

1. Some people say that the doctor will stay away if you eat me once a day.
2. I come in many varieties like, "Granny Smith", "Johnny Gold", or "Delicious." What am I?

APPLE

About 2,500 known varieties of apples are grown in the United States. More than 7,500 are grown world-wide.

1. I am a type of squash that tastes buttery and sweet, like my cousin the pumpkin. I am often baked then scooped out of my shell and eaten with brown sugar.
2. I only ripen in the winter, so my skin is thick to keep me warm.

BUTTERNUT SQUASH

As I ripen I get sweeter and richer. One cup of baked butternut squash has over 400% of your daily vitamin A. Vitamin A is important for bone and eye health and my prevent infections.

1. I'm a tall, thin, green vegetable that has a flower-like tip.
2. I'm a long, green vegetable and you often find me in stalks or bunches. What am I?

ASPARAGUS

On a warm spring day, asparagus spears can grow up to several inches. Asparagus is a good source of vitamin C.

1. I'm green on the inside with one large seed. I am often found in salads and sandwiches.
2. I am used to make guacamole. What am I?

AVOCADO

Avocados: Fruit or Vegetable? It's a fruit. Avocados are rich in vitamin E and potassium.

1. I am an orange colored fruit that ripens in the fall. I have smooth, shiny skin and I grow on trees.
2. Some varieties are crunchy like an apple, and some are soft and sweet.

PERSIMMON

The ancient Greeks referred to persimmons as the "fruit of the gods" because they are so sweet. An average sized persimmon has about a quarter of your daily vitamin A.

1. I am leafy green vegetable with lots of vitamin A and vitamin C. Eating me can help keep your skin healthy.
2. I am Popeye's favorite vegetable. I am often found in a dip that you eat with French bread. What am I?

SPINACH

Did you know that spinach was the first frozen vegetable to be sold? Make your salads with spinach instead of lettuce because it contains more vitamins and fiber.

1. I am red when I am ripe and come in many different sizes. I am juicy and kind of tart. People like me in salads, spaghetti sauce, soups and other favorite foods.
2. My name rhymes with the vegetable potato, but I am really a fruit. What am I?

TOMATO

Tomatoes first grew as wild, cherry-sized berries in the South American Andes, but the tomato as we know it today was developed in Mexico where it was known as "tomatil." Not all tomatoes are red, some are yellow or orange when ripe.

1. There is only one of me, but my name makes it sound like there are two. I am a fruit that grows on a tree. What am I?
2. I am a fruit that comes in brown and green but I am always white on the inside. I can be mushy or crunchy and I taste sweet. My name rhymes with bear.

PEAR

Pears are part of the rose family and are closely related to apples. There are more than 3,000 varieties.

1. I am a small fruit that can be green, red, or purple. You can pick me in bunches.
2. Before I became a box of raisins, I was once a bunch of...?

GRAPES

Grapes are one of the oldest cultivated fruits and more grapes are produced worldwide than any other fruit. All the different colors contain antioxidants, but red and black grapes contain the most.

1. I'm hot and often used in salsa and other Latino dishes since I am native to the Americas.
2. Bite into me and I'll light your mouth on fire! I add a lot of zest to dishes.

CHILI PEPPER

One fresh medium sized green chili pod has as much vitamin C as six oranges. Its actually the seeds in the chili peppers that are the most spicy.

1. I am the largest of the melons and I either have lots of black seeds or none at all.
2. I am big, oval fruit that's green on the outside. On the inside I am red with black seeds. What am I?

WATERMELON

Watermelon got its name because it is 92% water and early explorers used them as canteens to carry water. Every part of the watermelon is edible even the rind and seeds.

1. I can be green, yellow, red or purple. I am a type of pepper but I don't taste hot.
2. I'm great as a pizza topping or in pasta. You can hear a "ring" in my name. What am I?

BELL PEPPER

As bell peppers mature they change from green to yellow to red to purple and finally brown. They become sweeter as they mature and contain more vitamins C.

1. I am a green vegetable that is long and thin.
2. I have tiny beans inside my pod, and some people call me "string bean."

GREEN BEANS

Green beans are a member of the legume family. Green beans are one of the only beans with an edible pod, but they are only good to eat before they get too ripe.

1. I am a citrus fruit like oranges, but I'm bigger than oranges and not as sweet.
2. My favorite color is ruby red. I can be sweet but I am often sour. Some people put honey on me. What am I?

GRAPEFRUIT

Grapefruit got its name because it grows in clusters like grapes. Grapefruit is one of the largest citrus fruits and one serving contains 69% of your daily vitamin C.

1. I am a small, loose-skinned (easy to peel) type of orange.
2. I am smaller than an orange, but I still contain a lot of vitamin C.

MANDARIN ORANGE

The mandarin orange is named after the form of Chinese called "Mandarin" that was spoken by the Chinese officials who wore orange robes. The mandarin oranges first came to New Orleans in the 1940s before spreading to the rest of the country.

1. I'm a vegetable that is good for your eyesight. I grow under the ground. I am rabbits' favorite food.
2. I am an orange colored vegetable. You pull me out of the ground by my green, leafy top. What am I?

CARROT

Carrots are not always orange and can also be found in purple, white, red or yellow. Carrots contain beta carotene, which is good for your eyes and skin.

1. I am a leafy green vegetable that is the main ingredient in salads. What am I?
2. I am also found in sandwiches.

SALAD GREENS (LETTUCE)

There are four main types of lettuce: crisphead, butterhead, romaine and leaf. Salad greens can also include arugula, cabbage, chard, dandelion greens, endive, escarole, radicchio, bok choy and spinach. What are your favorite salad toppers?

1. I am a purple, leafy vegetable that grows in a "head" like lettuce.
2. I look just like my green cousin that you find in coleslaw, only purple! What am I?

PURPLE CABBAGE

Because of its darker color, purple cabbage has more nutrients, like vitamin C. You can use it in place of green cabbage in all your favorite recipes because they taste the same.

1. I look like a potato with pointed ends, but I have much more vitamin A. In fact, I have more vitamin A than any other vegetable.
2. I taste like a potato, only sweeter, so I am often found in casseroles. What am I?

SWEET POTATO

The yams you see in the store are actually a red-orange variety of sweet potato that is sweeter and moister than the white-fleshed kind. Both types of sweet potato can be used instead of potatoes in most recipes to give extra flavor and extra vitamins.

1. I am a summer squash that looks like a cucumber.
2. I am often sliced and used in pasta or stir-fry dishes. I am the only vegetable whose name starts with Z.

ZUCCHINI

Zucchini can also be yellow and even the flowers of the zucchini plant can be eaten.

1. I am a tropical fruit that is orange on the inside and green with some red and orange on the outside.
2. I'm a tropical fruit. You have to peel me to eat me. My seed is very big and I tend to get stringy and hard around it. What am I?

MANGO

Mangos are one of the most popular fruits in the world. The mango belongs to the same family as the cashew and pistachio. India is the leading producer of mangos.

1. I am small, green and round. My best friend is the carrot.
2. I grow inside a pod. Outside of my pod I can easily roll off your plate. What am I?

PEAS

It is tradition to plant peas on St. Patrick's Day since they grow best in cool weather. Peas are a member of the legume family and are a good source of protein.

1. I'm a melon that is orange on the inside. My vitamin A helps give you strong bones.
2. I am a melon that you often see in the spring and summer seasons. I have seeds in the middle that need to be scooped out. I am packed with vitamin A and vitamin C. What am I?

CANTALOUPE

One cup of cantaloupe contains over 100% of the vitamins A and C that you need for the whole day.

1. I'm a crunchy vegetable with lots of vitamin C and fiber. Some kids think I look like a little green tree.
2. I am a vegetable but when you eat my top you are really eating tiny, green flowers. What am I?

BROCCOLI

1/2 cup of cooked broccoli contains 80% of the vitamin C you need for the day. The word broccoli comes from the Latin word "brachium" which means branch or arm.

1. I am a red berry whose seeds are on the outside not the inside.
2. I can be eaten right out of the garden or on the top of cereal.

STRAWBERRY

Each strawberry has 200-400 seeds on the outside. One cup of strawberries provides 140% of your daily vitamin C.

1. I am purple with a shiny coat and I am fat and very curvy. You can't eat me raw. I am often cooked until I'm soft.
2. I'm found most often in Asian dishes and sometimes in Italian parmesan dishes.

EGGPLANT

Eggplant, like its purple friends, plums and blackberries, contain antioxidants and a diet rich in antioxidants has been shown to reduce the risk of heart disease and stroke.

1. I look like a fuzzy, oval shaped ball. You can cut me in half and eat my green insides with a spoon.
2. I am a fuzzy and brown on the outside. I grow on vines.

KIWIFRUIT

Kiwifruit is almost always peeled but some people are surprised that you can eat the fuzzy skin. One large kiwi is an excellent source of vitamin C.

1. Some people refer to me as a fungus, but I am often found in salads and soups.
2. I can look like an umbrella or a stool. I am gray or white and come in many sizes.

MUSHROOM

Mushrooms are high in potassium which is good for your heart. Copper is also found in mushrooms which aids iron in making red blood cells and delivers oxygen to the body.

1. I am a type of citrus fruit that is often peeled and then eaten in sections.
2. My juice is often served with breakfast although some people don't like my pulp.

ORANGE

Oranges, following bananas, apples and watermelon are the fourth most popular fruit in the United States, while orange juice is the most popular juice. One medium orange is an excellent source of Vitamin C.

1. My skin is soft and fuzzy. I am orange colored on the inside.
2. I'm fuzzy on the outside and my pit is rough. You can eat me whole or put me in pies or yogurt.

PEACH

Peaches are a native to China, but today peaches grow in 30 U.S. states. California is the leading producer. One medium peach is a good source of vitamin C.