

Apple

- Fruit
- Grows on trees
- Grows in every state in the United States
- October is National Apple Month



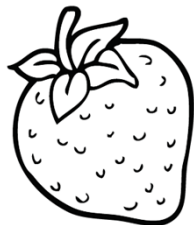
Grape

- Fruit
- Healthy snack; good source of vitamin K
- 3 colors of grapes; green, black, & red
- Harvested by hand with special clippers



Strawberry

- Fruit
- Top five most eaten fruit
- On average, 200 seeds are found on the outside of each strawberry
- Picked, sorted, & packed by hand



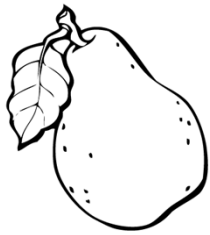
Orange

- Citrus fruit
- High in vitamin C & low in calories
- Florida is the top producing state of oranges
- Grow on trees



Pear

- Fruit
- Grow on self-pollinating trees
- Contain vitamin C & potassium
- Found in fruit juices, baked goods, & fruit roll-ups



Carrot

- Root vegetable
- Contains Beta-carotene for good eye and skin health
- Growing season ranges from 110 – 180 days
- Baby-cut carrots became popular in the late 1990s



Peas

- Pod-shaped, usually green vegetable
- High source of protein, fiber, iron, & antioxidants
- Grown as a cool season vegetable crop
- Pea plants can self-pollinate



Potato

- Tuber vegetable
- America's favorite vegetable
- Potato chips were invented in 1853
- A person can eat on average 110 lbs. of potatoes per year



Broccoli

- Vegetable
- California is the leading state for broccoli production
- Grows better in cooler seasons such as winter and early spring
- Medical studies have shown broccoli to prevent some forms of cancer



Corn

- Vegetable also known as Maize
- 3 varieties for humans to eat; dent (grain), sweet corn (vegetable), popcorn (food snack)
- America's most important cash crop
- Corn stalk can grow 7 – 12 feet tall



Bananas

- Fruit that grows in large, hanging bunches
- When ripe, they are yellow with a soft inside
- Bananas grow from plants, not trees
- India is the leading producer of bananas



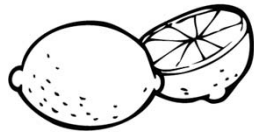
Pumpkin

- Scientifically, pumpkins are a fruit but can be prepared like a vegetable
- Normally orange, but can be yellow, white, green or red
- Pumpkin plant has both male & female flowers
- 100 grams = 26 calories of energy



Lemon

- Sour-tasting, citrus fruit
- Not eaten as a fruit, but used as a flavor enhancer
- Eureka Lemons are available all year long
- Grow on trees



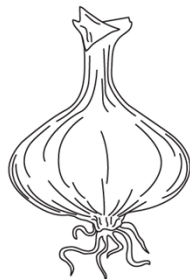
Chili Peppers

- In the tomato family, chili peppers are the fruit of its plant
- 26 known species
- Originated in South America
- The red color taken from the pod is used in lipstick



Onion

- Vegetable of several colors; white, yellow, purple, or red
- Provides flavor, color, & texture to many dishes
- High in vitamin C & a good source of fiber
- Sodium, fat, & cholesterol free



Pineapple

- Tropical fruit
- Native to South America that grows from a plant
- A single pineapple can take over two years to grow
- Good source of manganese and vitamin C



Watermelon

- Classified as a fruit because it grows from a seed
- Member of the cucumber, squash & pumpkin family making it a vegetable
- Contains 92% water & 6% sugar
- Good for brain power and eye sight



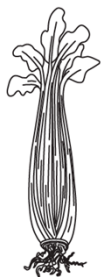
Avocado

- Fruit
- Avocado tree can produce 500 avocados per year
- 1 oz. of an avocado contains almost 20 vitamins & nutrients
- Harvested by hand



Celery

- Vegetable
- Prepared in many other dishes like the onion
- Maintains its nutrients if cooked
- One stalk equals about 10 calories



Bell Pepper

- A fruit because they grow from a flowering plant and contain seeds
- Also known as the sweet pepper
- Many colors; green, red, orange, purple, & yellow
- Good source of vitamin C



Tomatoes

- Fruit
- Grow best in warm climates but can be grown in greenhouses during winter
- Cooked tomatoes have more nutritional value than raw
- Typically red, but can be found in green, yellow, orange, & pink



Peaches

- Fruit
- Grow on small, deciduous trees
- Best availability is November to March
- Peach juice is an excellent moisturizer



Cherries

- Fruit
- Grows on trees
- Good source of Vitamin C
- 100 trees grow per acre



Eggplant

- Fruit
- Grows from a bush
- Best availability is from January to July
- High source of vitamin B6

