

Artichokes

Did you know that the artichoke is an unbloomed flower and is part of the sunflower family?

One artichoke can produce up to 20 artichokes per year. How many artichokes would be produced from 365 plants?

Answer: 7,300 artichokes

Pineberries

The pineberry is partially self-pollinating. What else pollinates plants?

A pineberry looks like a strawberry but white with red seeds.

What do you think a pineberry will taste like? Will it taste like a strawberry? It is known to smell and taste more like a pineapple.



Fresh Fruit & Vegetable Program

K-6th Grade

May 2022 Newsletter



Ataulfo Mango

TRIVIA

If an ataulfo mango is wrinkly it means it is old. **False**, it means it is ripe and ready to eat.

An ataulfo needs more time to ripen than other mangoes. **True!**

The ataulfo tastes the same as other mangoes. **False**, it is sweeter and has a buttery texture.



Tomatillos

Question and Answer

Tomatillo means little tomato in Spanish.

The plant is mostly grown in Mexico.

Q: Which continent is Mexico found in?

A: North America

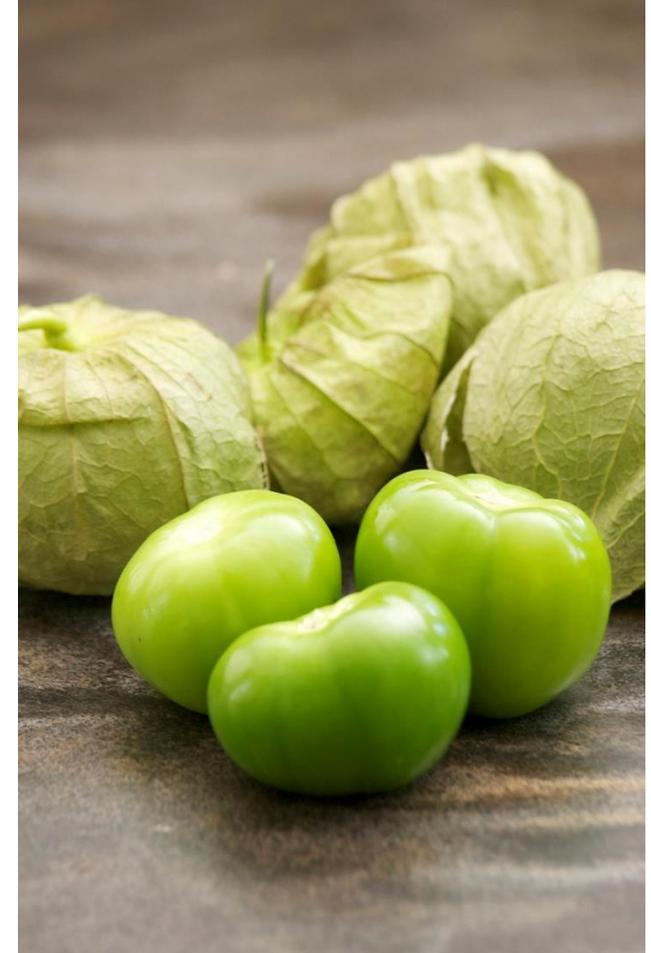
A tomatillo plant can grow up to 1 meter high.

Q: How many feet is 1 meter?

A: 3.3 feet

The plants are self-incompatible. That means they require pollen from a neighboring plant to produce fruit.

Class discussion: Do you know why pollen is important?



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.

Daikon Radish

The Healthy Root

- Clears phlegm and bacteria that interfere with your breathing.
- It helps fight cancer.
- It boosts your immune system.
- It helps your bones and makes your skin look and feel healthier.



Word Scramble

- AEILHMMNS
- LMPSU
- AEEIIOFGGLNNPRSTT

Answers:

Hami Melons, plums, fingerling potatoes

JOKES

Q: What kind of fruit can fix your sink?

A: A PLUM-ber.

Q: Why didn't the potato want to go to the Halloween party?

A: Because he was afraid of the Monster Mash.

Baby Bok Choy

Fun Facts!

Bok choy is a very old vegetable! It has been growing since 400 AD! Do the math: How many centuries ago was that?

It doubles as a vegetable and a spoon. Have you used one as a spoon to scoop up dip or soup?

Sometimes bok choy has freckles on it. Do you have any freckles?



Yucca Root

Another healthy root!

- Helps with inflammation in the body.
- Loaded with vitamins B, C, iron and calcium!
- Beneficial to treat arthritis, colitis, hypertension and migraines.
- High in antioxidants which boosts the immune system.
- Class discussion: What is inflammation? What is the immune system.



Honey Crisp Apple

- In Europe the Honey Crisp apple is called Honeycrunch.
- In 2006 Minnesota claimed the Honey Crisp as their state fruit. What is PA's state fruit? (Mountain-laurel)



Cactus Pear

Fun Facts:

- The word cactus pear is from a Greek word kaktos which means prickly plant!
- Native Americans discovered that it was not only a good source of food but also has medicinal purposes.



