

Cucumber

Cucumbers are from the gourd family and botanically are a fruit.

A cucumber can grow up to 2 feet long.

How many inches is 2 feet?

A cucumber is 95% water!



Kiwifruit

Kiwi is native to Southern China. It was called the Chinese gooseberry. After the war, it was exported to the U.S. where it was renamed the kiwifruit.

Describe the kiwifruit using your senses.

Fresh Fruit & Vegetable Program

K-6th Grade

February 2022 Newsletter



Mango

Did you know?

Giving someone a basket of mangoes is considered a gesture of friendship.

In India and other cultures, the mango fruit and leaves are ritually used as floral decorations at weddings and other celebrations.

What are some rituals that you use for celebrations? (examples at: Christmas, Thanksgiving, Birthdays)



Golden Delicious Apple

The Golden Delicious apple tree was found in 1914 on a Clay County, West Virginia farm. Every year they have a festival that celebrates the apple.

Where is WV on a map?

Monthly Newsletter

- Engage your students in the program by offering educational information across all subjects.
- Encourage a positive attitude when trying new or different foods.



RED BELL PEPPERS

Red bell peppers contain lycopene, and antioxidant that gives the pepper its' color. It might also help certain cancers.

Red bell peppers are actually a fruit, but commonly called a vegetable.

They are sweetest bell pepper due to their high sugar content.

Yellow Squash

Did you know?

Yellow squash is actually a fruit but is thought of as a vegetable?

Carrots

Carrots are a root vegetable.

Carrots can be eaten raw or cooked. Long ago carrots were used as medicine which is the building block for muscle and necessary for a balanced diet.

Cauliflower

The clusters do not actually have flowers, but are still called florets when cut.

Cauliflower florets are the small clusters of a whole head of cauliflower cut into smaller pieces.

They can be found in different colors including, orange, green and purple.

Have you eaten a colored cauliflower?



Broccoli

Class Survey:

What is your favorite way to eat broccoli?

- A. Steamed with butter
- B. Roasted with seasonings
- C. Raw with a veggie dip



Gala Apples

Experiment:

How many bites does it take to get to the core of the apple?

Take a class survey and see what the average number of bites are?

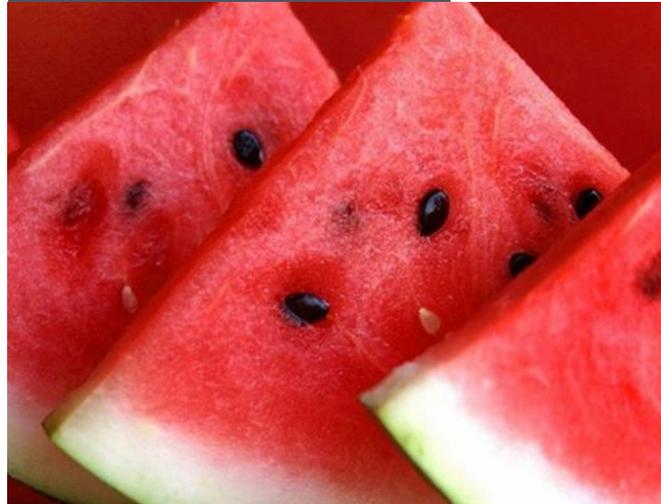


Watermelon

How long does it take for a watermelon to grow?

- A. 90 days
- B. 10 days
- C. 60 days
- D. 20 days

Answer: C. 60 days



Mushrooms

Did you know?

Mushrooms have more in common with humans than plants. They have their own immune system like humans!

Some mushrooms glow in the dark. People used to use mushrooms to light their way through the forest.

Turn the lights off. Is your mushroom glowing?



Petite Banana

The word banana comes from “banan” which is an Arabic word meaning “finger”. A single banana is called a “finger “and is attached to a group of other bananas called a “hand”.

What country consumes the most bananas?
Uganda, approximately 600 pounds. Americans consume around 27 pounds per year.

How many ounces equal a pound? How many pounds equals a ton?



Rutabagas

Rutabagas are a cross between a cabbage and a turnip and is also known as the Swede turnip. The Swedish word rotabagge means “root bag”.

They thrive in colder climates and became popular in Sweden.

Rutabagas are sweeter than turnips.

How would you describe the flavor of a rutabaga?



Dried Calimyrna Figs

Calimyrna comes from combining the words California and Smyrna, because the fig cutting was taken from Turkey to California.

Can you find Turkey and California on a map?

Figs are rich in fiber and many nutrients, which offers lots of health benefits, such as:

- Boost the immune system
- Helps your memory and sleep
- Improve appearance of the skin