indicates a smaller core (*Carrots with smaller cores, the fibrous center that runs the length of this vegetable, are sweeter. The natural sugars of the carrots are in the outer layers; therefore, a smaller core will mean more outer layers of sweetness.*)

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Carrots

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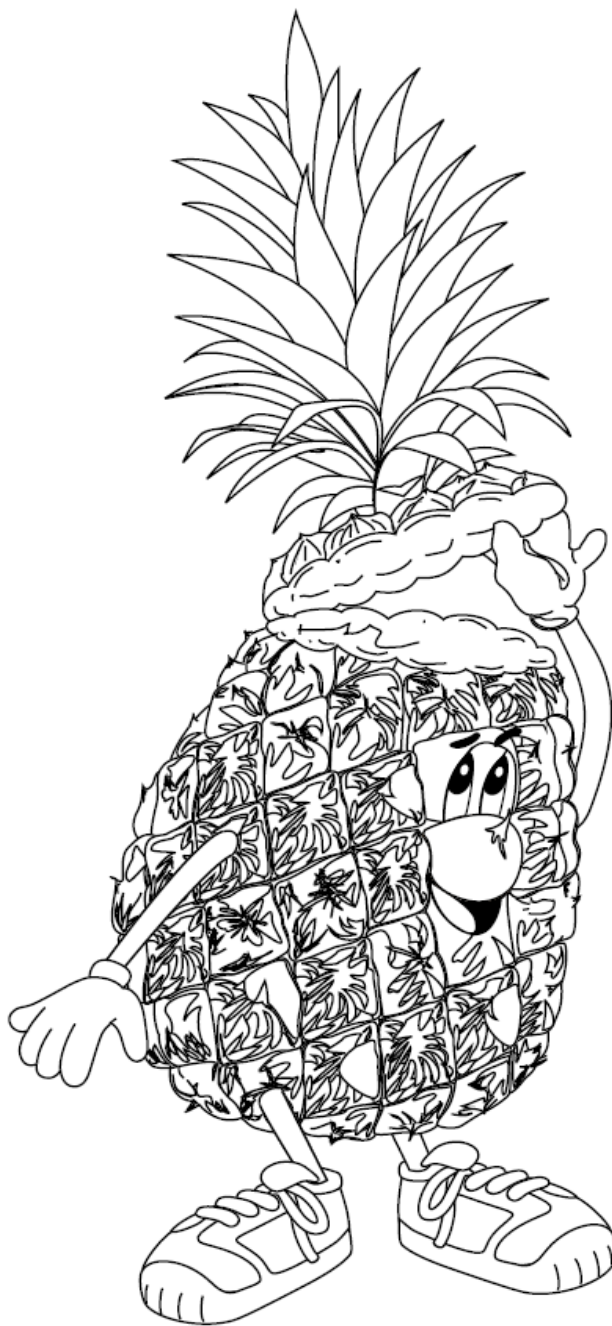
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Classroom Link...

Coloring Page: Pinellopy Pineapple

From: Dole 5-A-Day Web-Site; www.dole5aday.com



Pinellopy Pineapple ©

☺ 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.)

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Cauliflower



Fact Sheet

Where did it come from?

Cauliflower is a cultivated descendant of the wild cabbage, which originated over 2,000 years ago in gardens of Asia Minor and the Mediterranean. Cauliflower, as its name implies, is a flower growing from a plant. During the 16th century, cauliflower was grown throughout Western Europe including Turkey and Italy. Cauliflower became popular in France during the 16th century and was cultivated in Northern Europe and the British Isles. Cauliflower has been an important vegetable in the United States since 1920.

Where does it grow?

Almost all of the cauliflower grown in the United States comes from the Salinas Valley in California because of its ten-month growing season, moderate climate and rich soil. Other states where cauliflower is produced are Arizona, New York, Michigan, Oregon, Florida, Washington and Texas. Cauliflower is available all year long, but is most plentiful in the spring and fall.

How does it grow?

Cauliflower plants are generally started by seeds, which are planted in a greenhouse. After about 35 days the plants are then transplanted into the field and continue to grow for another 80 to 110 days. Harvesting a field of cauliflower is a long process and can take up to 3 weeks! Cauliflower plants require rich fertile soil with good moisture and cool temperatures for proper growth. As the cauliflower plant grows a flower bud forms in the center of the plant. This bud grows into a compact head of undeveloped white buds. The heavy leaves surround the head like a tent and protect the flower buds from sunlight. When the flowers or florets are broken apart they look like snow-covered trees.

Is it healthy?

- ✎ Contains high amounts of vitamin C
- ✎ Provides good source of fiber and folate
- ✎ Contains no fat or cholesterol; low in calories and sodium

How do you pick a good one?

- ✎ Choose those that are clean and firm with white, compact heads
- ✎ Select ones with green, crisp leaves
- ✎ Avoid heads with brown spots, speckles, bruises, or loose open floret clusters

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Cauliflower

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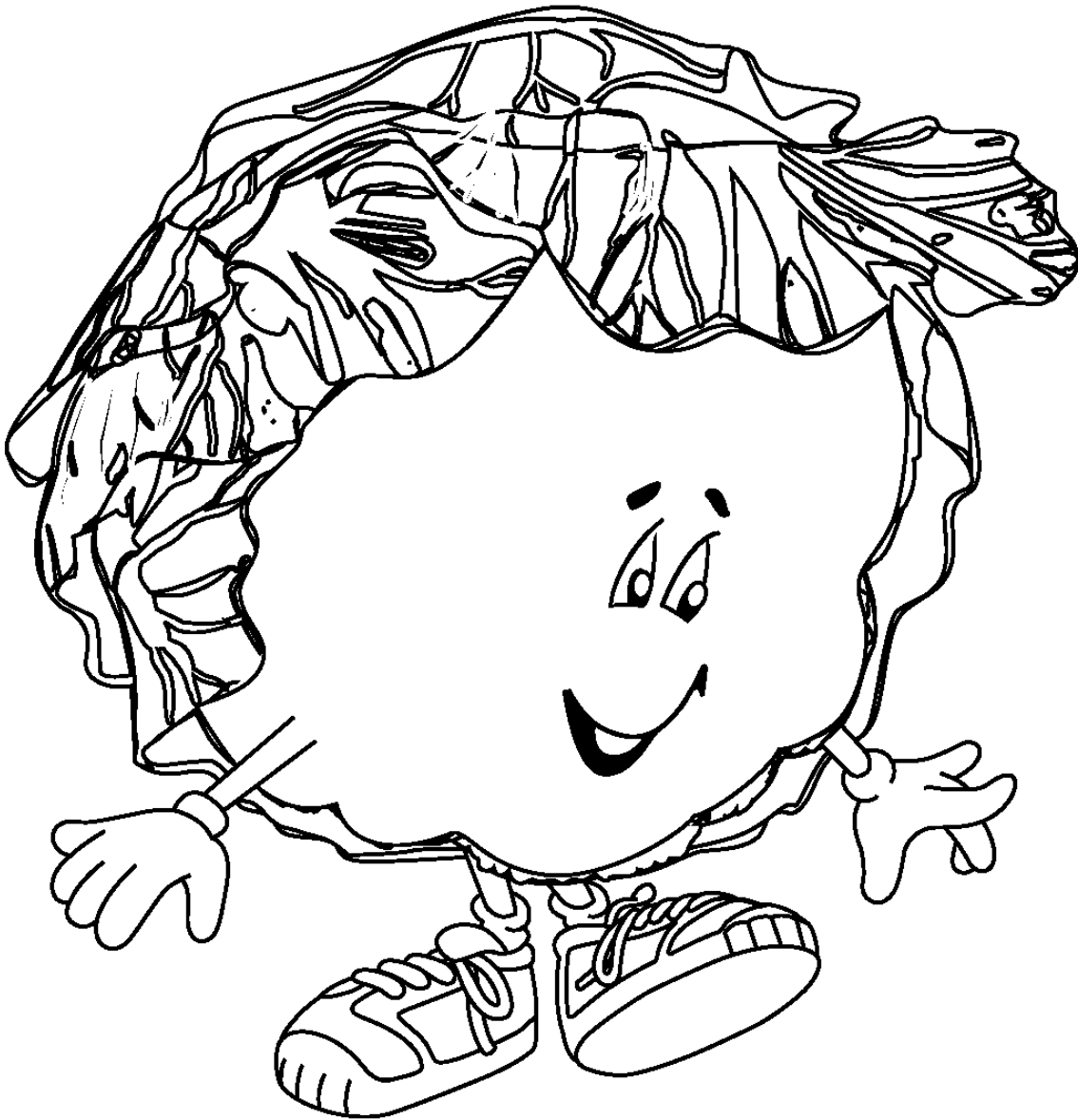
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(White cauliflower and green cauliflower. The green is a hybrid of white cauliflower and broccoli and is called "broccoflower". The green variety is less dense than the white, cooks more quickly, and has a milder taste.)
- ☺ **Did you know ½ cup of cauliflower provides 100% of your daily recommended vitamin C?**

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



Classroom Link... Coloring Page: Courtney Cauliflower

From: Dole 5-A-Day Web-Site; www.dole5aday.com



Courtney Cauliflower ©

😊 Celery 😊



☺ FUN FACTS! ☺

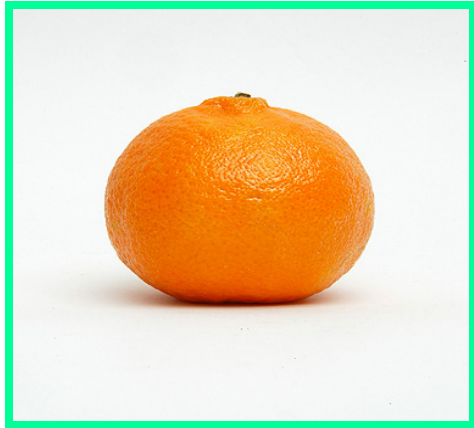
Celery

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!

😊 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!



Clementines



Fact Sheet

Where did they come from?

Clementines, also called Algerian tangerines, are a hybrid between a sweet orange and a Chinese mandarin. Clementines have been available in Europe for many years but were first brought to the U.S. in 1982. A devastating freeze in Florida in the 1980's made oranges scarce in the U.S. This resulted in a lot of oranges, including clementines, being imported from Europe. Since then, the popularity of this small citrus fruit has spread throughout our country.

Where do they grow?

Most clementines are imported from Spain, Morocco, North Africa, South Africa and Chile but are also grown in parts of the U.S. including Florida and California. Today, clementines are available in our supermarkets all year round because they are shipped in from different countries. Each place has a different growing season. Spain produces this fruit from November to February, U.S. from November to May, South Africa from June to August and Chile from August to October.

How do they grow?

Clementines grow on trees in warm, sunny environments. The fruit looks like a mini orange. It is considered the tiniest in the mandarin orange family. They are a citrus fruit with a thin membrane, usually seedless and deep orange flesh.

Are they healthy?

- 👉 Provides large quantities of vitamin C
- 👉 Contains phytonutrients which help your body fight disease
- 👉 Provides dietary fiber, calcium and vitamin A
- 👉 Contains only 50 calories and .5 grams of fat

How do you pick a good one?

- 👉 Choose ones with glossy, deep orange skins
- 👉 Select those that are heavy for their size
- 👉 Pick ones with soft puffy skins
- 👉 Avoid those with bruises or soft spots

☺ FUN FACTS! ☺

Clementines

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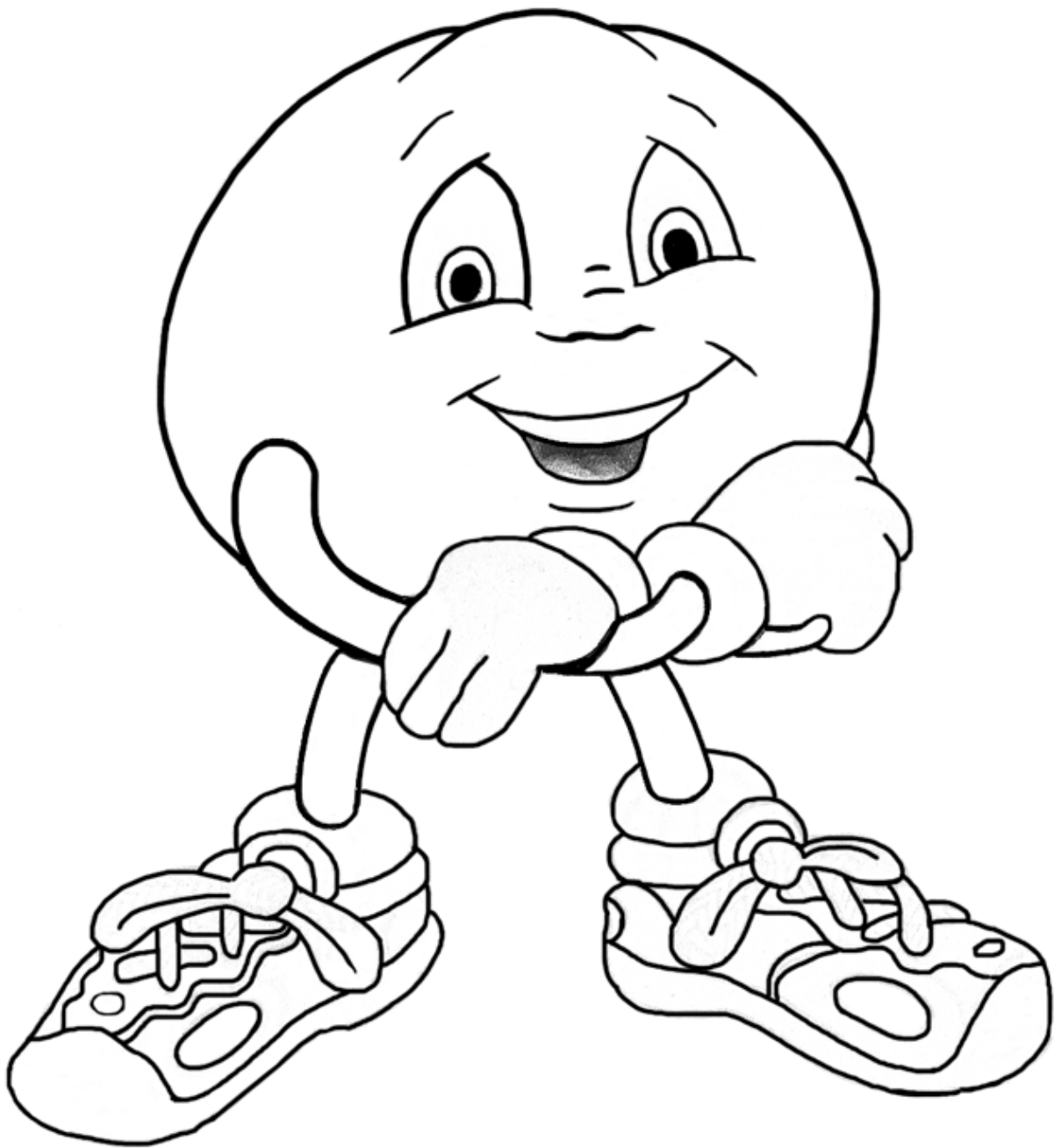
**Remember ...
Eat more fruits and vegetables everyday!**



Classroom Link...

Coloring Page: Carl Clementine *From:* www.darlingclem.com

CARL CLEMENTINE





Classroom Link...

SOLVE

the



MYSTERY



Clementine Words...



- 1- Clementines are rich in V _ T _ _ _ N _ _ .
- 2- Clementines have a _ I _ _ E _ skin.
- 3- Clementines contain _ H _ T O _ _ I R _ _ N _ _
which help your body fight disease.
- 4- Clementines look like a mini _ R _ N _ _ .
- 5- Clementines are usually _ E _ _ L _ S _ .
- 6- Citrus fruits such as clementines keep your
_ O _ E _ and _ E _ I _ healthy.
- 7- Most clementines are imported from _ P _ L _ _ .
- 8- In the United States _ L _ R _ _ A and
_ A _ I F _ R N _ _ are the major producers of
clementines.



Classroom Link...

ANSWERS

SOLVE

the



MYSTERY



Clementine Words...

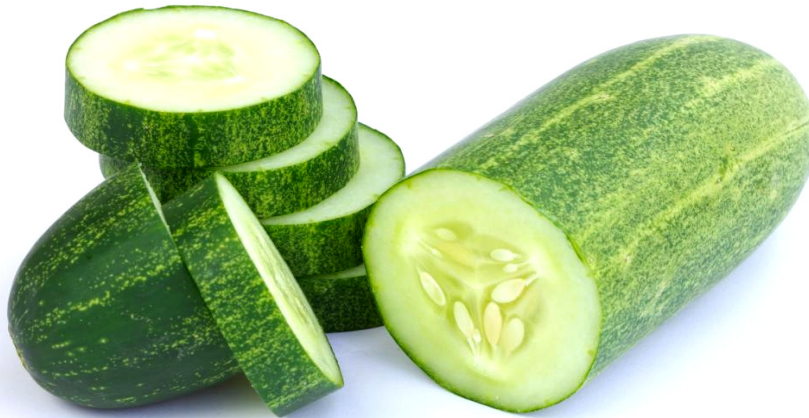


- 1- Clementines are rich in VITAMIN C.
- 2- Clementines have a ZIPPER skin.
- 3- Clementines contain PHYTONUTRIENTS which help your body fight disease.
- 4- Clementines look like a mini ORANGE.
- 5- Clementines are usually SEEDLESS.
- 6- Citrus fruits such as clementines keep your BONES and TEETH healthy.
- 7- Most clementines are imported from SPAIN.
- 8- In the United States FLORIDA and CALIFORNIA are the major producers of clementines.

😊 Cucumber 😊



wiseGEEK



wiseGEEK



😊 FUN FACTS! 😊

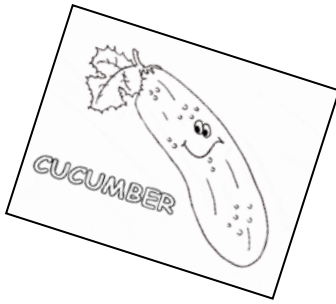
Cucumber

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 6th in the nation in cucumber production?

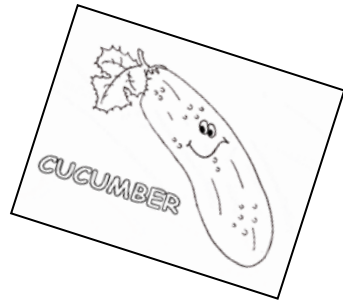
Remember ...

Eat more fruits and vegetables everyday!



Cucumbers

Fact Sheet

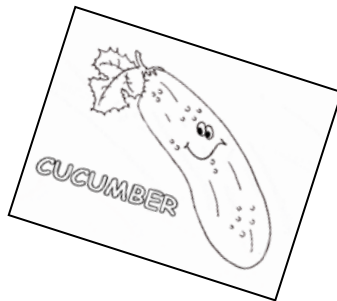


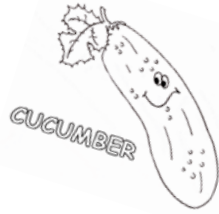
Where did they come from?

Cucumbers have been cultivated for over 3,000 years and may be one of the oldest crops ever grown. Cucumbers originated in India where they spread through Greece and Italy. By 1539 cucumbers were grown in Florida by the natives and by 1584 they were grown in Virginia. During the 16th century cucumbers were being produced throughout North America. Today, cucumbers are grown all over the world and are eaten as a fresh raw vegetable or they are used for pickling.

Where do they grow?

Cucumbers are grown in all states throughout the country but the majority of the cucumbers produced come from Florida. The major states that grow cucumbers that are sold fresh are Florida, Georgia, North Carolina, South Carolina, New York and California. Michigan, Wisconsin, North Carolina and Texas are major states that produce processing cucumbers those which are used primarily for pickling. During the fall and winter months cucumbers are imported from Mexico into the United States and, therefore, they are available to us all year long. The best months to purchase cucumbers are May through July.





Cucumbers

Fact Sheet



How do they grow?

Cucumbers are produced by seeds, which are directly planted into the soil. The stems of the cucumber plants develop into vines, which can be trained to grow on trellises to save space and improve their yield and quality. Cucumber plants have moderately deep roots. Cucumbers grow best in warm temperatures and require good irrigation, weed control, disease and insect management.

Two types of cucumbers are grown, those used to be eaten as a fresh, raw vegetable and those used to make pickles. Pickling cucumbers are usually smaller and fatter with bumpy, lighter green colored skins. The skins of cucumbers eaten raw are often waxed after they are picked, as this prevents them from going bad quickly. “Cukes”, as they are commonly called, grow in a variety of sizes from the 1-inch gherkin which is usually pickled, to ones that are 20 inches or longer. The varieties that are used for eating raw are usually 6 to 9 inches long.

Today, many cucumbers are grown in greenhouses. Most of these are slender with a thin, smooth skin and are seedless, or contain very small seeds. They are usually 1 to 2 feet long and are also milder in flavor. These are often called “burpless cucumbers” or “English cucumbers” and are easier to digest.

Are they healthy?

- 👉 Provide good source of iron, calcium, vitamin A and C
- 👉 Contain carbohydrates, protein and dietary fiber

How do you pick a good one?

- 👉 Choose ones that are very firm with rounded ends
- 👉 Select ones with rich green color skins
(“Kirby” and “burpless” varieties are lighter in color)
- 👉 Avoid those that are withered, shriveled or contain soft spots
- 👉 Choose slender cucumbers as they usually have less seeds

😊 FUN FACTS! 😊

Cucumbers

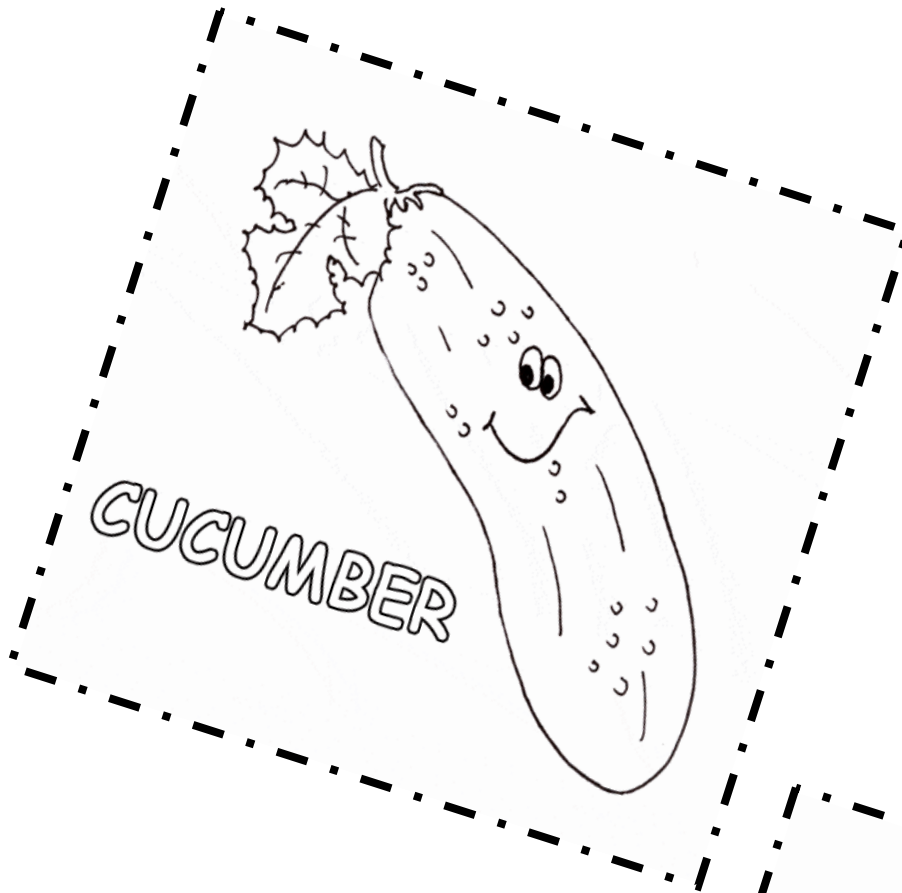
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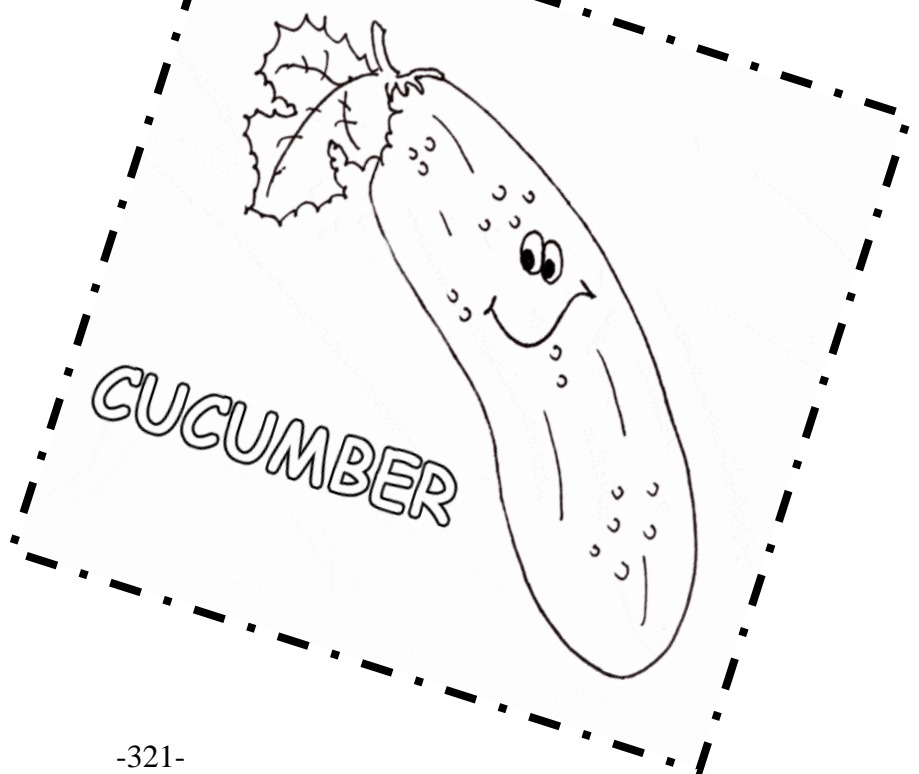


Classroom Link... Coloring Page : Cuky Cucumber



Cuky Cucumber

Cuky Cucumber



☺ 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!

☺ 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!

😊 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!

☺ 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!



Kiwifruits



Fact Sheet

Where did they come from?

Kiwifruit is more than 700 years old. The kiwifruit began in the Yang-tse river valley in China where they called it “Yangtao”. It grew wild on vines that wrapped around trees. Between 1800 and 1900 samples of the fruit and seeds were sent to England. In 1904 plant cuttings were brought to the United States. It was not until the 1960’s that the U.S. received its first shipment of kiwi from New Zealand. At that time it was called the “Chinese Gooseberry”. The United States renamed kiwifruit after New Zealand’s national bird, the kiwi. It’s appropriate that this fuzzy, brown, egg shaped fruit was named after the kiwi bird. The non-flying kiwi bird is also fuzzy and brown. California started growing kiwi during the 1970’s, which is when it became available for the first time across the country.

Where do they grow?

Most kiwifruit from our country is grown in California. Imported kiwi is grown in Chile and New Zealand. Kiwifruit can be found in your local supermarket all year long. California kiwi is available November to May, Chile kiwi is available April to November and New Zealand kiwi is available June through December.

How do they grow?

Kiwifruit plants are first grown in hot houses where the roots and vines are grafted together. Later the kiwifruit plants are transplanted to fields where their vines are trained to grow on a trellis or lattice style frame. Kiwifruits need plenty of water to grow. A developing kiwi plant is called a berry. A plant may take up to three to five years before it produces fruit. Their vines can grow as high as 15 feet. Fruit hangs from the vines like a bunch of grapes. Kiwi is hand picked by workers wearing white cotton gloves to protect the fruit from damage.

Are they healthy?

- 👉 High in vitamins C & E and potassium
- 👉 Good Source of fiber
- 👉 Fat free, sodium free and cholesterol free

How do you pick a good one?

- 👉 Buy firm kiwi; Ripen at room temperature for 3-5 days
- 👉 Choose ones that are plump, have a pleasant smell, and are slightly soft to the touch, like ripe peaches
- 👉 Avoid those with wrinkles, bruises or soft spots

☺ FUN FACTS! ☺

Kiwifruits

Did you know...

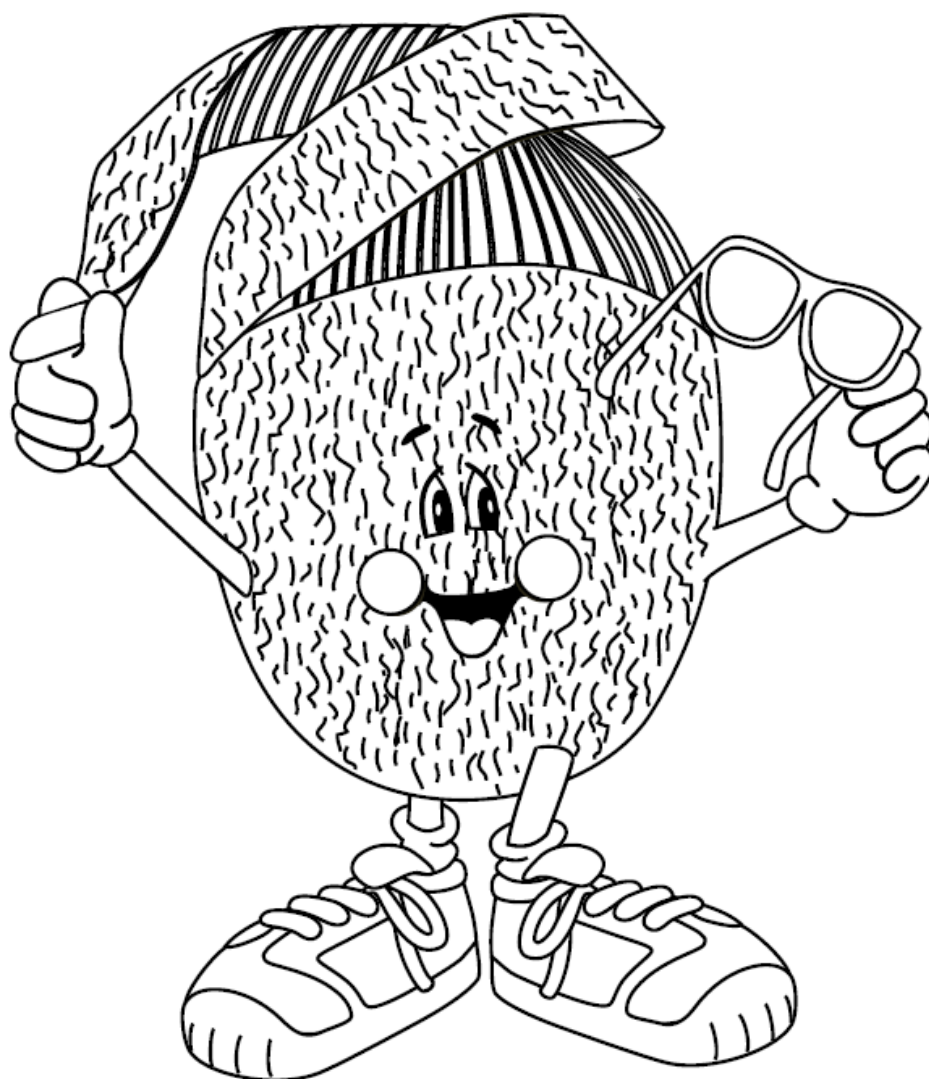
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- ☺ Did you know that kiwi can be used as a natural meat tenderizer?
- ☺ Did you know there are 400 varieties of kiwifruit in China?
- ☺ Did you know kiwi is one of the most popular fruits today?
- ☺ Did you know it takes almost 2 weeks for kiwi to arrive at U.S. ports from New Zealand?

Remember ...Eat more fruits and vegetables everyday!



Classroom Link... **Kevin Kiwi**

Coloring Page From: Dole 5-A-Day



Kevin Kiwi Fruit ©



Classroom Link... *From: California KiwiFruit Commission*



KIWIFRUIT --- TRIVIA QUESTIONS



- 1- What is kiwifruit called in China? _____
- 2- What would have been happening when the first kiwifruit was shipped to the United States? _____
 - A. A man landed on the moon.
 - B. The first cars were being built.
 - C. World War II was being fought in Europe.
- 3- Green kiwi can be found in the U.S. What other type of kiwifruit can be found in the United States? _____
- 4- What was grown first in the United States, corn or kiwifruit? _____
- 5- What is another name for kiwifruit? _____
- 6- Most kiwifruit grown in the United States is in a state that borders the Pacific Ocean. What is the state? _____
- 7- The original name of kiwi was the "Chinese Gooseberry". The United States renamed this fruit. What did the U.S. name Kiwifruit after?

- 8- What was the first country to grow kiwifruit? _____
- 9- Where does most of the kiwifruit in California grow?

- 10- What country has the oldest kiwifruit vines? _____
- 11- How many varieties of kiwifruit are there in China? _____
- 12- How many years old is kiwifruit? _____



Classroom Link... *From: California KiwiFruit Commission*

Ripening Kiwi!

Fruit that is not ripe does not taste sweet. Kiwifruit is easy to ripen. Ethylene, a natural gas produced by kiwifruit and other fruits, helps the fruit ripen.

Three-Step Ripening:

1. Place kiwifruit in a paper bag with other fruits such as a pear, banana or apple.
2. Leave the bag loosely closed at room temperature out of direct sunlight.
3. Check the fruit daily. When it gives to gentle palm pressure, it is ripe. (Hold it in your palm like a baseball and gently squeeze.) Enjoy eating it or refrigerate ripe kiwifruit to enjoy later.

Experiment!

Have the students sample a ripe and unripe kiwifruit. Which do they prefer? How does ripe and unripe kiwifruit taste and feel differently? Have each student create their own ripening bag by putting their name and other artwork on a paper bag.



ANSWERS



TRIVIA QUESTIONS:

Answers: 1-Yangtao 2-A 3-Gold or Golden 4-Corn 5-Chinese Gooseberry
6-California 7-New Zealand's National Bird ---The "Kiwi" 8-China
9-Sacramento & San Joaquin Valleys (Central California) 10-China
11-Over 400 12-Over 700 Years

FIVE FUZZY FRUIT BREAKFAST RIDDLES:

- 1- Cereal
 - 2- Parfait
 - 3- Kiwifruit
 - 4- Pancakes
 - 5- Fruit Salad
- Bonus- Breakfast**

☺ 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!

☺ 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!

😊 🍊 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!

😊 Peach 😊



White Peach



Doughnut Peach



☺ FUN FACTS! ☺

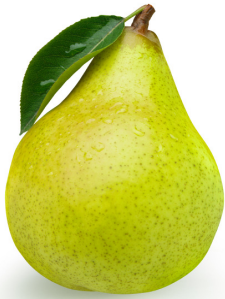
Peach

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 4th 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!

☺ 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 3rd 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!



RED **BELL PEPPERS**

Fact Sheet

Where did they come from?

In 1492, Columbus and his explorers discovered sweet and hot peppers in the West Indies. He took samples back to Europe. Peppers quickly became popular in Europe as a food, spice and condiment. Twenty years later in 1512, travelers found bell pepper varieties growing throughout the West Indies, Central America, Mexico, Peru and Chili. Christopher Columbus and Spanish explorers gave peppers their name. They were searching for peppercorn plants that produce black pepper.

Where do they grow?

California and Florida produce most of the sweet bell peppers for the United States. Other states that grow them are Texas, New Jersey and North Carolina. They are also produced in Mexico, Dominican Republic, Belgium and the Netherlands. They are available year round, but are more plentiful and less expensive in the summer.

How do they grow?

Pepper plants begin from seeds. The seeds grow into a plant about 3 to 4 feet high. Peppers are actually the fruit, which form on the plants after it flowers. If green bell peppers are left on the plant long enough, they will mature and turn from green to red. The sugar content increases as a pepper matures. The red pepper therefore, tends to be sweeter than the green. Sweet bell peppers can be found in a rainbow of colors such as orange, yellow, purple and brown.

Are they healthy?



Great source of vitamin C



Contain three times as much vitamin C as the green pepper

How do you pick a good one?



Choose ones with firm skin and no wrinkles



Pick peppers with fresh, green stems



Choose ones that are shiny and bright in color



Select those that are heavy for their size

☺ FUN FACTS! ☺

RED BELL PEPPERS

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 that sweet bell peppers come in a rainbow of colors? They come in green, red, yellow, purple and even brown.
- ☺ 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!
- ☺ Did you know that peppers can get a suntan?
A suntanned pepper is a green pepper with red spots.

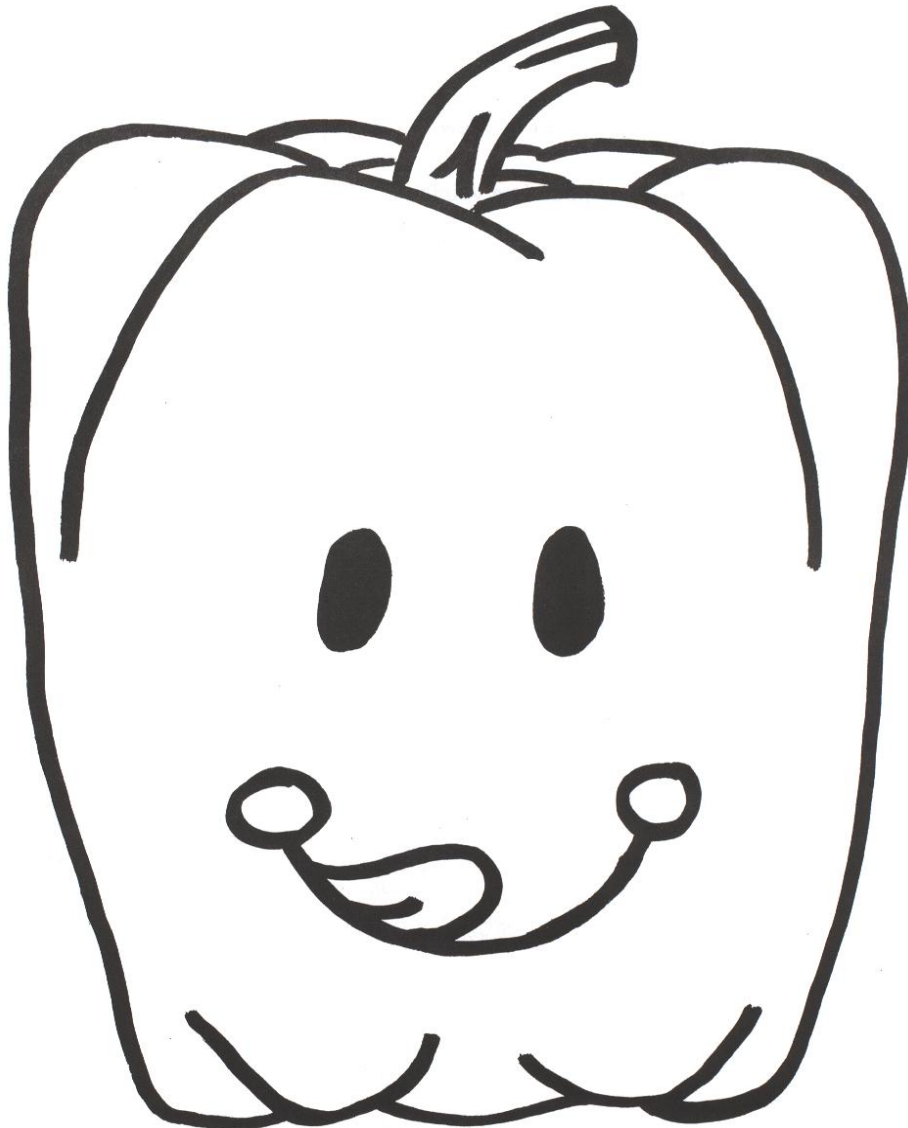
***Remember ...
Eat more fruits and vegetables everyday!***



Classroom Link... *From:* NJ Department of Agriculture's
"Jersey Fresh Coloring Book"

BELLE

THE NEW JERSEY PEPPER



😊 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!



Pineapple Pineapple ©



Pineapple Pineapple ©

Pineapple

Fact Sheet

Where did they come from?

Pineapple, a tropical fruit with a sweet flavor and juicy flesh, is native to Central and South America. In 1493, Christopher Columbus discovered pineapples growing on the island of Guadeloupe and brought them back to Queen Isabella of Spain. During the 17th century, pineapples became a very popular fruit throughout Europe and were grown in greenhouses. In the 18th century pineapples were taken to the Hawaiian Islands.

Where do they grow?

Pineapple is grown in many tropical regions around the world but Hawaii is one of the top major producers of this fruit. Some fresh pineapples are imported from Costa Rica, Honduras, Mexico, Dominican Republic, El Salvador, Ecuador and Nicaragua and many of our canned pineapples are imported from the Far East. Pineapple is available year round with peak season ranging from March through July.

How do they grow?

Pineapples are grown from the crowns or tops of other pineapples. It takes a long time to grow a pineapple! The flowering process of a pineapple does not begin until the plant is one year old. After one year, the flower bud, which is small, pink and looks like a pinecone begins to grow until it becomes the pineapple fruit. It takes about 6 months for the plant to produce the fruit. The starch content of the pineapple is stored in the stem of the plant. Just before the fruit ripens, the starch converts to sugar and enters the fruit. Pineapples are harvested when ripe and are therefore ready to eat once they reach the supermarkets. To ensure they are picked at their peak, for ripeness and flavor, the sugar content is tested in the field. After they are picked, pineapples are shipped quickly, arriving to markets within 2 to 3 days.

Are they healthy?

- ✎ Excellent source of vitamin C
- ✎ Contains bromelain, an enzyme helping the body's digestive system

How do you pick a good one?

- ✎ Choose fresh looking ones with deep green leaves that are heavy for their size
- ✎ Use your nose! A sweet aroma is the best way to pick a good pineapple!
- ✎ Select ones with a label or tag indicating it was jet-shipped from Hawaii
- ✎ Avoid those that look old or dry, contain bruises, soft spots or brown leaves
- ✎ Avoid those with sour or fermented odors

☺ FUN FACTS! ☺

Pineapples

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- ☺ 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!

FRUIT & VEGETABLE IDEAS



Classroom Link...

Quick Steps to increasing your students' knowledge of Pineapples & Carrots...

Items in bold are enclosed.

- ✓ Review “**Fact Sheet**” and “**Fun Facts**”
- ✓ Have students color **Pinellopy Pineapple Coloring Page**
- ✓ Have students color **Calvin Carrot Coloring Page**
- ✓ Discuss how Carrots grow; Show students that when they eat a carrot their actually eating the Root
- ✓ Show Fresh Pineapple; Discuss how it grows
- ✓ Try growing a pineapple in your classroom from the crown;
See --- “**Grow A Pineapple Plant**”
- ✓ Have students play charades and set healthy eating and physical activity goals;
Use the “**Super Me**” activity guide



Home Link...

Quick Steps to more fruits and vegetables at home ...

Items in bold are enclosed.

- ✓ Encourage families to create “**Edible Art**” as a healthy snack food
- ✓ Promote physical activity among families! Send home the “**Super US Physical Activity Scorecard!**” and “**On The Road To A SUPER US**” goal setting activity
- ✓ **Kids' Kitchen Recipes**
- ✓ **Recipes for Home**

😊 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!

😊 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!

☺ Sugar Snap Pea ☺



☺ FUN FACTS! ☺

Sugar Snap Peas

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 ...

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Sugar Snap Peas



Fact Sheet

Where did they come from?

Peas have been used in dry form since ancient times, and were found in Egyptian tombs by archeologists. During the sixteenth century more tender varieties of peas were developed and eaten fresh. Sugar snap peas are one variety of peas, which are a cross between garden peas and snow peas. Sugar snap peas were developed in the seventeenth century but did not become commonly available in the United States until the 1970's.

Where do they grow?

Sugar snap peas are grown in California, Connecticut, Florida, Illinois, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Michigan, Mississippi, Missouri, New Hampshire, New York, North Carolina, Oklahoma, Oregon, Pennsylvania, South Carolina and Utah but are most abundantly grown in California. They are a cool weather crop and are available from late spring to early summer. Fresh sugar snap peas have a limited distribution throughout the states but frozen sugar snap peas are widely available all year long.

How do they grow?

Sugar snap peas grow on a vine, which is supported by a trellis or other support system in order to keep the pods from touching the soil. The plants are generally about 4 feet high. After seeding, the sugar snap pea plant will mature in 70-75 days. At maturity the pods reach a length of 2½ to 3 inches. Before eating, the pods require "stringing" which is the removal of the thread-like string running the length of the pod.

Are they healthy?

- ✎ Provides vitamins A and C, thiamin, riboflavin and niacin
- ✎ Contains adequate amounts of phosphorus, iron and potassium
- ✎ Provides almost no fat, are low in sodium and contain no cholesterol
- ✎ Contributes mostly water and vitamins

How do you pick a good one?

- ✎ Look for bright green, firm pods with a slightly velvety feel
- ✎ Select plump pods which appear to be almost bursting
- ✎ Avoid limp, yellowed or heavily speckled pods

☺ FUN FACTS! ☺

Sugar Snap Peas

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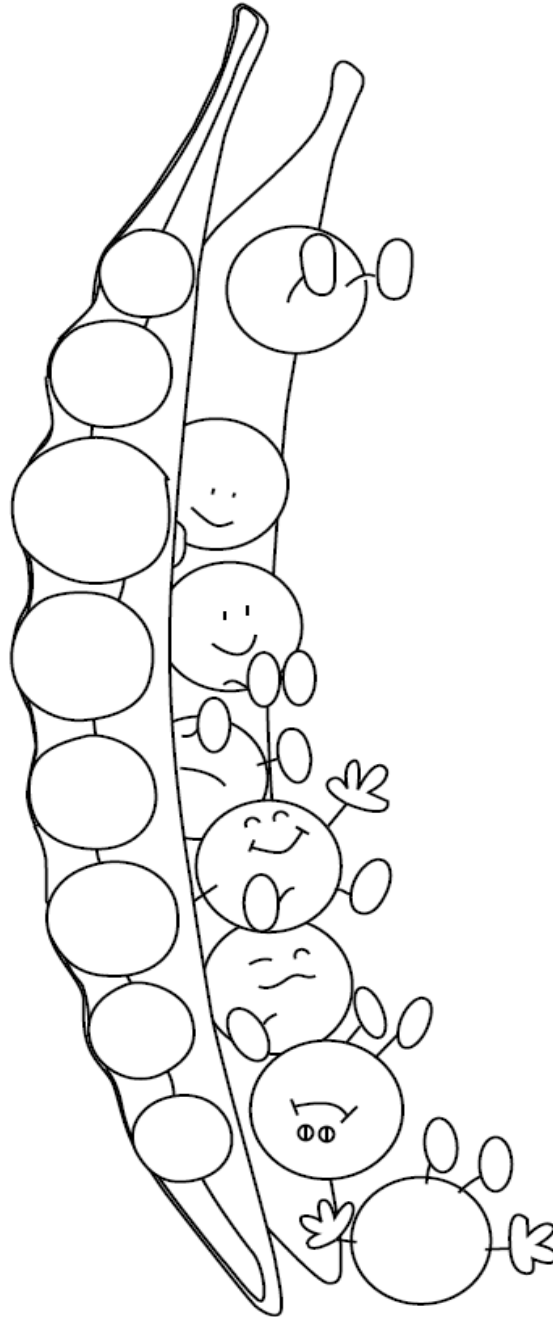
Remember ...

Eat more fruits and vegetables everyday!



Classroom Link... *Coloring Page From: Dole 5-A-Day*

Green Pea Gang



Green Pea Gang ©

☺ 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 6th 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!



Squash

Fact Sheet



Where did they come from?

For more than 5000 years, squash has been a staple for the Native Americans and was a mainstay for early European settlers in America. During the nineteenth century, merchant seamen brought new varieties of squash from other parts of the world to America. New England colonists gave this vegetable its name from several Native American words, of which all meant “something eaten raw”. Today squash is available in numerous shapes, sizes and colors, such as white, yellow, orange, green-brown, gray and even striped!





Where do they grow?

Squash is grown in many states including North Carolina, Kentucky, California, Florida and New Jersey. Florida is the leading state for squash production in the country and New Jersey is nationally ranked the 4th. Seventy percent (70%) of squash is grown in southern counties such as Gloucester, Cumberland, Salem and Atlantic. Other New Jersey counties that grow squash include Burlington, Monmouth, Hunterdon, Morris, Sussex and Warren Counties. Squash is available all year round.




How do they grow?

Summer squash seeds are planted April through August. Winter squash are planted later, in June and July. Summer squash are harvested during the summer months and winter squash in the fall. Some varieties grow on vines while others grow on bushes. Summer squash has a tender, soft skin as compared to winter squash, which has a harder rind. Farmers will place honeybee hives on the squash field edges to promote pollination and help the squash plants to grow. Summer squash is handled carefully when grown because they can easily become scratched or bruised. Winter squash are more prone to rot since they lay on the soil for extended periods of time during growth.

Are they healthy?

-  Contains high amounts of vitamin C
-  Naturally fat, cholesterol and sodium free
-  Low in calories
-  Summer squash skin is packed with nutrients --- Do not peel!

How do you pick a good one?

-  Choose firm ones that are fairly heavy for their size
-  Select exteriors that are bright and glossy
-  Avoid squash with nicks, scratches or soft spots on their skin

☺ FUN FACTS! ☺

Squash

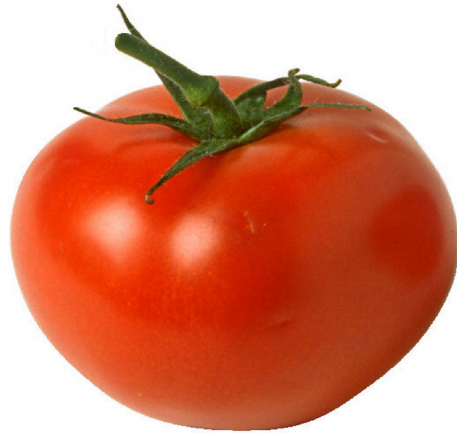
Did you know...

- ☺ Did you know squash is one of the most important vegetable crops in New Jersey?
- ☺ Did you know that summer squash has a soft edible shell or skin and winter squash has a hard shell or skin?
- ☺ Did you know that squash comes in two different varieties ---summer and winter?
- ☺ Did you know that yellow squash is available with a crooked neck and with a straight neck? Their names --- “Yellow Crookneck” and “Yellow Straightneck”.
- ☺ Did you know the skin and rind of summer squash are rich in beta-carotene (vitamin A) but the fleshy portion is not? Eat the entire squash for a healthy diet.
- ☺ Did you know there is a squash that can be prepared like spaghetti, taste like spaghetti and actually is called “Spaghetti Squash”?
- ☺ Did you know there is a squash that has the name of an animal, “Chayote” (pronounce like coyote)?
- ☺ Did you know that different varieties of squash can be interchanged in recipes because they have similar texture and flavor?
- ☺ Did you know that pumpkins are a variety of winter squash?
- ☺ Did you know there is a squash that looks like a flying saucer? It is white and called “Pattypan”.
- ☺ Did you know there is a squash that looks like a large acorn? It is green and is called an “Acorn Squash”.

Remember ...

Eat more fruits and vegetables everyday!

☺ Tomato ☺



Yellow Tomato



Plum Tomato



Cherry Tomato



Grape Tomato



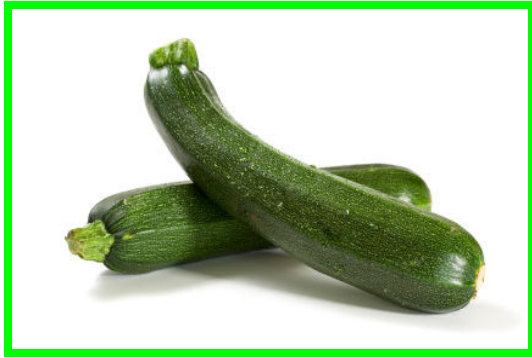
☺ FUN FACTS! ☺

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 8th 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!)

☺ 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 6th 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.*)



Learn more at rvaschools.net/sns.

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