

**SEPTEMBER**

# ZUCCHINI

VINE VEGETABLE

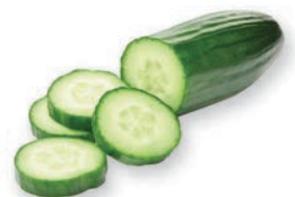
**GRADE**  
**2-3**

<b>RECOMMENDED BOOK</b>	<p>"Our School Garden!" by Rick Swann                  "How a Seed Grows" by Helene Jordan                  "Zora's Zucchini" by Katherine Pryor                  "Carlos and the Squash Plant" by Jan Romero Stevens</p>
<b>NEEDED SUPPLIES</b>	<p>Zucchini, cutting board, knife                  (Optional tasting to make kabobs: zucchini, yellow squash, cherry tomato, toothpick)                  Fruit and Vegetable Flashcards</p>
<b>NEEDED RESOURCES</b>	<p>"Parts of Plant Overhead"                  "Fruit and Vegetable Flash Cards"                  "Stories in Motion: A Visit to the Vegetable Patch"                  "Food Tasting Instructions"                  "Important Food Safety Steps!" (Resource for educators on food safety)                  "Handwashing Instructions"</p>
<b>21ST CENTURY SKILL</b>	<p>Students will learn the importance of vegetables in a healthy diet.</p> <ul style="list-style-type: none"> <li>Practice preventive health behaviors.                             <ul style="list-style-type: none"> <li>2-3: Choose healthy foods.</li> </ul> </li> </ul>
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>Students will gain knowledge of zucchini (part of a plant, how to recognize, how to eat, how to prepare).</li> <li>Students will learn that friends and educator eat fruits and vegetables.</li> <li>Students will learn to try new vegetables.</li> <li>Students will learn how to be good tasters.</li> </ul>
<b>PHYSICAL ACTIVITY</b>	<p>"Stories in Motion: A Visit to the Vegetable Patch"</p>
<b>RECAP FROM SUMMER</b>	<p>There are a lot of fruits and vegetables available in the grocery store and farmers' markets during the summer. What fruit or vegetable did you eat? Where did you get it? When do you eat fruits and vegetables? Do you ask your grown-ups for fruits and vegetables? I like fruits and vegetables. I bet you do too. I will bring you many different fruits and vegetables to sample this year.</p>
<b>FUN FACTS ABOUT ZUCCHINI</b>	<ul style="list-style-type: none"> <li>Zucchini is a warm season crop. It has a short growing season compared to melons and cucumbers. Once the fruit starts to grow, it can grow one inch per day.</li> <li>Zucchini is a summer squash. It is different from winter squash because it is harvested and eaten before it matures, so the rind is soft. It is the most common summer squash.</li> <li>Zucchini is best when picked small (about 6-8" long).</li> <li>Zucchini is considered a vegetable in our diet, but botanically it is the immature fruit of the plant.</li> <li>A zucchini plant has large, dark green leaves.</li> <li>Zucchini originated in Italy, but most squash varieties came to America from Europe.</li> <li>The Native Americans introduced squash as one of the "Three Sisters." The three native plants used for agriculture were corn, beans and squash.</li> </ul>

**VINE VEGETABLE**  
**FEATURED TASTING:**  
**ZUCCHINI**



**ALTERNATIVES:**  
**TOMATO**



**CUCUMBER**



**SQUASH**

**WHAT YOU NEED TO KNOW ABOUT ZUCCHINI**

- You can eat all parts of summer squash - skin, seeds and flesh - raw or cooked.
- Zucchini is usually dark green in color.
- Choose zucchini that has smooth, shiny skin and feels heavy for its size. Ripe zucchini is firm and gives slightly to pressure. (Pass around a ripe zucchini.)
- Zucchini can be stored for one week in the refrigerator in a plastic bag. Wash before using.
- Once zucchini has been cut up, it can last for three days in a sealed bag or container in the refrigerator.

**PART OF THE PLANT**

Vine vegetable

**DISCUSSION**

Zucchini is botanically a fruit, but is considered a vegetable in our diets because we cook and prepare it like we do other vegetables. It grows on a plant that lasts only one season. We eat the skin, flesh and the seeds. There are other vine vegetables that grow similar to zucchini, such as yellow squash, cucumber, tomato, winter squash and chayote (Mexican squash). Zucchini can grow in Iowa summers. Have you ever tried to grow zucchini in a garden?

I will visit your class this year to talk about Pick a **better** snack™ and being healthy. We will do some fun activities, move around and taste a fruit or vegetable each month. Your teacher and I believe it is important for children to eat fruits and vegetables to be great learners.

- Be brave tasters. We may bring something you have never tried before and you will have a chance to try it!
- This is your time to try something new and to go home and tell your grown-ups about what you tried.
- Be respectful of your classmates and vote quietly with your thumbs: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks. It's okay to not like it, but we ask you to use nice words and be respectful.
- Keep an open mind. Maybe you have tried it before and you are not sure you like it. Did you know that you may have to taste something seven times before you realize that you like it? Try and try again.
- Be safe. Wash your hands with soap and water (or use hand sanitizer if sink not available). I will wear gloves when handling the food.

**ACTIVITIES**

Use a projector to display "Parts of Plant Overhead." When we eat our fruits and vegetables we are eating parts of the plant. Zucchini is the fruit of the plant.

**Root:** Grows underground. Transports water from the soil to the stems and the leaves.

**Stem:** Above ground; attaches to root and leaves; carries water from roots to leaves.

**Leaf:** Usually green; grows above ground.

**Flower:** Above ground; attached to stem.

**Fruit:** Above ground; attached to stem, contains seeds.

**Seed:** What you plant; contains food for the plant.

Distribute fruit and vegetable flash cards, one per student. Students take turns with flash cards to announce the name of the fruit or vegetable and what part of the plant it comes from. The student will place the card on the board (or another designated location) in the correct category: root, stem, leaf, flower, fruit or seed. Variation: Distribute flash cards and ask students to respond to a variety of questions. Students can raise their hand if the statement is true for their fruit or vegetable.

- Is it a fruit? A vegetable?
- Is it harvested (in season) in the fall?
- Does it have seeds?
- Can you buy it frozen?
- Does it grow underground (a root)?
- Can it grow in different colors?
- Does it grow on trees?
- Does it grow in Iowa?  
(add additional questions as desired)

<b>HEALTH CONNECTION</b>	<ul style="list-style-type: none"> <li>Zucchini is a good source of Vitamin C. Reinforce by putting up your defense shield (Cross arms out in front of chest). Zucchini helps to ward off germs and keep us healthy.</li> </ul>
<b>TASTING</b>	<p>Prepare a zucchini sliced, diced and julienned. Show the difference in appearance when it is cut lengthwise and then crosswise. Taste zucchini plain. (Idea: Make a vegetable kabob with zucchini, yellow summer squash and a cherry tomato on a toothpick.) Child will vote with thumbs as to preference for zucchini: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks. Who wants to eat zucchini again? What are some other ways you eat zucchini? (salad, grilled, sautéed, in a spaghetti sauce)</p>
<b>CLOSING DISCUSSION</b>	<p>What is the name of the vegetable we just tasted? How can you purchase zucchini? Can you purchase zucchini at your grocery store? At a farmers' market? Look in the grocery store's fresh fruit and vegetable section. The produce – or fresh fruit and vegetable – section is usually the first thing you see when you go into the grocery store. Do you think you would be able to help a grown-up find zucchini in the produce section? Who will ask their grown-ups to buy zucchini the next time they go to the store? Be sure to try it when it's served.</p>
<b>TAKE-HOME MATERIALS</b>	<p>Hand out "Ask me about...zucchini" stickers. Discuss the bingo card for the month. Issue incentives for returned bingo cards from last month.</p>
<b>REFERENCES AND RESOURCES</b>	<ul style="list-style-type: none"> <li><a href="#">Click here</a> Spend Smart. Eat Smart. Produce Basics: Zucchini</li> <li><a href="#">Click here</a> California's Harvest of the Month: Zucchini</li> <li><a href="#">Click here</a> SNAP-Ed Seasonal Produce Guide: Summer Squash</li> <li><a href="#">Click here</a> Team Nutrition Summer Squash and Zucchini Resources</li> <li><a href="#">Click here</a> USDA Great Garden Detective Adventure flash cards</li> <li><a href="#">Click here</a> ISU Extension and Outreach Growing Squash in the Home Garden</li> <li><a href="#">Click here</a> When do Zucchini Plants Start to Vine?</li> <li><a href="#">Click here</a> Zucchini Vines</li> </ul>
<b>OTHER WAYS TO EAT ZUCCHINI</b>	<p>Bake; steam; roast; stir-fry; grill; pickle; zoodles (zucchini noodles – make with a spiralizer); zucchini pancakes; zucchini bread; dip zucchini in salsa, balsamic vinegar salad dressing or sweet chili sauce; zucchini hummus; dehydrate to make chips; topping for pizzas; roast w/sauce &amp; cheese; kabobs; raw w/pizza sauce; grilled chips w/garlic; add to lasagna; sprinkle seasoning on and eat; cut into long strips/sticks; slice like a hot dog bun and make a pizza on it.</p>



# Stories in Motion

## In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

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### A Visit to the Vegetable Patch

- We are going on a field trip today to the vegetable patch. Get on the bus and find your favorite seat. Hold on tight; it is going to be a bumpy ride. Lean to right as we bounce around the corner. Now lean to the left.
- We made it! Put on your boots and gloves and let's take a walk around the farm. Look at all of the vegetables. Which one is your favorite?
- Let's go dig some root vegetables first. Get your shovel ready and scoop up some potatoes and then pull up the carrots and onions. Put them in your wheel barrow.
- Next we can walk over to pick some leaves. Do you eat leaves? Of course you do. One kind of vegetables is leaves! Reach down low and tear off some lettuce and spinach.
- Ohh! Look at the pretty flowers over there. Bend at your waste with your legs straight and smell the flowers. We eat flowers too! Let's reach down and cut some heads of broccoli and cauliflower. Yummy!
- I see a whole field of tall corn stalks. Stand on your tip toes. Can you see over the top? Now, reach up high and pick some ears of corn. Keep picking until you have a basket full.
- Let's skip over to those vines and shrubs. Reach down to pick peppers, tomatoes and zucchini.
- Finally, let's head inside to the kitchen and cook up something good to eat with all the vegetables from the garden. Mmmmmmm!!!

# Teacher Reproducible

**Note:** Print and then display in visible locations, like over the sink or washing area, and in food preparation and gardening areas. All adults and children harvesting, preparing, or eating food must follow these steps.

## IMPORTANT FOOD SAFETY STEPS!

It is important that you follow these steps to keep yourself, your students, and any parents or volunteers safe and healthy.

**Hand Washing:** All persons participating in the food preparation activity (teachers, students, volunteers, parents) should wash hands before and after preparing, handling, or sampling foods.

Hands should be washed using soap and warm water, scrubbed and lathered for 20 seconds, rinsed under running water, and dried using a clean paper towel. Alcohol-based, rinse-free sanitizers should be used when hand washing with soap is not possible.

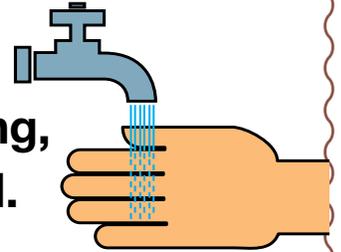
**Surfaces:** Surfaces, such as tables, countertops, sinks, utensils, cutting boards, and appliances, should be washed with hot, soapy water. Wipe up spills immediately. Appliances such as microwaves should be cleaned frequently.

**Fruits and Vegetables:** Produce, regardless of whether it was grown or purchased, must be rinsed thoroughly (even if you plan to peel or cut the produce before eating). Rinse fresh fruits and vegetables under running water just before eating, cutting, or cooking. Do not use soap or detergent. Many precut/prepackaged items, like lettuce or baby carrots, are labeled as prewashed and ready-to-eat. These products may be eaten without further rinsing.



# HAND WASHING

There's a proper way to wash your hands. Follow these steps before and after harvesting, and *always* before handling and eating food.



- 1.** Wet your hands with warm, running water.
- 2.** Apply soap.
- 3.** Rub hands together to make a lather. Scrub the backs of hands, between fingers, and under nails.
- 4.** Continue rubbing hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- 5.** Rinse well under warm, running water.
- 6.** Dry your hands with a clean towel or an air dryer.



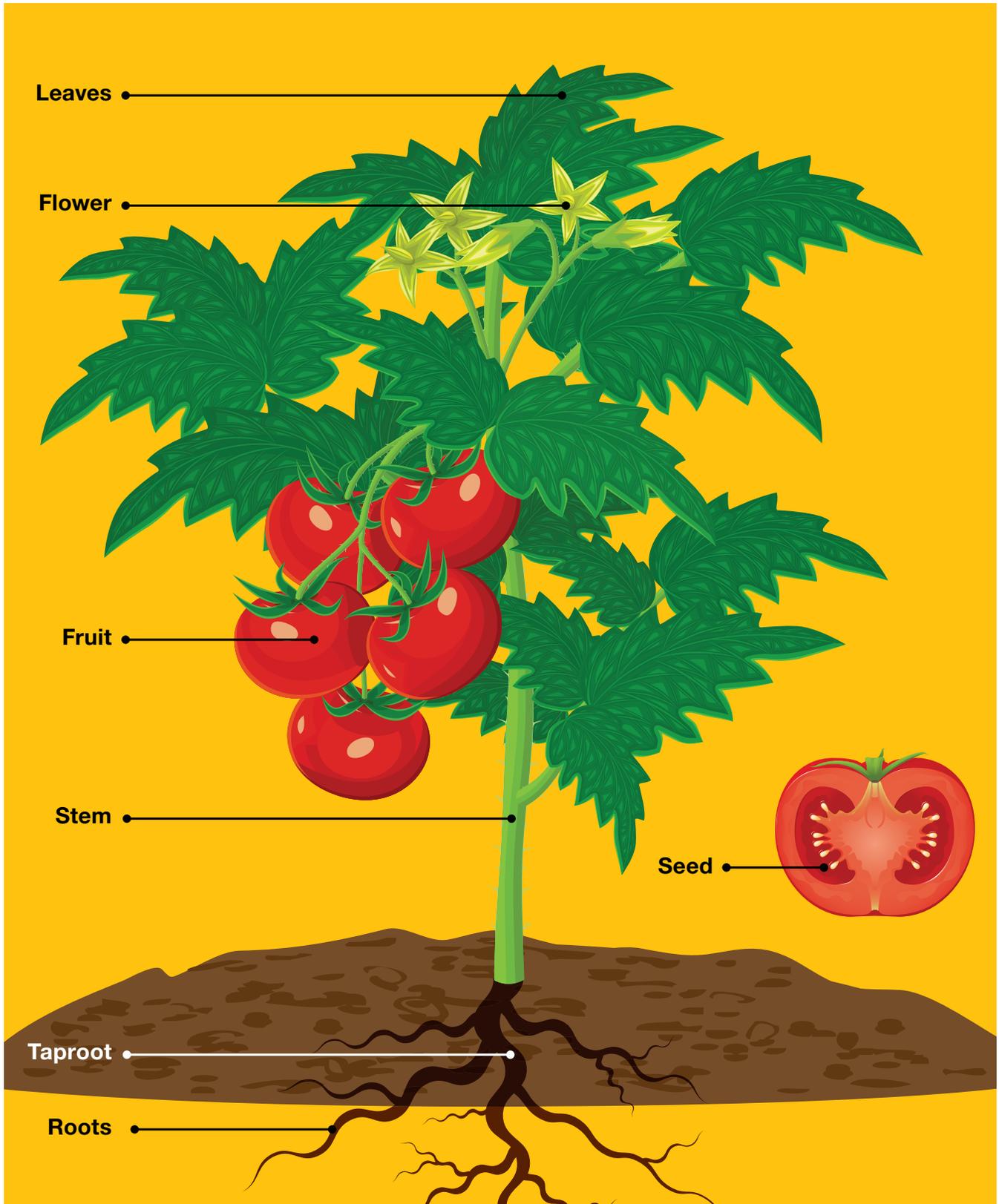
# Food Tasting Instructions

**Trying a new food can be fun!**

- When offered food, be polite and say, “Yes, thank you” or “No, thank you.”
- Try it! At least one small bite.
- If you like it, think of other ways you could eat the food at home and school.
- If you don’t like it, you may politely remove the food with a napkin.
- It is OK not to like something, but please be kind. No yucky faces or mean words.
- Be willing to try the food again! Sometimes it takes a while to like a new food.

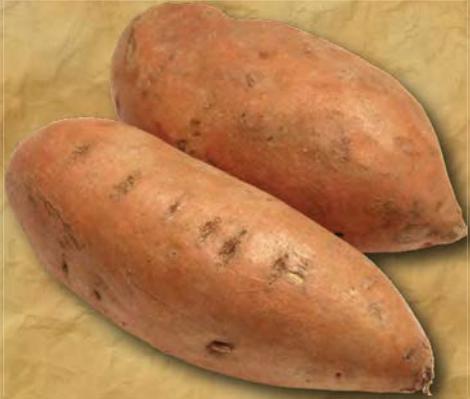


# Parts of the Plant



# **Fruit and Vegetable Flash Cards**

**WANTED**



**Sweet Potato**

**WANTED**



**Spinach**

**WANTED**



**Leaf Lettuce**

**WANTED**



**Sweet Corn**

## Spinach

**Aliases:** None

**Description:** A dark-green leafy vegetable that can grow up to about 12 inches tall. Its leaves can be smooth, crinkly and curly, or slightly crinkly.

**Wanted for:** Its delicious leaves that are packed with vitamin A and also contain vitamin C, folate, and the mineral potassium. Fueling up on spinach helps kids eat smart to play hard.

**Known Associates:** Member of the Dark-Green Vegetable Subgroup.

**Last Known Location:** Spring and fall gardens where temperatures are cool. In some areas of the country, spinach can survive the winter and starts growing as the soil thaws. It is popular in salads, including salads served in the school cafeteria.

**Notes:** Recipes with “Florentine” in their name contain spinach, such as “Eggs Florentine.”

## Sweet Potato

**Aliases:** Sometimes mistaken for a yam (a starchy root that grows in Africa and Asia).

**Description:** This potato can have a light tan, orange, or purple skin. It can be a pale buff to deep orange color inside.

**Wanted for:** Its sweet root, which provides the mineral potassium, vitamins A and C, and fiber. Sweet potatoes are a delicious way to help make half your plate fruits and vegetables.

**Known Associates:** Member of the Red and Orange Vegetable Subgroup.

**Last Known Location:** Underground—dig it up in August through October. Also hangs out in supermarkets year round.

**Notes:** One large sweet potato equals 1 cup of veggies.

## Sweet Corn

**Aliases:** Maize

**Description:** Usually yellow or white kernels attached to a cob.

**Wanted for:** Its seeds (the corn kernels). Corn helps kids eat smart to play hard.

**Known Associates:** Member of the Starchy Vegetable Subgroup.

**Last Known Location:** According to the 2007 Census of Agriculture (2009), sweet corn is harvested on over 28,000 farms and in all 50 States.

**Notes:** There is one strand of silk for each kernel of corn.

## Leaf Lettuce

**Aliases:** Looseleaf, Oak Leaf, Red Leaf, and Green Leaf

**Description:** This lettuce does not form a head (like iceberg lettuce). Instead, its leaves attach at the stem. It can be yellow, green, red, reddish-bronze, or purplish.

**Wanted for:** Its crisp leaves, which give crunch to salads and sandwiches. The leaves provide vitamin A to help keep your eyes and skin healthy.

**Known Associates:** Member of the Dark-Green Vegetable Subgroup.

**Last Known Location:** In fall and summer gardens, leaf lettuce can go from seed to baby lettuce in just 3 to 4 weeks. Also found in salads everywhere.

**Notes:** High temperatures can make the leaves turn bitter in the garden.

**WANTED**



**Swiss Chard**

**WANTED**



**Blackberry**

**WANTED**



**Broccoli**

**WANTED**



**Collard Greens**

## Blackberry

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**Aliases:** Bramble Fruit

**Description:** A sometimes thorny bramble plant that produces a black or dark purple berry.

**Wanted for:** Its sweet and juicy fruit, which are loaded with vitamin C and also a good way to add fiber to your meal. Eating blackberries helps kids eat smart to play hard.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** On a bramble plant and ready to be picked between May and September. Oregon is the top grower of blackberries in the United States.

**Notes:** Blackberries are different from black raspberries! Blackberries have a solid center, while raspberries are hollow when picked.

## Swiss Chard

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**Aliases:** Leaf Beet, Seakettle Beet, and Spinach Beet

**Description:** Green leafy vegetable with white, yellow, or red stalks.

**Wanted for:** Its tasty leaves and stems that provide vitamins A and C and the mineral potassium. Eating Swiss chard helps kids eat smart to play hard.

**Known Associates:** Member of the Dark-Green Vegetable Subgroup.

**Last Known Location:** Frequently seen in fall and spring gardens, when the temperature is cool. Also found raw in salads or cooked in soups, on pizza, or served as a vegetable side dish.

**Notes:** The Bright Lights variety produces a rainbow of stem colors in your garden.

## Collard Greens

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**Aliases:** None

**Description:** A vegetable with smooth green leaves that grow at the top of a short, thick stalk.

**Wanted for:** Its leaves, which have vitamins A and C, folate, and fiber. Cooked greens are a Southern tradition—and superstitiously thought to bring good luck for the upcoming year when eaten on New Year's Day.

**Known Associates:** Member of the Dark-Green Vegetable Subgroup.

**Last Known Location:** Growing in gardens in warm weather.

**Notes:** Collard greens were made South Carolina's State Vegetable in 2011 after a third-grader at Rocky Creek Elementary School wrote to her State senator.

## Broccoli

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**Aliases:** The name "broccoli" comes from the Latin word brachium, which means "branch" or "arm."

**Description:** Its tree-like stalks are topped with umbrella-shaped clusters of purplish green florets.

**Wanted for:** Its flowers, which are packed with vitamin C and a good way to add fiber to your meal or snack.

**Known Associates:** Member of the Dark-Green Vegetable Subgroup.

**Last Known Location:** Growing in nearly every State, including Alaska and Hawaii. California is your best bet for "catching" it though; that State grows the most.

**Notes:** Raw broccoli and low-fat ranch dip is a great snack!

**WANTED**



**Kale**

**WANTED**



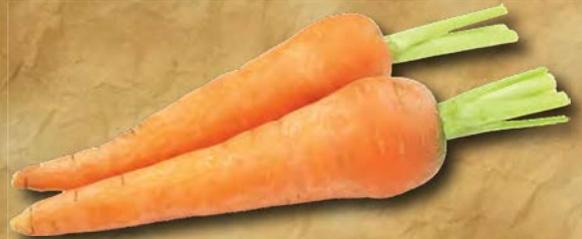
**Romaine  
Lettuce**

**WANTED**



**Acorn Squash**

**WANTED**



**Carrot**

## Romaine Lettuce

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**Aliases:** Cos Lettuce (in Europe)

**Description:** This lettuce has a loaf-like shape with darker outer leaves.

**Wanted for:** Its crisp leaves, which provide your body with vitamin A and folate.

**Known Associates:** Member of the Dark-Green Vegetable Subgroup.

**Last Known Location:** In Caesar salads everywhere.

**Notes:** The Romans called it "Roman lettuce," due to their belief in its health and healing properties.

## Kale

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**Aliases:** Borecole

**Description:** Dinosaur kale has long blue-green leaves with a bumpy texture (like the hide of a dinosaur). Curly kale had ruffled leaves and a dark green color. There are also types of kale with flat leaves.

**Wanted for:** Its beautiful leaves, packed with vitamins A and C.

**Known Associates:** Member of the Dark-Green Vegetable Subgroup.

**Last Known Location:** On plates, as a cooked vegetable side dish and in soups.

**Notes:** A light frost (freezing temperature) makes kale's leaves sweeter. Kale can be baked with a little oil to make deliciously crunchy kale chips. Yum!

## Carrot

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**Aliases:** None

**Description:** A root vegetable that is most often seen orange but can be white, red, or purple.

**Wanted for:** Its crunchy root, packed with vitamin A. Carrots help kids eat smart to play hard.

**Known Associates:** Member of the Red and Orange Vegetable Subgroup.

**Last Known Location:** Underground.

**Notes:** One medium carrot is  $\frac{1}{2}$  cup of vegetables. Six baby carrots equals  $\frac{1}{2}$  cup of vegetables.

## Acorn Squash

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**Aliases:** Winter Squash (one of many types)

**Description:** An acorn-shaped vegetable. While it can be other colors, the most common is green. Inside, it is a golden yellow.

**Wanted for:** Its "fruit" part of the plant, which we eat as a vegetable. Acorn squash is a good way to add vitamin C, fiber, and potassium to meals so you can eat smart to play hard.

**Known Associates:** Member of the Red and Orange Vegetable Subgroup.

**Last Known Location:** Growing on a vine in fall or winter. Some varieties grow on a bush.

**Notes:** Squash was given to the settlers by the Native Americans.

**WANTED**



**Tomato**

**WANTED**



**Pumpkin**

**WANTED**



**Butternut  
Squash**

**WANTED**



**Green Peas**

## Pumpkin

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**Aliases:** Winter squash (one of several). Its seeds are known as Pepitas.

**Description:** A round and orange (usually) vegetable attached to a vine by its stem.

**Wanted for:** Its fruit, which is eaten as a vegetable, and for its seeds. Pumpkin is packed with vitamin A.

**Known Associates:** Its fruit is a member of the Red and Orange Vegetable Subgroup. Its seeds are a member of the Protein Foods Group.

**Last Known Location:** Pureed and sold canned in grocery stores. Often eaten in soups and as an ingredient in breads and muffins.

**Notes:** The pumpkin was one of the foods of the first Thanksgiving.

## Tomato

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**Aliases:** Nightshade vegetable (one of several)

**Description:** Ripe tomatoes are often red, but there are yellow, orange, and purple varieties of tomatoes as well.

**Wanted for:** Its "fruit" that is eaten as a vegetable. Tomatoes provide vitamins A and C and some potassium. Tomatoes help kids eat smart to play hard.

**Known Associates:** Member of the Red and Orange Vegetable Subgroup.

**Last Known Location:** Growing in warm season gardens and on salad bars and on pizza and pasta in the form of tomato sauce in your school cafeteria.

## Green Peas

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**Aliases:** Pod Peas, English Peas, Shelling Peas

**Description:** Grass-colored green pods holding small round peas.

**Wanted for:** Its seeds (the peas!), which provide vitamins A and C, fiber, and some potassium. Green peas are a delicious way to help make half your plate fruits and vegetables.

**Known Associates:** Member of the Starchy Vegetable Subgroup.

**Last Known Location:** One of the first vegetables growing in gardens in early spring.

**Notes:** Thomas Jefferson's favorite vegetable.

## Butternut Squash

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**Aliases:** Winter squash (one of several)

**Description:** A large cylinder-shaped squash that is wider and rounder at the bottom. On the outside, its skin is camel-colored. Inside, the flesh is orange.

**Wanted for:** Its "fruit" part of the plant, which we eat as a vegetable. Provides vitamins A and C, fiber, and some potassium. Butternut squash is a great way to add color to your plate.

**Known Associates:** Member of the Red and Orange Vegetable Subgroup.

**Last Known Location:** Seed is planted in the spring and squash is harvested in the fall.

**WANTED**



**Potato**

**WANTED**



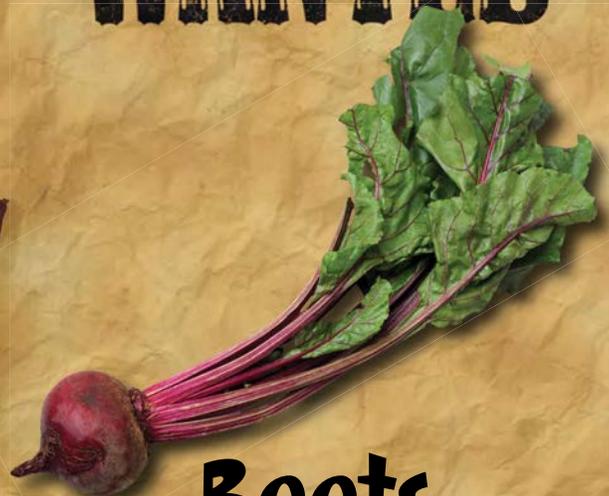
**Asparagus**

**WANTED**



**Cabbage**

**WANTED**



**Beets**

## Asparagus

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**Aliases:** None

**Description:** The most common variety in the United States has green stalks with purplish tips.

**Wanted for:** Its stem, for vitamins A and C and folate.

**Known Associates:** Member of the Other Vegetable Subgroup.

**Last Known Location:** Growing in California, Michigan, and Washington between January and June.

**Notes:** Europeans prefer white asparagus, which is grown underground to prevent it from turning green.

## Potato

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**Aliases:** Spud

**Description:** Types include the Russet (baking potato), Red-skin New, Long White Fingerling, and Blue/Purple-skinned Yellow Flesh.

**Wanted for:** Its root, which provides vitamin C and potassium.

**Known Associates:** Member of the Starchy Vegetable Subgroup.

**Last Known Location:** Underground, especially in Idaho, Washington, Wisconsin, Colorado, and Oregon.

**Notes:** Kids eat more potatoes than any other veggie. This is mostly in the form of French Fries. To eat smart to play hard, make sure to eat a variety of vegetables during the week.

## Beets

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**Aliases:** Beetroot

**Description:** The root can be red or golden.

**Wanted for:** Its root and leaves. Beets are a good source of folate for your growing body.

**Known Associates:** Member of the Other Vegetables Subgroup.

**Last Known Location:** Roasted or pickled on salad bars. Can often be found on hamburgers in Australia.

**Notes:** Eating beets can cause urine to become red or pink in color. This condition is called "beeturia." It is not harmful.

## Cabbage

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**Aliases:** None

**Description:** Red and Green cabbages form tight compact heads of leaves.

**Wanted for:** Its leaves, which provide vitamin C. Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

**Known Associates:** Member of the Other Vegetable Subgroup.

**Last Known Location:** Being processed into coleslaw.

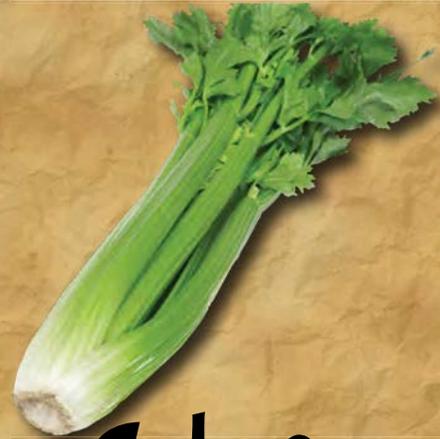
**Notes:** In the United States, cabbage is most in demand in March because of preparation of traditional corned beef and cabbage meals for St. Patrick's Day.

**WANTED**



**Cauliflower**

**WANTED**



**Celery**

**WANTED**



**Vidalia Onion**

**WANTED**



**Artichoke**

## Celery

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**Aliases:** None

**Description:** Light green stalks growing parallel and topped with leaves.

**Wanted for:** Its crunchy stems, which are eaten raw or sliced and cooked. Its root can also be eaten as a vegetable. The leaves and seeds can also be used as a flavoring/garnish.

**Known Associates:** Member of the Other Vegetable Subgroup.

**Last Known Location:** Growing in California and Michigan.

## Cauliflower

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**Aliases:** Cabbage Flower

**Description:** A compact head of white flower buds surrounded by green leaves.

**Wanted for:** Its flowers, which are packed with vitamin C.

**Known Associates:** Member of the Other Vegetable Subgroup.

**Last Known Location:** Growing in California—88 percent of all fresh cauliflower grown in the United States comes this State.

**Notes:** The green leaves that surround the head keep the flower buds from sunlight. The lack of sunlight prevents chlorophyll from developing. The result is the white color.

## Artichoke

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**Aliases:** Green Globe, Desert Globe, Big Heart, and Imperial Star

**Description:** A green bud that has many triangle-shaped scales.

**Wanted for:** Its flower bud, which is filled with vitamin C and fiber.

**Known Associates:** Member of the Other Vegetable Subgroup.

**Last Known Location:** Growing in California.

**Notes:** Taste best when prepared and eaten soon after harvest.

## Vidalia Onion

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**Aliases:** Sweet Onion

**Description:** A light-yellow onion.

**Wanted for:** Its sweet root, which provides vitamin C.

**Known Associates:** Member of the Other Vegetable Subgroup.

**Last Known Location:** Growing in Vidalia, Georgia, between April and June.

**Notes:** Georgia's official State vegetable since 1990.

**WANTED**



**Parsnips**

**WANTED**



**Green  
Bell Peppers**

**WANTED**



**Okra**

**WANTED**



**Brussels  
Sprouts**

## Green Bell Peppers

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**Description:** A large, green bell-shaped pepper.

**Wanted for:** Its crunchy fruit, which is eaten as a vegetable and is packed with vitamin C. Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

**Known Associates:** Member of the Other Vegetable Subgroup.

**Last Known Location:** Growing in California and Florida; those States grow the most bell peppers.

**Notes:** Red bell peppers are actually green bell peppers that were allowed to ripen on the plant.

## Parsnips

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**Aliases:** None

**Description:** Looks like an off-white or light-yellow carrot.

**Wanted For:** Its root, which contains vitamin C and fiber.

**Known Associates:** Member of the Other Vegetable Subgroup.

**Last Known Location:** Growing in the winter in near freezing temperatures, which makes it sweeter.

**Notes:** Parsnips are eaten cooked. They are usually roasted, cooked and mashed, or eaten in soups and stews.

## Brussels Sprouts

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**Aliases:** None

**Description:** Look like tiny heads of cabbage.

**Wanted for:** Its leaves, which are high in vitamin C. Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

**Known Associates:** Member of the Other Vegetables Subgroup.

**Last Known Location:** Growing in California.

**Notes:** Brussels Sprouts were named after the capital of Belgium where it is thought that they were first cultivated.

## Okra

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**Aliases:** Bindi, Bhindi, Lady's Finger, and Gumbo

**Description:** A fuzzy, green-colored, and ribbed pod that is approximately 2-7 inches in length. It has tiny seeds inside and a slimy or sticky texture.

**Wanted For:** Its fruit, which is eaten as a vegetable and is a great source of vitamin C. Vitamin C helps your body heal cuts and wound and to have healthy teeth and gums.

**Known Associates:** Member of the Other Vegetables Subgroup.

**Last Known Location:** In soups and stews, where okra's sticky insides help thicken the broth.

**WANTED**



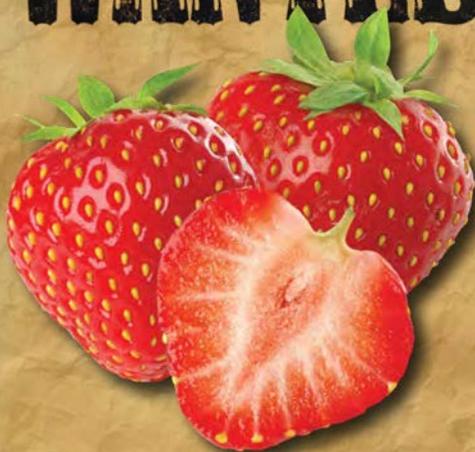
**Cucumber**

**WANTED**



**Apple**

**WANTED**



**Strawberry**

**WANTED**



**Raspberry**

## Apple

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**Aliases:** Golden Delicious, Red Delicious, Fuji, Granny Smith, and many others.

**Description:** Round and found in all shades of red, green, and yellow. May range in size from a little bigger than a cherry to as large as a grapefruit.

**Wanted for:** Its sweet and crunchy fruit, which provides fiber and some vitamin C and the mineral potassium. Eating apples helps kids eat smart to play hard.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** Hanging on a branch of an apple tree. Served whole or sliced in many school cafeterias. These are a kid favorite.

**Notes:** Americans eat about 120 apples each in a year.

## Cucumber

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**Aliases:** Cukes

**Description:** Long dark-green vegetable (actually the fruit of the plant) that grows on a vine.

**Wanted for:** Its cool fruit, which is eaten as a vegetable.

**Known Associates:** Member of the Other Vegetables Subgroup.

**Last Known Location:** On vegetable trays and salad bars everywhere.

**Notes:** The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air. Hence the phrase, "Cool as a cucumber."

## Raspberry

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**Aliases:** Bramble Fruit

**Description:** Raspberries come in four colors: red, purple, black, and gold (yellow).

**Wanted for:** Its sweet and juicy fruit, which provide vitamin C and fiber. Eating raspberries helps kids eat smart to play hard.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** Washington State grows the most red raspberries.

**Notes:** The small hairs of raspberries are called stiles.

## Strawberry

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**Aliases:** Berries

**Description:** Bright red, heart-shaped fruit with seeds on the outside and a green cap.

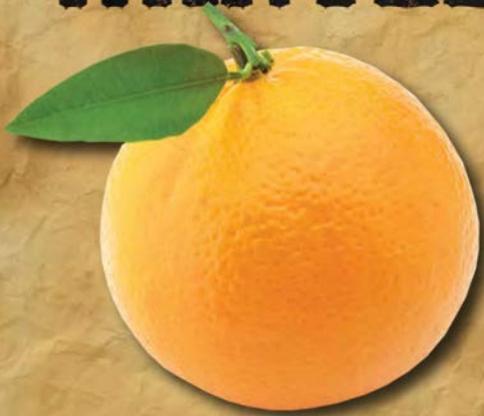
**Wanted for:** Its tender, sweet fruit, which are packed with vitamin C. Eating strawberries helps kids eat smart to play hard.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** Growing on a plant in a garden, strawberry pot, or on a farm between April and July. California grows 83 percent of the strawberries in the United States.

**Notes:** Every strawberry, no matter the size, has about 200 seeds.

**WANTED**



**Orange**

**WANTED**



**Peach**

**WANTED**



**Cantaloupe**

**WANTED**



**Pear**

## Peach

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**Aliases:** Tree Fruit and Stone Fruit

**Description:** Round and about the size of a baseball. Skin color is yellow or cream, sometimes blushed with red. The flesh inside is usually yellow, but may also be white. There is a large pit in the center that is not eaten.

**Wanted for:** Its sweet fruit, which provides vitamin C and some vitamin A, fiber, and potassium. Eating peaches helps kids eat smart to play hard.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** Hanging out on the branches of a peach tree in California and the Southern States.

**Notes:** Georgia is known as the "Peach State."

## Orange

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**Aliases:** Navel, Valencia, Mandarin, and Chinese Apple

**Description:** Round and yellow-orange in color. Inside, there are juice segments with seeds.

**Wanted for:** Its juicy fruit, which are loaded with vitamin C. Also provides fiber and folate. Eating oranges helps kids eat smart to play hard.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** Hanging out in orchards on the branches of an orange tree.

**Notes:** Orange trees started in Southeast Asia. Travelers brought sweet orange seed and seedlings with them to the New World. By 1820, there were orange groves in Florida.

## Pear

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**Aliases:** Anjou, Bartlett, Bosc, Comice, Forelly, and Seckel, among others

**Description:** Seen in a variety of shapes, sizes and colors. Skin colors include green, golden yellow, and red.

**Wanted for:** Its sweet and juicy fruit, which provides fiber and vitamin C. Eating pears helps kids eat smart to play hard.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** Hanging out on the branch of a pear tree in a sunny garden or orchard. Washington, Oregon and California produce 97 percent of the pears in the United States.

**Notes:** About 40 percent of pears in the United States are eaten as canned pears. Canned pears packed in 100 percent juice or water have less sugar than those canned in heavy syrup.

## Cantaloupe

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**Aliases:** Muskmelon

**Description:** Round with a light-brown rind (thick skin) and orange flesh with seeds in the center.

**Wanted for:** Its very sweet fruit, which is loaded with vitamin A and vitamin C. Eating cantaloupe helps kids eat smart to play hard.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** Growing on vines in gardens and on farms.

**Notes:** Melon seeds were transported to North America by Christopher Columbus and eventually Spanish explorers grew them in California.

**WANTED**



**Grapes**

**WANTED**



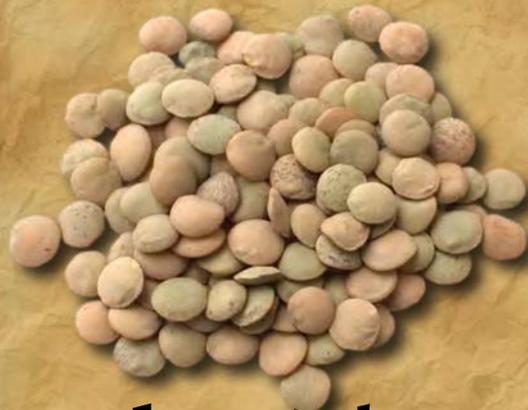
**Watermelon**

**WANTED**



**Navy Beans**

**WANTED**



**Lentils**

## Watermelon

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**Aliases:** Allsweet, Ice-Box, Seedless, and Yellow Flesh

**Description:** Green and round or oblong, weighing between 5 and 30 pounds. Inside, most have red flesh but there are orange- and yellow-fleshed varieties. Some have seeds and some are seedless.

**Wanted for:** Its sweet and juicy fruit, which is loaded with vitamins C and A. Eating watermelon helps kids eat smart to play hard.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** Lying around on the ground attached to a vine in large gardens where it is warm for most of the year. Georgia, Florida, Texas, California, and Arizona are the top producers of watermelon.

**Notes:** Watermelon originated in Africa over 5,000 years ago. Americans eat about 17 pounds of watermelon a year.

## Grapes

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**Aliases:** Thompson, Flame, Ruby, Perlette and Tokay

**Description:** Small, round, seen in many colors: black, blue, blue-black, golden, red, green, and purple.

**Wanted for:** Its sweet and juicy fruit. Power up with grapes at snacks.

**Known Associates:** Member of the Fruit Group.

**Last Known Location:** In orchards, growing in clusters on vines. Many grapes are grown in Nebraska, but most grapes eaten in the United States are grown in California.

**Notes:** Grapes are about 80 percent water, making them a delicious low-calorie snack or dessert. Raisins are dried grapes and contain only about 15 percent water.

## Lentils

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**Aliases:** None

**Description:** Can appear in a variety of colors, such as yellow, red-orange, green, brown, and black. The lentil is very small and hard to spot sometimes; it is about as wide as a pencil eraser, but flatter than a pancake!

**Wanted for:** Its seeds, which contain fiber, protein, and folate. Lentils help kids to eat smart to play hard.

**Known Associates:** Member of the Beans & Peas Subgroup and the Protein Group.

**Last Known Location:** In an Indian recipe known as Dal.

## Navy Beans

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**Aliases:** Pea Beans and Haricot Beans

**Description:** A small white bean, sold dried or canned.

**Wanted for:** Its seed, which is full of fiber, folate, and protein. Power up with beans at lunch or dinner.

**Known Associates:** Member of the Beans & Peas Subgroup and the Protein Group.

**Last Known Location:** North Dakota grew the most in the United States in 2009. Often a key ingredient in baked beans—check your school cafeteria.

**Notes:** Navy beans are a key ingredient in Senate Bean Soup, which is sold in the U.S. Senate restaurant every day.

**WANTED**



**Black-eyed  
Peas**

**WANTED**



**Black Beans**

**WANTED**



**Pinto Beans**

**WANTED**



**Garbanzo  
Beans**

## Black Beans

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**Aliases:** Turtle Beans

**Description:** When dried, they are small and shiny. When fresh, they can be found growing on bushes, hiding out inside pods (like a pea pod).

**Wanted for:** Its seeds, which contain fiber, protein, and folate. Power up with black beans in soups and quesadillas.

**Known Associates:** Member of the Beans & Peas Subgroup and the Protein Group.

**Last Known Location:** Used in the national dish of Brazil, called “feijoada,” which is a stew made with beans, beef, and pork. They are also very popular in Cuba, served in Black Bean Soup.

## Black-eyed Peas

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**Aliases:** Cow Peas

**Description:** Black-eyed peas grow in a pod, just like green peas. The black “eye” (or spot) is where the tan pea attaches to the pod.

**Wanted for:** Its seed, which is packed with fiber, protein, and folate. Black-eyed peas are a tasty vegetable to try.

**Known Associates:** Member of the Beans & Peas Subgroup and the Protein Group.

**Last Known Location:** Black-eyed peas like warm weather to grow, so they avoid chilly areas that can frost at night.

**Notes:** Some believe that if you eat black-eyed peas on New Year’s Day, you will have good luck all year. Whether or not that’s true, it is certainly a healthy way to try your luck!

## Garbanzo Beans

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**Aliases:** Chick Peas, Falcon Faces  
(in ancient Egypt)

**Description:** Garbanzos are rounder than most other beans. They are a very light tan color. They grow in a pod, on plants that can grow 1-2 feet high. Each pod usually contains two or three garbanzos inside.

**Wanted for:** Its seeds, which contain fiber, protein, and folate. Eating garbanzo beans helps kids eat smart to play hard.

**Known Associates:** Member of the Beans & Peas Subgroup and the Protein Group.

**Last Known Location:** Mashed up with garlic, olive oil, lemon juice, and spices to make hummus. Hummus is used as a dip for vegetables and bread, or can also be spread on a sandwich.

## Pinto Beans

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**Aliases:** Mottled Beans

**Description:** Named after the “pinto” horse, it is a light reddish tan in color, with darker speckles all over.

**Wanted for:** Its seeds, which contain fiber, protein, and folate. Pinto beans are a delicious way to help make half your plate fruits and vegetables.

**Known Associates:** Member of the Beans & Peas Subgroup and the Protein Group.

**Last Known Location:** Mashed up as refried beans or as an ingredient in burritos.