

Apple & Grape Mix



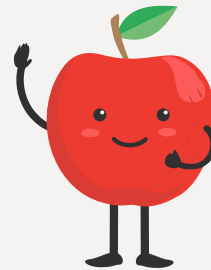
Look: What are the two different shapes of the fruit in the bag?

Taste: Do apples taste better sliced or whole?

Touch: How does the skin (outside) of the apple feel vs the flesh (inside) of the apple? What about the grapes? Does the skin of the grape feel the same or different than the inside?



Which one is your favorite, the apples or the grapes?



or



Did you know?

Eating an apple with the peel is better for you! The skin of an apple contains up to 332% more vitamin K, 142 % more vitamin C, 20% more calcium, and up to 19% more potassium in a whole apple!

Nutritionals

Apples are very filling and a good source of many important nutrients, including:

Fiber

Vitamin C

Antioxidants

Red grapes are high in vitamin K which helps build strong bones. They are also a good source of vitamin C and are fat and cholesterol free!

Vitamin K

Vitamin C

Fat & Cholesterol free

White Asparagus

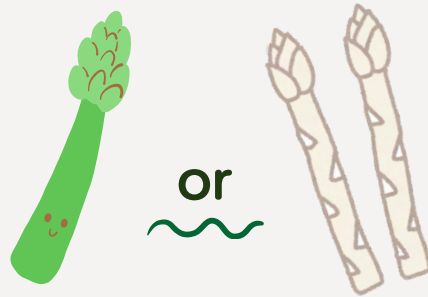
Look: White asparagus is grown using the process known as etiolation, meaning it is deprived of sunlight, usually being covered with dirt or a covering until it is ready to pick. This prevents production of chlorophyll, the chemical which makes plants green.

Taste: White asparagus has a milder, sweeter flavor than the green asparagus. It also has a slightly nutty taste.

Touch: How does the tip of the asparagus feel? Is it smooth or bumpy?



Can you taste the difference between white and green asparagus? Which do you like better?



Did you know?

Before harvesting, white asparagus can spend up to 3 years in the ground!



Nutritionals

White asparagus is a good source of fiber, folate, and vitamins C and K. It also contains antioxidants that can help boost the immune system and reduce inflammation.

Fiber

Folate

Vitamin C

Vitamin K

Antioxidants

Golden Beet Coins

Look: The red beetroot is roughly the same color and shape as the heart, the organ of love.

Taste: Golden beets taste sweeter and milder than red beets.

Touch: Raw beetroots have a crunchy texture that turns soft and buttery when they are cooked.



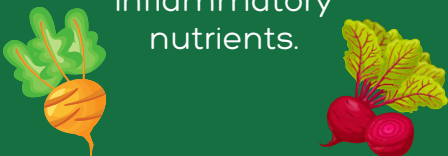
WAYS TO ENJOY GOLDEN BEETS

- * Fresh, sliced or eaten whole, like an apple
- * Steamed or Roasted
- * Blended in smoothies or fresh juice
- * You can eat the whole plant from the root to the leaves, which are great in a salad!



Did you know?

The pigments that give beets their vibrant colors are called betalains. The red beet contains betacyanins pigments and golden beets contain betaxanthins. Both betalains function as antioxidants and anti-inflammatory nutrients.



Nutritionals

Beets are great for your health! They are packed with nutrients and are also a great source of nitrates which can help increase blood flow to the brain!

Fiber

Potassium

Iron

Vitamin C

Vitamin A

Blood Oranges

Look: The inside of a blood orange is deep red due to the pigment anthocyanin. The outside can look the same as an orange or have a pinkish color.

Taste: The blood orange tastes like a sweet orange that has been mixed with a tangy grapefruit and hints of tart cherries. A sweet/sour taste.

Touch: As with all citrus fruits, look for a blood orange that feels heavy. This is a sign that it is full of juice and ready to be enjoyed.



Do you think blood oranges taste more sweet or sour?



or



Did you know?

The majority of blood oranges are grown in California. Although Texas, Florida and Arizona also grow some as well.



Nutritionals

Just like regular oranges, blood oranges are packed full of many nutrients including:

Fiber

Vitamin C

B1

Folate

Blueberries

Look: Blueberries are small, round berries that have a purplish, blue skin. Be careful! Blueberries can stain fingers and clothes!

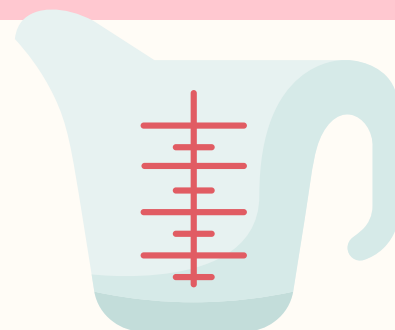
Taste: Blueberries range from mildly sweet to tart and tangy.

Touch: Blueberries feel soft and smooth except at the end where it forms a 5-pointed star!



How many blueberries are in 1 cup?

answer: approx 65-75



Did you know?

Blueberries belong to the Ericaceae family, which includes cranberries and huckleberries. A single blueberry bush can produce as many as 6,000 blueberries per year.



Nutritionals

At just 80 calories per cup, every handful of blueberries is full of fiber, vitamin C, vitamin K, Manganese and Potassium. Blueberries are low in sodium and have very little fat.

Fiber

Vitamin C

Vitamin K

Manganese

Potassium

Rainbow Baby Carrots

Look: Carrots are different colors because of their pigment and how the vegetable is grown. The color is based on the time of year the seed is planted, weather conditions, the condition of the soil, and the amount of sun and water the seed receives. The orange color is due to carotenes and yellow due to anthocyanins.

Taste: The taste of each color differs by variety, but there isn't a drastic flavor contrast between them. Some varieties have a sweet and spicy taste to them, while others are sweeter than orange carrots.

Touch: As long as carrots are scrubbed and washed, they can then be cooked or eaten raw with or without being peeled.



How many different colors of carrots do you see?



Did you know?

The first colors of carrots in written records, dating back to A.D. 900, were purple and yellow. The first definite reports of carrots as a root crop came from modern day Afghanistan, Iraq, and Pakistan. White carrots didn't appear until the 1800's!

Nutritionals

- Purple carrots are high in anthocyanins, which are rich in antioxidants.
- Yellow carrots contain xanthophylls, which is linked to having good vision.
- Red carrots are a good source of lycopene, which can help fight against heart disease and some cancers.
- White carrots lack color, but not nutrients, as they are a rich source of fiber.
- Orange carrots are rich in beta- and alpha-carotene, which are great for reducing your risk of eye diseases.

English Cucumbers and Tomato

Look: English cucumbers are long and slender compared to regular cucumbers.

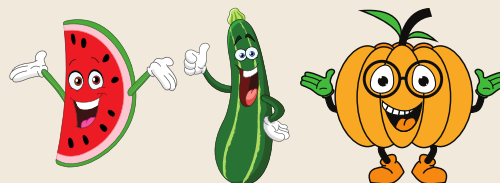
Taste: What does the cucumber slice taste like compared to the tomato? Which do you prefer and why?

Touch: The English cucumber doesn't have the waxy skin like a regular cucumber. Their skin is thin, and they are usually a brighter green.



FUN FACT

English Cucumbers are related to watermelon, zucchini, and pumpkins. They grow on vines on the ground.



Did you know?

English cucumbers are considered seedless unlike regular cucumbers, but if you look closely, you will see seeds. The English cucumber seeds are underdeveloped and non-bitter.



Nutritionals

English Cucumbers are 95% water and have high levels of vitamin C and Fiber.

95% Water

Vitamin C

Fiber

Cherry Tomatoes have vitamin C and are a wonderful source of lycopene. Lycopene can help with blood clotting and inflammation. It may also support bone health.

Vitamin C

Lycopene

Papaya Chunks

Look:

The papaya looks unassuming when whole, but cut into the ripe fruit and you will be met with a gorgeous surprise! It has a peachy orange flesh and a cavity full of dramatically contrasted black seeds.

Taste:

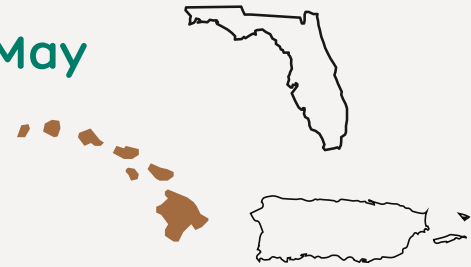
The black seeds in the center of a papaya are edible and have a spicy, peppery taste.

Touch:

Choose a papaya whose skin is slightly soft when you press into it, like an avocado. Avoid fruit with dark spots, overly soft areas, or shriveled skin.



Peak papaya season in the U.S. is May through September in places like Hawaii, Florida, and Puerto Rico!



Did you know?

Papayas are grown on plants which look like trees, however since the plant does not have bark, they are considered herbs!



Nutritionals

Papaya is high in beta **Beta Carotene** which has been known to cause carotenemia, a harmless and temporary yellowing of the skin if you eat a whole bunch of it.

A cup of raw papaya contains 150% of the recommended daily intake of **Vitamin C** as well as 31% of **Vitamin A** and 10% of **Potassium**.

Romanesco Florets

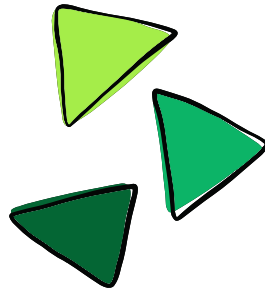
Look: Romanesco broccoli is lime green in color and about the size of a soccer ball.

Taste: Romanesco is crunchy and nutty, with a taste similar to broccoli, but milder. Romanesco can be eaten raw or cooked.

Touch: How does the Romanesco feel? Is it smooth or bumpy?



When chopped up, romanesco looks like mini Christmas trees! What else could you make out of romanesco florets?



Nutritionals

Romanesco is high in zinc, low in calories and a good source of:

- Vitamin C → Strengthens the immune system
- Vitamin K → Assists in faster wound healing
- Vitamin A → Maintains healthy organ functioning
- Fiber → Regulates the digestive tract
- Potassium → Balances fluid levels in the body

Did you know?

Romanesco is native to Italy and is believed by experts to have been selectively bred since at least the 15th century.

Snow Peas

Look: Snow peas have edible pods like snap peas, except they are flatter, with smaller seeds. These are the peas you usually see in Asian style stir fries. They are also great in salads!

Taste: The snow pea gives a crunch sound when you take a bite. It has a mild flavor that is slightly sweet.

Touch: Do you feel the bumps of the pod? That is the pea growing inside! Can you pull the string at the seam?



Q: Do you know what Vitamin C is good for?

A: Vitamin C reduces heart disease risk and improves blood pressure control and immunity!



Nutritionals

Eating snow peas helps reduce heart disease risk and improves blood pressure.

Vitamin C

Protein

Vitamin K

Fiber

Did you know?

Snow Peas provide 100% of your daily Vitamin C in just 3.5 ounces!



Pink Grapefruit

Look:

Grapefruits are about the size of a softball or larger, with a pale yellow rind that resembles an orange.

Taste:

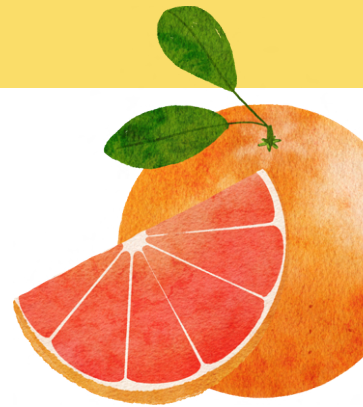
The pink grapefruit has a sweet/tart taste. Which does it taste more like to you? Sweet or tart?

Touch:

Pink grapefruit have a grooved exterior and a plump juicy interior; similar to an orange.



Is the color of the outside of the fruit the same as the inside?



Did you know?

- *The official fruit of Texas is the grapefruit!
- *Grapefruit was originally called "the forbidden fruit."
- *Jamaicans coined the term "grapefruit" because the fruit grew in bunches like grapes.

Nutritionals

- ✓ High water content
- ✓ Packed with antioxidants
- ✓ Excellent source of beta carotene
- ✓ One serving of grapefruit provides nearly 64% of your daily vitamin C needs.

Black Seedless Grapes

Look:

Black seedless grapes are slightly oval in shape. Their skin is a deep purple to nearly black.

Taste:

Black seedless grapes are juicy with a sweet tart taste.

Touch:

Black seedless grapes have a smooth, leathery covering.



Although black seedless grapes are defined as “seedless”, occasionally they will contain one to two very tiny, edible fleshy and underdeveloped seeds. Do your grapes have any seeds?



Did you know?

Black seedless grapes' unique color comes from their high concentration of anthocyanins, an antioxidant responsible for the color of other black, purple, and blue fruits and veggies.

Nutritionals



Black Seedless Grapes are a good source of:

Vitamin C



Improves iron absorption, produces collagen, and boosts your immune system.

Vitamin A



Boosts body's immune function, cell growth and development, and eye health.

Kiwi

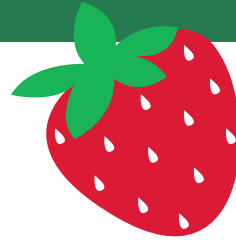
Look: The bright green inside of the kiwi is dotted with tiny black seeds that are edible. Green kiwi is the most common, but it has a lesser-known cousin that is known as the gold kiwi, and it has skin that is fuzz free and smooth!

Taste: The kiwi has a unique, sweet, tropical flavor. Some say that it tastes like a mixture of strawberries and bananas. What do you think?

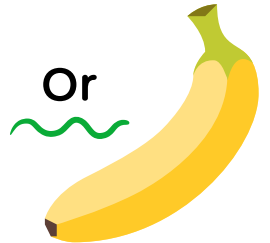
Touch: The skin of the kiwi feels fuzzy. Did you know that every part of the kiwi fruit is edible, including the skin?



Do you think Kiwi tastes more like Strawberries or Bananas?



Or



Did you know?

Despite the common association with New Zealand and even being named after New Zealand's national bird, the Kiwi, kiwi fruits are originally from China.



Nutritionals



Kiwi has more **vitamin C** than the equivalent amount of an orange



The small black seeds found in kiwi fruits are edible, and they are a good source of **Omega-3 Fatty Acids**



Kiwi are also a good source of **Potassium**, an essential mineral that helps regulate blood pressure and maintain proper muscle and nerve function.

Turnips



Look: When selecting turnips with leafy greens, look for bright green tops.

Taste: Small and medium-sized turnips are sweeter and more flavorful than larger ones. It has a radish-like flavor when eaten raw, but cooking turns them into a more nutty and earthy flavor.

Touch: When shopping for Turnips, choose smooth and firm turnips; avoid bruised, mushy, or cracked roots.



Turnips are a member of the brassica family, which includes broccoli, cauliflower, and cabbage!

Did you know?

Turnips have a significant amount of calcium, which helps your heart, muscles, and nerves.



Nutritionals

The Turnip root is a good source of:

Potassium

Vitamin C

Fiber

The Turnip Greens are a good source of:

Vitamin A

Vitamin C

Vitamin K

Folate

Fiber

Manganese

Calcium

Orange Grape Tomato

Look:

Orange grape tomatoes are an oblong oval shape. Their stems are dark green in color.

Taste:

Orange Grape Tomatoes have a perfect sugar to acid balance for a rich, sweet taste. These have a meaty & crunchy snap when bitten into.

Touch:

Orange grape tomato skin is smooth, glossy, taut, bright orange, and semi-thick. Underneath the surface, the flesh is dense, orange, and meaty, containing a chewy, soft consistency.



Q

A

Q: What is the difference between a grape tomato and a cherry tomato?

A: Grape tomatoes are oblong and shaped like grapes, and are half the size of cherry tomatoes, with thicker skins. Grape tomatoes aren't as sweet as cherry tomatoes, and their flesh is meatier and less watery.

Did you know?

Grape tomatoes are descendants of a hybrid tomato variety first developed in Taiwan and were introduced into the U.S. in 1996. The small tomatoes were named due to their similarity in size and shape to a grape.

Nutritionals

Orange grape tomatoes are a good source of **fiber** to stimulate the digestive tract and are rich in **lycopene**, a pigmented antioxidant that helps to maintain heart health.

Tomatoes also contain **vitamins A and C** to strengthen the immune system, boost collagen production, reduce inflammation, and provide lower amounts of phosphorus and potassium.

Vitamin A

Vitamin C

Potassium

Lycopene

Phosphorus

Fiber

Pineapple & Grapes

Look:

Grapes are round in shape and can vary in shade. The flesh of a Pineapple varies in shades of white or yellow, depending on the variety. The rind ranges in color from green to yellow or reddish orange when ripe.

Taste:

Red seedless grapes are firm, crisp, and sweet. Pineapples can range from sweet/tart to very sweet.

Touch:

Pineapples have a rough, waxy rind that is covered in small, soft spikes. Grapes have a smooth waxy skin.



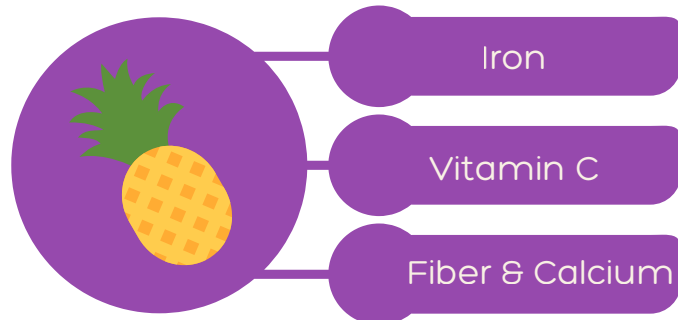
Which Fruit do you like better?



OR



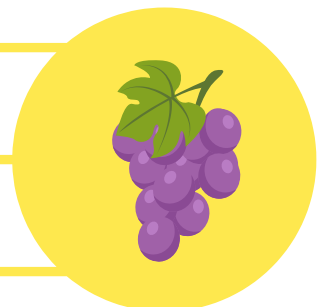
Nutritionals



Vitamins A & C

Reservetrol

Vitamin K



Did you know?

Captain James Cook introduced the pineapple to Hawaii circa 1770!

Red seedless grapes were created in California in the 1870's.



Watermelon Radish

Look:

Watermelon radishes have a bright pink center with a white edge and a greenish to white rind which is how they got their name.

Taste:

Nope, they don't taste like watermelon. They have a subtly sweet, mild, and peppery flavor!

Touch:

The radish skin is smooth, and taut. They should feel heavy for their size since they are about 93% water!



Watermelon Radishes can range in size from a golf ball to a softball!



Did you know?

Watermelon radishes contain a compound, called isothiocyanate, which is a natural pest repellent. This means that the radish naturally helps keep away weeds and pests!

Nutritionals

Vitamin C

Strengthens the immune system, reduce inflammation, and boost collagen production within the skin.

Calcium

Builds strong bones and teeth

Vitamin A

Maintains healthy organ function

Potassium

Balances fluid levels

Sweet Potato “Fries”



Look:

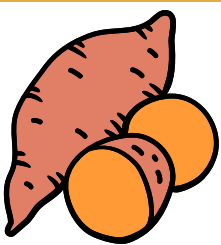
Sweet potatoes are typically recognized by their copper-colored skin and vibrant orange flesh.

Taste:

Sweet potatoes have a big crunch when you bite into them raw. When cooked, sweet potatoes have a mild, starchy, sweet flavor. When baked or boiled, the flesh becomes soft. When fried or roasted at high heat, the exterior becomes crisp and caramelized.

Touch:

The sweet potato is more rigid than a regular potato due to having far less water. This is why they are so difficult to cut.



What is your favorite way to eat sweet potatoes?

- A. Raw
- B. Cooked
- C. Baked or Broiled
- D. Fried or Roasted

Did you know?

A sweet potato is not a potato, not even a distant cousin! Potatoes are tubers; sweet potatoes are roots

Nutritionals

Sweet potatoes with **orange flesh** are richest in **beta-carotene**. Sweet potatoes with **purple flesh** are richer in **anthocyanins**. Beta-carotene and anthocyanins are naturally occurring plant “phyto” chemicals that give vegetables their bright colors.

Sweet Potatoes are a great source of:

Vitamin B6

Vitamin C

Fiber

Potassium

Vitamin A

Pineapple

Look:

Whole pineapples are oval, but their fruit chunks are almost triangle shaped. They get their yellow color from carotene and xanthophyll. The riper the fruit the darker yellow it will become.

Taste:

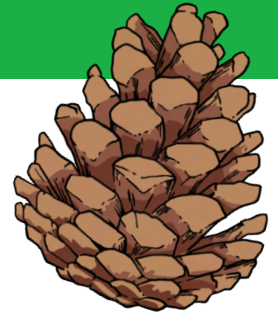
Pineapples have a tart to sweet taste.

Touch:

The outer edge of the pineapple is rough from where the skin was peeled, you might even see a bit of brown on the edge since they are bumpy it can be difficult to get all the skin off.



What shape does a Pineapple remind you of?



Pineapples were named after pinecones!

Did you know?

Pineapples do not grow on trees! They grow from leafy pineapple plants that are rooted into the ground. You do not need seeds to grow a pineapple. Instead, you can just twist the crown off a pineapple and plant it into the ground, but it needs a tropical location and it takes 3 years to grow and mature.

Nutritionals

Pineapple is an excellent source of antioxidants. Research has confirmed these extensive health benefits, highlighting pineapple's anti-inflammatory and antioxidant activity and its role in digestion and immunity support.

Pineapple contains bromelain, a digestive enzyme that can break down structural proteins and support absorption in the small intestine.

Vitamin C

Bromelain

Fiber

Iron

Calcium

Grapefruit

Look:

Grapefruits are round with a smooth slightly dimpled peel. The flesh is divided into 10-14 segments and has a translucent hue ranging in color from pale yellow, pink, to dark red.

Taste:

Grapefruit has a tart, sweet citrusy taste. The tiny flesh sacs are filled with juice that burst with flavor when you bite into them.

Touch:

the peel of a grapefruit is covered in small oil glands that release a fragrant smell.



Q: How did Grapefruits get their name?

A: Grapefruits grow in clusters just like Grapes do!



Did you know?

The scientific name of a grapefruit tree is Citrus Paradisi. These are mainly grown in the warm, sandy soils of Florida, Texas, Arizona, and California.



Nutritionals

Half of a grapefruit provides nearly 64% of your daily **Vitamin C** and is a great source of **Vitamin A**

Grapefruit is Sodium and Cholesterol free!

Sodium

Cholesterol

Red Radish

Look:

Red Radishes have a round oval shape with a single long taproot. The outside color ranges from red to crimson to pink and the inside is bright white!

Taste:

Red Radishes have a sharp, peppery flavor. If cooked, the flesh will soften and mellow the peppery taste.

Touch:

The radishes skin is smooth and thin. The green tops are soft and ruffy.



The green leaves on a red radish are EDIBLE!

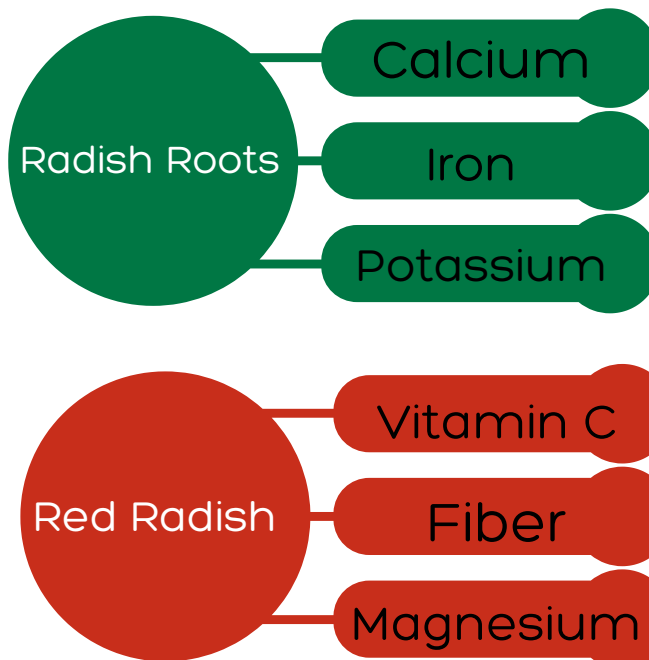


Did you know?

In Mexico, red radishes are used to create carvings for a celebration held on December 23rd to gather communities and commemorate the holiday season.



Nutritionals



Rainbow Cauliflower

Look:

The vibrancy of the purple, orange, and green cauliflower coloring is not an indication of the freshness and will vary depending on sunlight and growing techniques.

Taste:

Rainbow cauliflower tastes similar to white cauliflower with a slightly sweet and nutty flavor.

Touch:

The clustered floret tops of rainbow cauliflower are textured and bumpy. The white flesh underneath has a crisp snap-like consistency.



You can prepare rainbow cauliflower many ways!

Boiled

Steamed

Sauteed

Roasted

Grilled

Did you know?

Cauliflower means "cabbage flower" because it is a flower that has not fully developed!



Nutritionals

Orange Cauliflower is an excellent source of :

Beta-Carotene

Purple & Green Cauliflower are an excellent source of :

vitamin C

All Rainbow Cauliflower is a good source for:

Fiber

Calcium

Folate

Potassium

Vitamin A

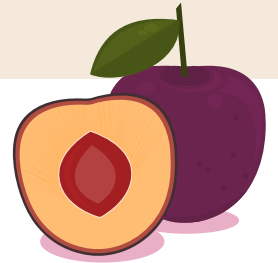
garden**cut**

Figs

Look: Figs are small and green when unripe. Once ripened they range from brown to purple. They have a pear like shape with a flattened base and short thick neck.

Taste: The taste of a fig is rich, sweet and berry like. The texture is soft and chewy.

Touch: The figs skin have a smooth texture that is thin and delicate. The inside is soft and squishy.



The fig is completely edible!

They can be eaten whole once the stem is removed!

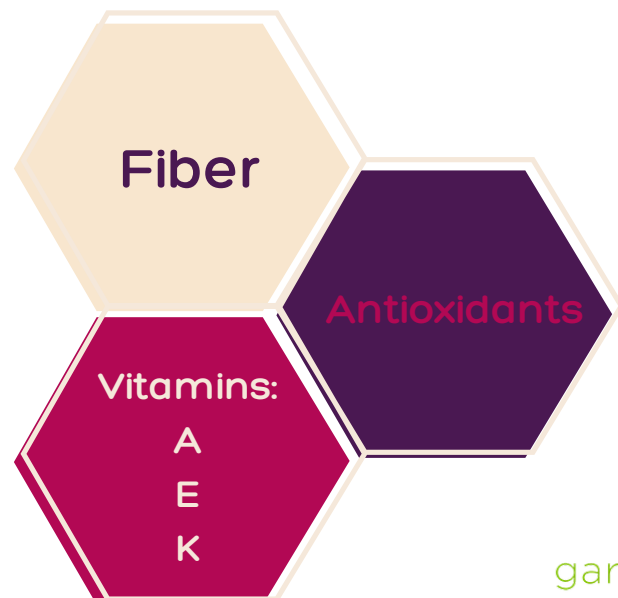
Did you know?

Nearly every species of a fig tree is pollinated by its own species of fig wasps!



Nutritionals

Figs are high in:



Star Fruit



Look: The star fruit is oblong, maturing from a dark green to an orangey-yellow color.

Taste: these have a slightly sweet & sour flavor depending on how ripe it is.

Touch: The outside of a star fruit is smooth and has a waxy skin that is edible.

Q: Do you know how the star fruit got its name!?



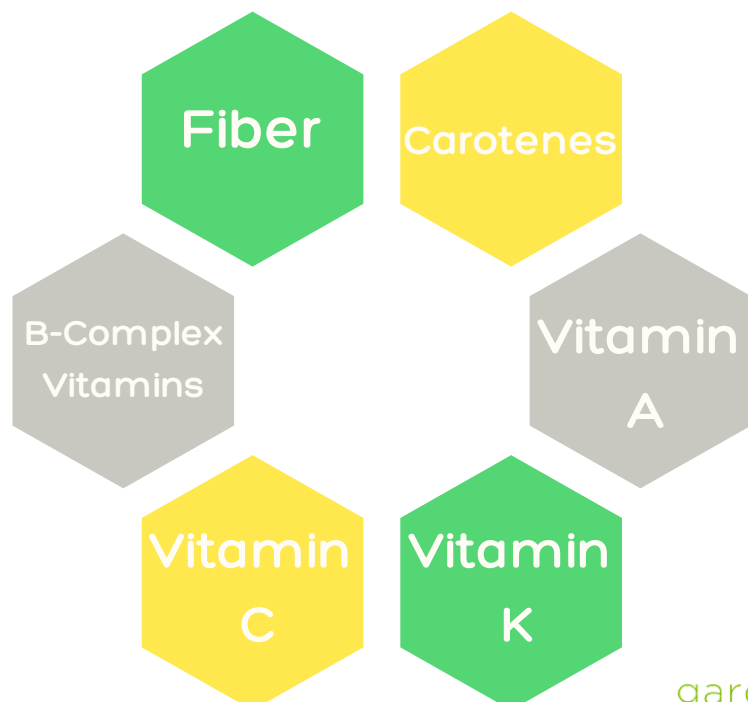
A: If you cut the star fruit crosswise, it forms a perfect star!

Did you know?

One Star Fruit tree can produce between 200-400 pounds of fruit each year!



Nutritionals



Yellow Squash Coins

Look: Yellow squash can vary in color from light butter yellow to bright lemon yellow.

Taste: Yellow squash has a very mild flavor that can be sweet when eaten raw.

Touch: The skin of the yellow squash can be smooth or bumpy. The flesh on the inside is very sticky.



The skin, flesh, and seeds of squash can be eaten raw or cooked.

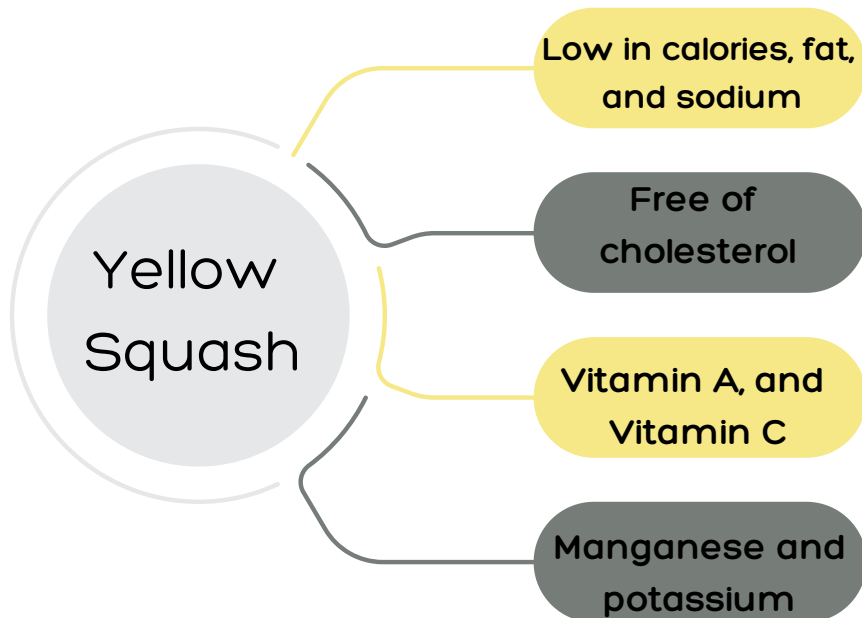


Did you know?

Yellow squash is part of the cucurbit family, which also includes pumpkins, melons, and zucchinis.



Nutritionals



Edamame

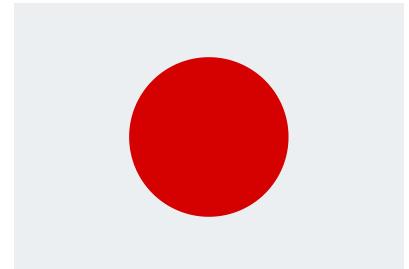
Look: Edamame are light green and tightly sealed revealing a bumpy appearance from the 2-3 plump beans inside.

Taste: Edamame is sweet and nutty with a subtle grassy undertone. You can eat the pod, however it is very tough.

Touch: The edamame pod has a fine layer of fuzz that protects the bean inside. The beans are oval and smooth with a slippery surface.



The word "Edamame" means
"stem bean" in Japanese!

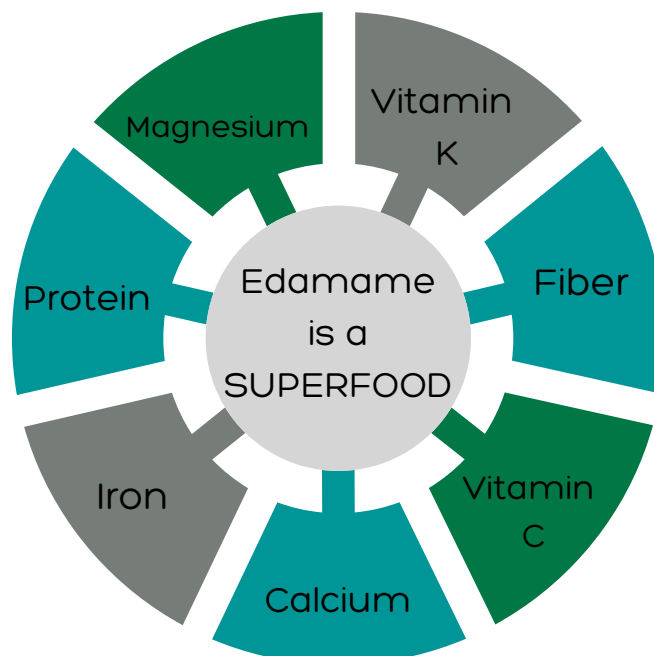


Did you know?

Once the beans are removed from the pod, they are referred to as Mukimame. This is a Japanese word. Muki means to peel and Mame means bean.



Nutritionals



Red Pear

Look: Red Pears are short and egg-shaped. They have a wide base and gradually get smaller at the top.

Taste: Red Pears have a crisp, gritty texture and are sweet juicy.

Touch: A red pear has smooth and firm skin. The inside is bumpy and wet.



Red Bartlett Pear

In season August to December

VS

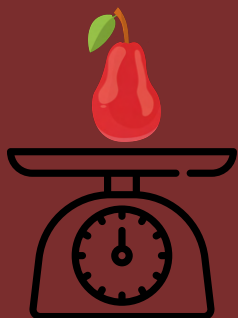


Red Anjou Pear

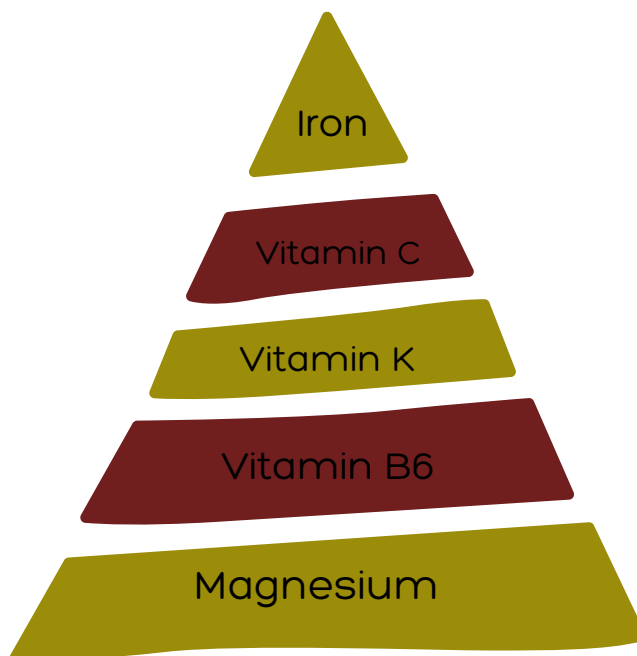
In season from Fall to Spring

Did you know?

An average
pear weighs
4-6 oz.



Nutritionals

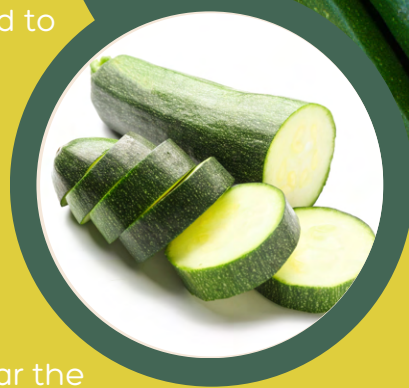


Green Zucchini Squash

Look: Zucchini has a cylinder shape with no taper from end to end. The coloring is dark green with white specks on the glossy skin.

Taste: Zucchini tastes mild, slightly sweet and sometimes bitter.

Touch: The skin of zucchini is smooth with harder ridges near the top. The inside flesh is sticky when raw.



Not only can you eat the whole zucchini, but the flower blossoms of a zucchini are also edible!

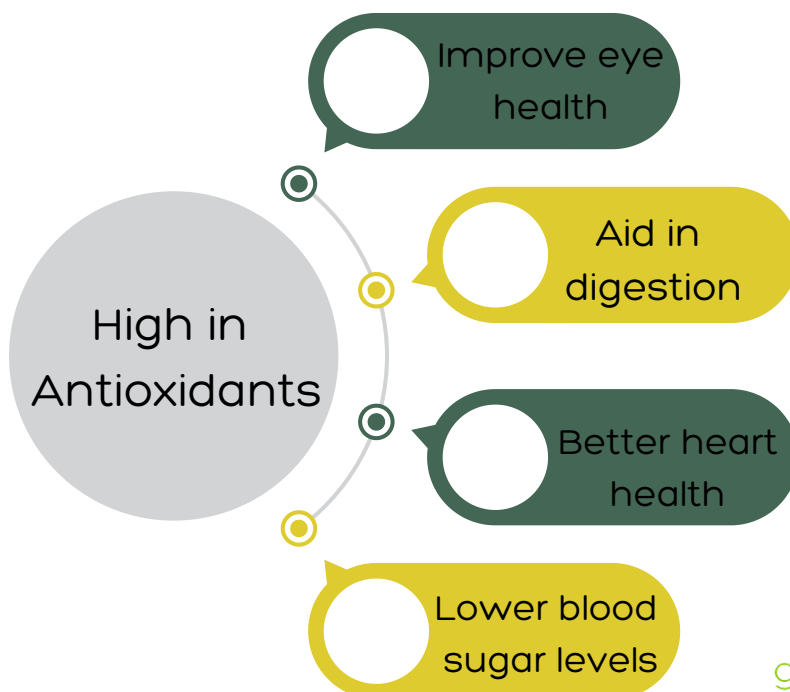


Did you know?

Zucchini is
95% water!



Nutritionals



Baby Green Zucchini Squash

Look: Baby Zucchini Squash has a small cylinder shape that is about 2 inches or so in length. They are about the size of a finger!

Taste: Baby Zucchini Squash has a mild peppery flavor and for some tastes grassy.

Touch: The skin of zucchini is smooth with harder ridges near the top. The inside flesh is slightly sticky to the touch.



Baby Green Zucchini Squash grow on a compact bush that produces large, green leaves and prickly stems.

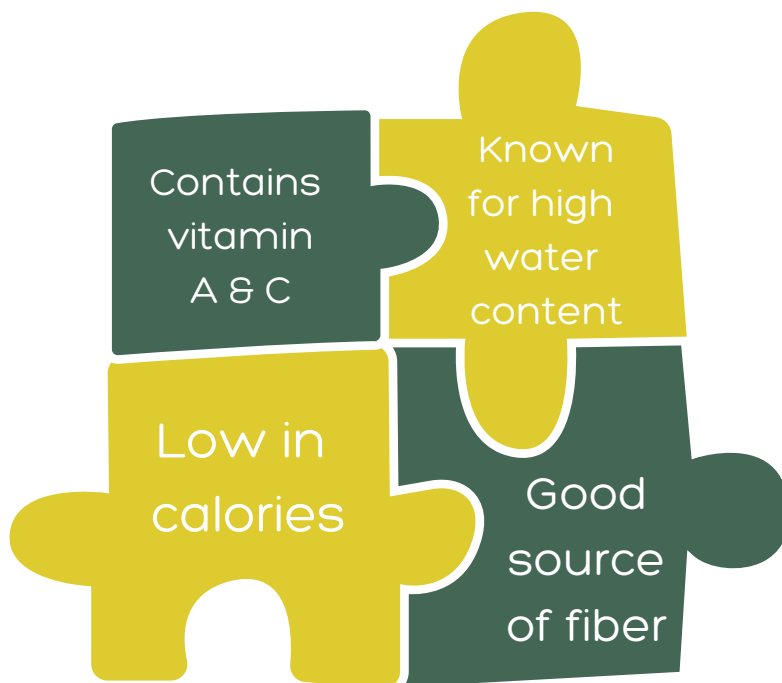


Did you know?

Baby green zucchini squash is a young zucchini that's picked before it fully matures



Nutritionals



Cape Gooseberries

Look: Gooseberries come in a range of colors including yellow, green, black, purple, white, orange, and redish-brown. They are usually the size of a grape.

Taste: Cape gooseberries have a sweet, tart flavor similar to a cherry tomato crossed with a tangy pineapple and lemon.

Touch: The outside of a gooseberry is waxy and slightly sticky. Underneath the surface of a gooseberry is soft, filled with small, crunchy edible seeds.



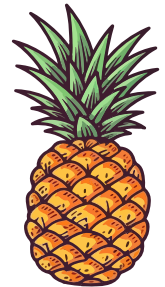
What do you think a gooseberry tastes like?



OR



OR



Did you know?

Cape Gooseberries can be eaten raw or cooked and can be used in sweet and savoury dishes!



Nutritionals

Cape gooseberries are full of antioxidants

Increase collagen

Boost immune system

Reduce inflammation

Rambutan

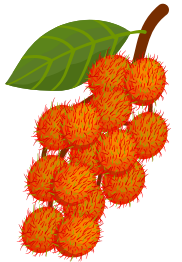
Look: Rambutan are covered in a semi-thick, firm, and leathery rind, with soft, spines on the surface. Underneath the rind, the flesh varies from white, translucent, to pale pink encasing oblong, light brown seeds.

Taste: Rambutans are aromatic and have a sweet, fruity flavor with mild acidity, containing subtle notes of strawberries and grapes.

Touch: The soft, flexible spines on rambutan are called Spinterns. They look sharp like they will poke you, but they are actually soft and bendy. The fruit inside is smooth and slightly sticky.



Rambutans grow on tropical evergreen trees in clusters just like grapes!



Did you know?

Rambutans get their name from the Malaysian word "Rambut" which means hair!



Nutritionals

Copper

Helps maintain bones and nerves!

Vitamin C

Strengthens the immune system and reduces inflammation!

Fiber

Regulates the digestive tract!

Nectarines



Look:

The nectarine has a golden yellow base, mixed with hues of ruby, crimson, and orange. Underneath the surface, has a golden yellow or white flesh. The center is red encasing a central pit. It looks like a sunburst!

Taste:

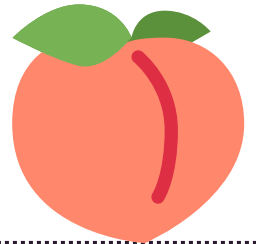
Nectarines are sweet when in season, but can be tart depending on the ripeness and variety.

Touch:

The nectarines skin is smooth, glossy and delicate bruising easily. The flesh is juicy and soft, but the part around the seed is a rough texture.

Q: What is a big difference between a nectarine and a peach?

A: Nectarines do not have fuzz like a peach does!

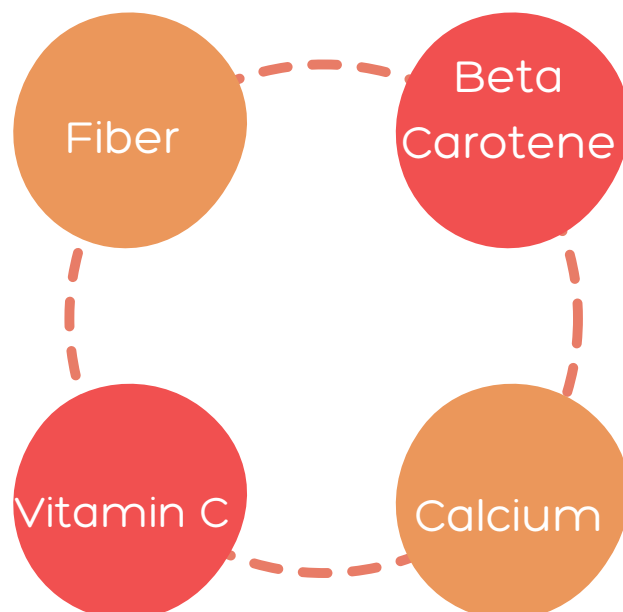


Did you know?

Nectarines are part of the stone fruit family, which means they have a large seed in the center!



Nutritionals



Rhubarb

Look:

Rhubarb stalks average 20 to 40 centimeters long, and range in color from light pink to ruby red, or even shades of yellow or green.

Taste:

Rhubarb is the edible stalk portion of the rhubarb plant. The flavor is tart and astringent, it is often cooked down with sugar to make it taste sweeter.

Touch:

Rhubarb is comparable to that of celery, they have ridges and are stringy like a celery stalk.



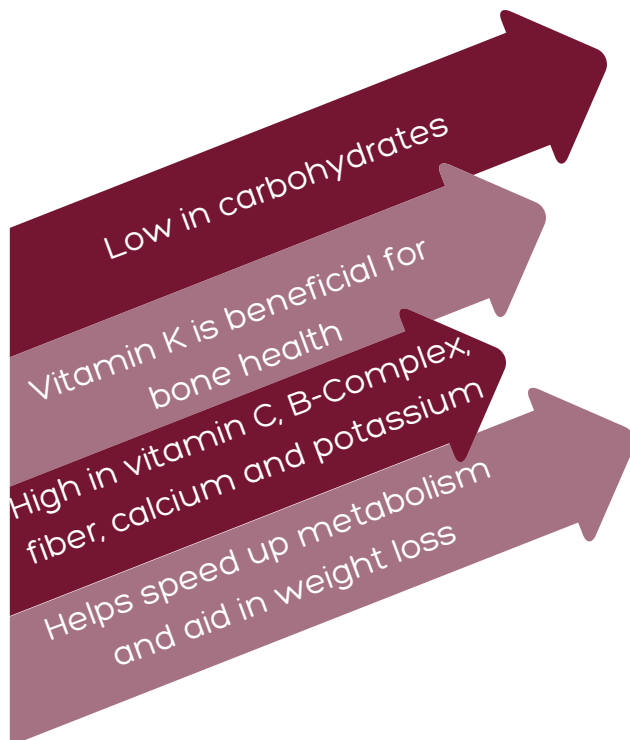
Color matters! The color of the stalk determines the taste. The darker the red stalk, the sweeter the rhubarb!

Did you know?

The leaves of the rhubarb plant are poisonous to humans because they contain high levels of oxalic acid.



Nutritionals



Medjool Dates

Look: Medjool dates are large and glossy brown. They have a cylindrical shape. The inside pulp is amber colored.

Taste: Medjool dates have a rich, caramel-like taste and a soft, chewy texture. Don't eat the elongated pit in the center!

Touch: Medjool dates have a sticky, bumpy skin to the touch.

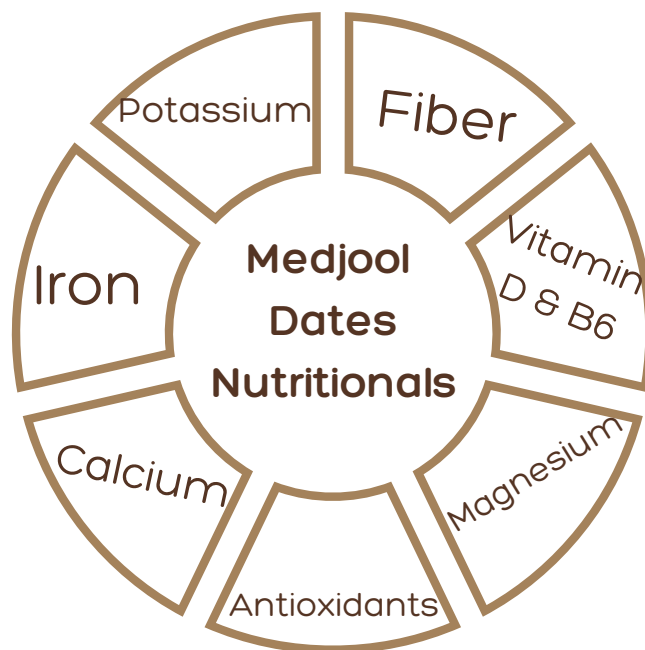


If you see a white film on the outside of a Medjool date, that is just the natural sugars crystalizing as it rises to the top!



Did you know?

Did you know Medjool Dates have more potassium per weight than a banana?!



Apricot

Look:

Apricots may be pale yellow, gold, or orange on the outside and often have a pink to red blush that covers some of their skin. The inside flesh is a golden orange color. In the center of the flesh is a single brown, hard, central shell enclosing a pit or stone.

Taste:

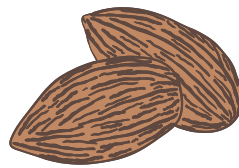
Apricots have a sweet, tart flavor that tastes somewhere between a peach and a plum. They are wonderful to eat fresh or dried.

Touch:

Apricots thin skin is smooth and velvety with a seam-like groove that goes from the top to the bottom of the Apricot.



Apricots belong to the same family as peaches, plums, and almonds.

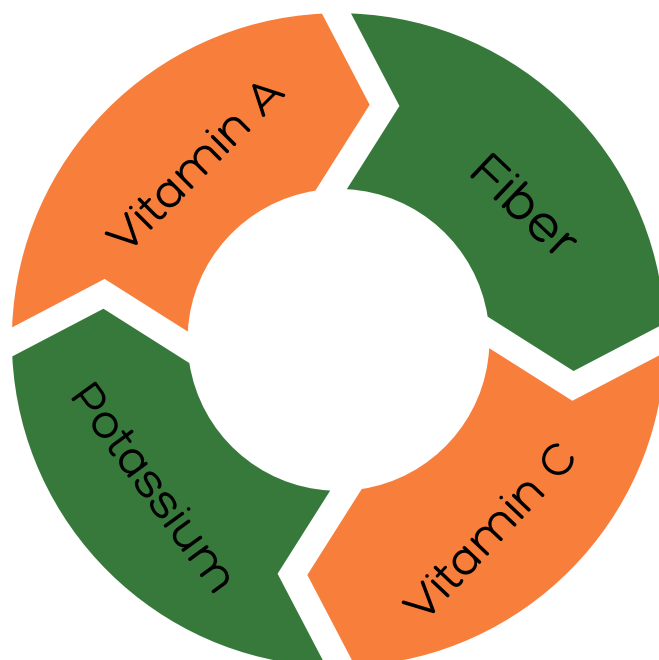


Did you know?

Apricots are among the first stone fruits to ripen each year.



Nutritionals



Passion Fruit

Look:

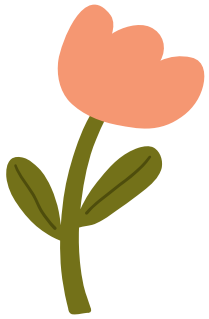
The small round fruit has a tough skin that wrinkles as it ripens and turns red gold or brownish-purple. There is a white and spongy, inedible edge surrounding a seed cavity which is called the pulp. The pulp is a mustard yellow color with small black edible seeds.

Taste:

Passionfruit has an intense aromatic flavor that is sweet and tart with musky undertones

Touch:

The outside skin can have a leathery, dimpled, and wrinkled consistency. The edible seeds are surrounded by a yellow to orange sack that is wet, slippery, and juicy.



Passion Fruit grows on flowering vines



Did you know?

Passion Fruits are grown in warm and tropical parts of the world!



Health Benefits

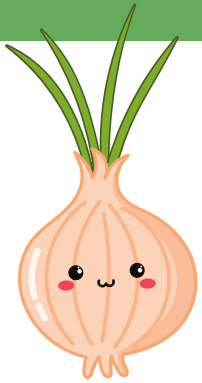
- **Boosts the immune system:** The high vitamin C content helps strengthen the body's defenses against infections.
- **Supports heart health:** Potassium and fiber contribute to healthy blood pressure and cardiovascular function.
- **Aids digestion:** Fiber promotes healthy bowel movements and digestion.
- **May help with anxiety and sleep:** Some studies suggest passion fruit may have sedative and anxiolytic properties.
- **May improve insulin sensitivity:** Compounds in passion fruit may contribute to better blood sugar control.

Green Onion

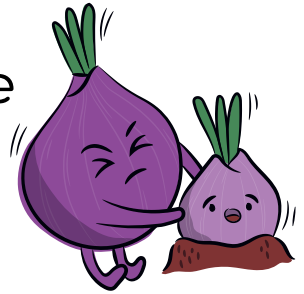
Look: Green onions have elongated, cylindrical stems with tubular leaves & a miniature bulb. Both the bulb and bright green tops are edible.

Taste: The stem has a grassy, sweet, and slightly pungent flavor. The white portions of the onion will have a sharper taste. They are crunchy and subtly chewy when eaten raw.

Touch: The green onion's base is white, smooth, crisp, and lightly aqueous. The stem is hollow. You can cut it and use it as a straw!



Most green onions are just immature onions of other kinds!



Did you know?

Green Onions are also known as scallions!



Nutritionals

Vitamin A

Vitamin K

Fiber

Vitamin C

Blackberries

Look:

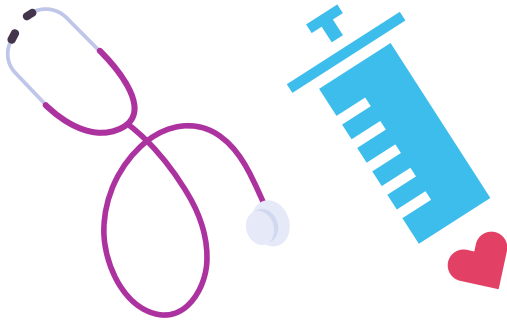
Blackberries change colors during ripening from green to red to black. Blackberries when ripe, have a deep inky shine with purple highlights. They are round to oval shaped.

Taste:

They are soft and juicy, and their sweet-tart flavor and earthy quality allows them to be used in both sweet and savory recipes.

Touch:

Blackberries have soft, smooth, round ball-like segments surrounding a green core.



Blackberries have been used for medicinal purposes for ages

Did you know?

Blackberry leaves can be turned into tea to drink!



Nutritionals



Antioxidant Powerhouse:

Blackberries have one of the highest antioxidant levels of all fruits, due to their deep blue color.

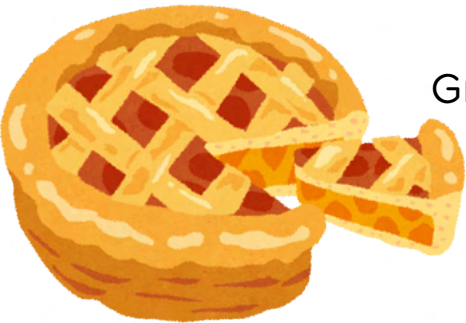


Granny Smith Apples

Look: Granny Smith Apples are firm and crisp with a vibrant green skin! The inside is bright white.

Taste: Granny Smith Apples are juicy and more tart than other apples! They are the best for cooking and making pies.

Touch: The skin of Granny Smith Apples is smooth and glossy.



Granny Smith Apples are the best apple to bake with due to its tartness and acidity!

Did you know?

Granny Smith Apples were originated in Australia!



Nutritionals

Granny Smith's are rich in fiber and high in antioxidants. This helps with digestion and protect against chronic diseases!



Honey Dew Melons

Look: The Honey Dew Melon is round and the rind is a whitish yellow. The flesh is a pale, soft green and sometimes orange.

Taste: Honey Dew Melons smell slightly floral and taste refreshingly sweet. Some think they have a honey-like taste which is where they got their name!

Touch: The rind of the honey dew is smooth and thick but inside the flesh is soft and juicy.



Honey Dew Melons contain 90% water and are a great way to stay hydrated!



Did you know?

Honey Dew Melons are also called "Winter Melons!"



Nutritionals



Honey Dew is a rich source of vitamin C which is good for your skin, blood and bones!

Cucumbers

Look: Cucumbers come in many different sizes and most are long and cylindrical in shape. The skin is dark green and thick with the flesh being a soft and white.

Taste: Cucumbers have a fresh and mild taste that ranges from slightly bitter to sweet. The seeds are edible!

Touch: The outside of a cucumber is smooth, shiny and slightly bumpy!



Cucumbers are used as remedies for sunburn relief and pest control!



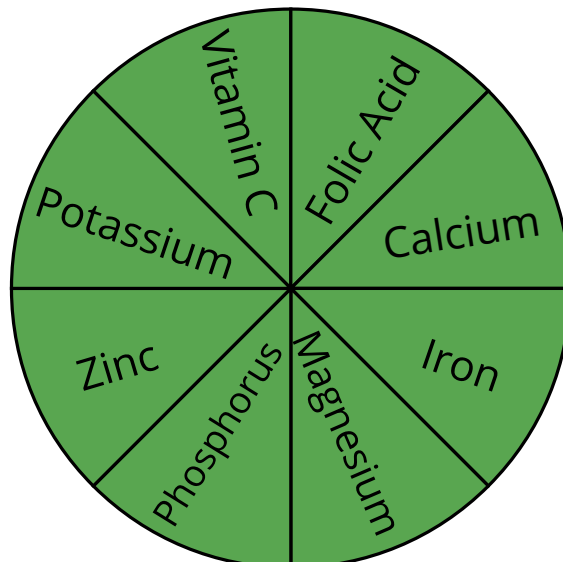
Did you know?

Pickles are cucumbers in a brine!



Nutritionals

Cucumbers are basically a multivitamin in every bite!



Chinese Long Beans

Look: Chinese long beans are slender and about the width of a pencil and come in light and dark green shades.

Taste: Chinese long beans have a mild grassy taste, but once cooked they develop a savory taste.

Touch: Chinese Long Beans snap easily when bent in half and have a smooth and firm surface.

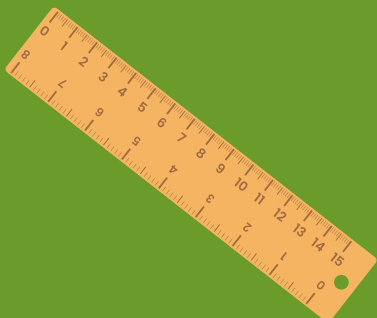


Most Chinese Long Bean pods contain 8-20 seeds!



Did you know?

Chinese Long Beans are also referred to as "year-long beans" because they can grow up to a yard in length!



Nutritionals



Pepino Melon



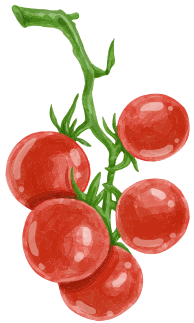
Look: Pepinos are small to medium sized fruit and are round to pear shaped. The skin ripens to a pale yellowish with purple striping.

Taste: Pepinos are filled with edible seeds. They release a sweet scent when ripe and have a grassy taste when unripe.

Touch: The skin is smooth, glossy, and firm but is still easily bruised and damaged when handled roughly.



Pepino melons are part of the nightshade family, closely related to tomatoes, eggplants, and peppers.



Did you know?

Pepino Melons are also known as Tree Melons!



Nutritionals

Vitamin A

Copper

Potassium

Fiber

Shishito Pepper

Look: Shishito Peppers have wrinkly thin skin and are usually about 3 inches long. The skin color can be bright green or bright red depending on the type.

Taste: Shishito Peppers are completely edible, including the seeds. They taste mild, sweet, and slightly smoky without significant heat.

Touch: Shishito Peppers have firm and smooth skin despite the creases.



1 in 10 Shishito Peppers will be spicy!

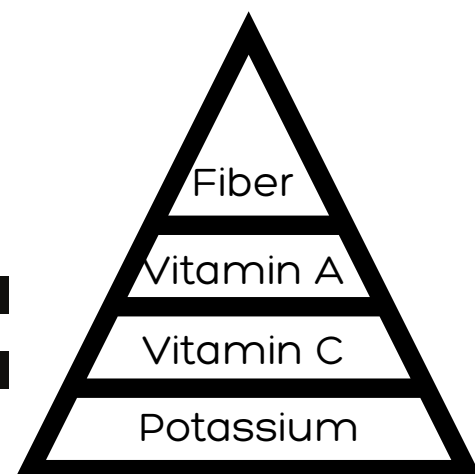
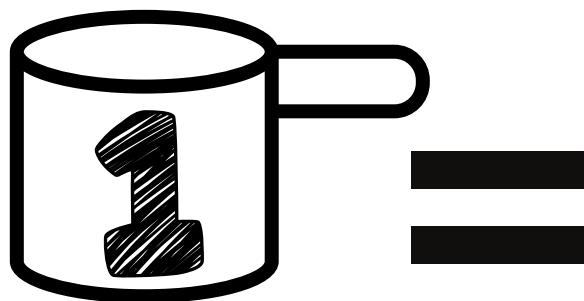


Did you know?

Also known as Lion Pepper, Shishito comes from the Japanese word "shishi" which means "lion".



Nutritionals



White Button Mushroom

Look: White button mushrooms look like little umbrellas. They have a cap and a stalk.

Taste: White button mushrooms, when eaten raw, are mild with a crisp texture. When cooked, they have a meaty flavor and are tender and chewy.

Touch: White button mushrooms have a rounded cap that is firm and spongy. Underneath the cap, there are many light brown gills that produce dark brown spores.



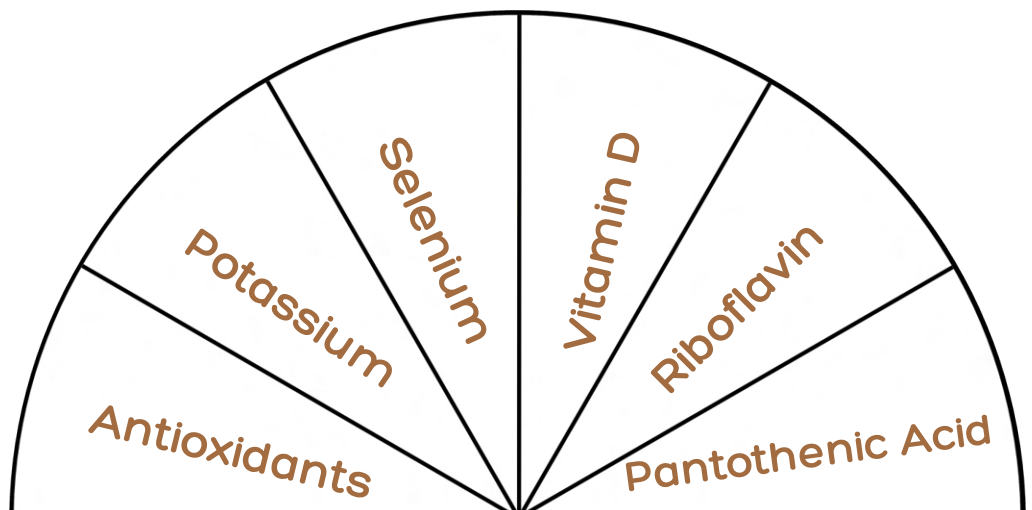
When white button mushrooms are placed in the afternoon sun for 15-20 minutes, the amount of Vitamin D is multiplied!

Did you know?

White button mushrooms make up about 90% of the mushrooms consumed in the United States!



Nutritionals



Ugli Fruit

Look: Ugli fruit resembles a misshapen orange and can have a teardrop shape. The inside has an orange colored flesh.

Taste: Ugli fruits flavor is a mix of a lemon and a tangerine.

Touch: Ugli fruit has a rough, bumpy, yellowish-green, loose fitting rind.



An Ugli Fruit is a cross between a grapefruit, orange, and a tangerine



Did you know?

Ugli fruit was only discovered 80 years ago in Jamaica!



Nutritionals

Fiber

Vitamin B

Vitamin C

Parsnip

Look: Parsnips have a long taproot that varies in skin color from a yellow-beige to a bright white. The parsnips leaves resemble celery leaves.

Taste: Parsnips taste sweet with a slightly nutty flavor.

Touch: Parsnips have a smooth skin and when peeled feel like the inside of a potato!



Parsnips were used to make food taste sweet before sugarcane!



Did you know?

The tapered root of a parsnip can grow up to a foot long!



Nutritionals

vitamin C

vitamin K

Folate

Jackfruit



Look: The rind of a jackfruit will change from bright green to dull yellow as it ripens. Inside are bright yellow triangular bulbs that make up the edible part of the jackfruit.

Taste: Younger jackfruit have a sweet aroma, but overripe fruit has an off-putting aroma. The jackfruit is sweet and similar to a banana or pineapple.

Touch: Young jackfruit is crisp and crunchy and mature jackfruit is much softer and almost custard like.



Jackfruits can grow as big as a basketball and weigh anywhere from 10-50 pounds!



Did you know?

Jackfruit have 100-500 edible brown seeds within the fruit!



Health Benefits

- Supports heart health by regulating blood pressure and cholesterol
- improves immune function
- Aids in digestion
- Promotes healthy skin
- Provides an energy boost
- Helps prevents certain chronic diseases and inflammation.

Rave Apple



Look: Rave apples have a round lopsided shape. The skin bright red with a orange/blush steak.

Taste: Rave apples have a light, sweet and tart flavor. They have a crisp and crunchy texture.

Touch: The outside of a rave apple is smooth with a slight shine.



Rave apples have a high juice content making them not ideal for baking!

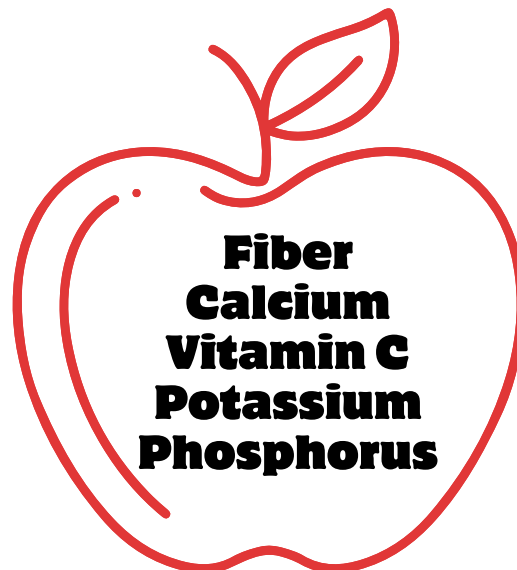


Did you know?

Rave apples are a cross between Honeycrisp and MonArk apples. They are ready to be harvested 3 weeks earlier than most apples!



Health Benefits



Cabbage



Look: Cabbage heads are round leafy vegetable that have a glossy exterior. It can be light green or red in color and are heavy. The center of a cabbage is lighter than the outside, more like a creamy white color.

Taste: Green cabbage has a milder taste than the red which has a more peppery taste.

Touch: Cabbage leaves have prominent veins running through the leaf that is more noticeable on the outer leaf and they are thicker. Red cabbage can stain your fingers and teeth, but washes right off.

Cabbage is one of the oldest vegetables in history dating back to more than 4,000 years ago!



Did you know?

Red cabbage is believed to bring good luck and prosperity!



Health Benefits

- Promotes digestive health due to its high fiber content.
- May help reduce the risk of certain types of cancer, including colon and breast cancer.
- Provides antioxidants that protect cells from damage.
- Supports heart health by lowering cholesterol levels.
- May help regulate blood sugar levels.

Red Striped Beet (Chioggia)

Look:

The skin of the beet is burgundy. They seem ordinary on the outside, but once you open one up, you'll discover a candy cane striped pattern!

Taste:

Chioggia beets have a crunchy texture when raw and become more tender after cooking. This variety has a mild, sweet, and earthy flavor.

Touch:

Chioggia beets' skin is semi-rough, firm and covered in fine hairs. The inside is dense and naturally striped with rings of white and fuschia.



♡
CIAO

Chioggia beets originated in Italy near Venice.



Did you know?

The red striped beet is also known as Candy-Cane Beet or Bull's Eye Beet due to their unique and brightly ringed flesh!



Health Benefits

- Heart and blood pressure
- Anti-inflammatory properties
- Athletic performance
- Brain health
- Digestive health
- Rich in vitamins and minerals
- Antioxidant-rich
- Edible greens



Fuyu Persimmon

Look:

Fuyu Persimmons have flat bottoms and are round like tomatoes. Most of them are seedless, but you might find one or two seeds inside.

Taste:

Fuyu Persimmons are crisp, sweet, and creamy with a little taste of vanilla or cinnamon.

Touch:

Fuyu persimmons skin is thin, smooth and glossy. The inside is pale orange, dense, juicy and crisp. As the fruit matures, it will soften slightly.



If you slice a persimmon horizontally, you will see a festive star-patterned center!



Did you know?

Persimmons are considered lucky in China and often given as wedding gifts.



Health Benefits

Vitamin C	Strengthens immune system
Potassium	Balance fluid levels
Fiber	Regulates the digestive tract
Vitamin E	Reduces inflammation
Phosphorus	Repairs tissues and cells
Vitamin K	Assist in wound healing
Calcium	Build strong bones and teeth

Pomegranate

Look:

Pomegranates are a round fruit about the size of a softball with a red to purple skin color. The inside has hundreds of seeds separated by a white membrane.

Taste:

Pomegranate seeds taste sweet and tart with a juicy burst or flavor.

Touch:

Pomegranate skin is hard and leathery with the inside seeds ranging from soft, semi-hard or hard depending on the variety.



One pomegranate can contain up to as many as 1000 edible seeds!

1K 

Did you know?

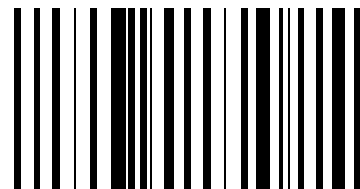
Pomegranates are in season Fall to Winter, sometimes referred to as The Jewel of Winter.



Health Benefits

Pomegranate nutrition (per 1 cup of seeds)

- Calories: 145
- Carbohydrates: 33 g
- Fiber: 7 g
- Sugar: 24 g
- Protein: 3 g
- Fat: 2 g
- Vitamin C: 18 mg
- Vitamin K: 29 mcg
- Folate: 67 mcg
- Potassium: 413 mg



Green Grapes

Look:

Green seedless grapes are small to medium in size and grow in clusters. Their skin and flesh are a pale translucent green color.

Taste:

Green seedless grapes release a burst of juice when bitten into to. They have a sweet and slightly tart taste.

Touch:

The outside of the green grape is smooth and the inside is wet and juicy.



Berries are botanically classified as berries.



Did you know?

Green seedless grapes are used to make raisins!



Health Benefits

- Supports immune function and helps the body fight infections.
- Has important nutrients like copper, potassium, vitamin K, and B vitamins.
- Supports heart health
- May improve circulation
- Can help with blood sugar
- High water and fiber content promote a healthy gut and can help prevent constipation.
- Vitamins C and E, along with antioxidants, protect the skin from aging and environmental stressors.
- High water content helps keep you hydrated.
- Grapes contain lutein and zeaxanthin, which are compounds that support eye health.

Brussels Sprouts

Look:

Brussels Sprouts look like tiny cabbages. They are grown on a stalk and the leaves are bright green with a white core.

Taste:

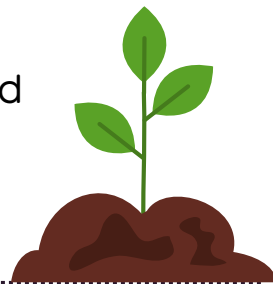
These taste similar to cabbage, but are slightly milder in flavor and have a dense texture.

Touch:

The leaves on brussels sprouts are wrapped tightly together and when eaten raw they crunch when you bite into them.



The heaviest Brussels sprout ever grown weighed 18 pounds 3 ounces.

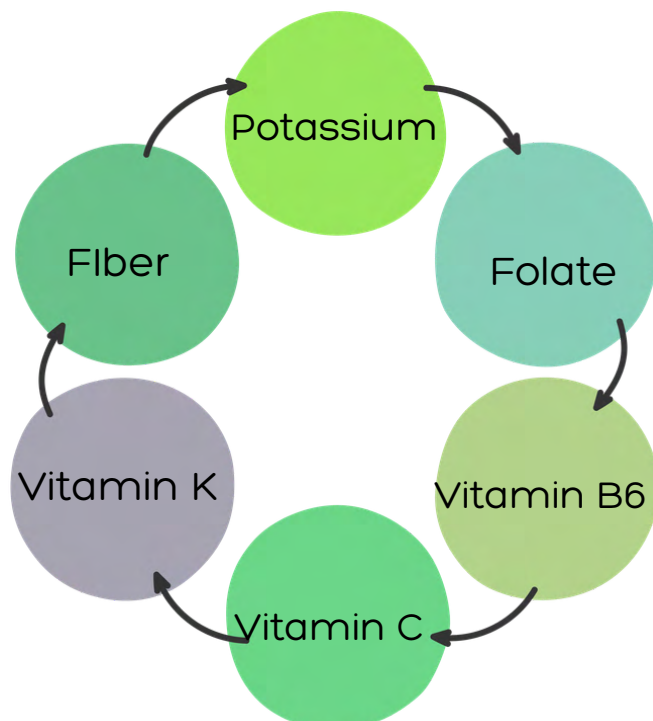


Did you know?

One stalk can produce between 60 and 100 sprouts.



Health Benefits



Bell Pepper

Look:

Bell peppers come in a variety of colors, sizes, and shapes. Inside the thick flesh there is a hollow cavity filled with white membrane and many, small, flat circular seeds.

Taste:

Depending on the color the taste will be different. They all have a crispy crunchy texture. Green is slightly bitter, yellow is slightly sweeter, orange is sweet and mild, and red is the sweetest of them all.

Touch:

The skin of a bell pepper is smooth and shiny and should be firm to the touch.



Green bell peppers are unripe peppers that will turn yellow, orange, and then red as they continue to mature.



Did you know?

Bell Peppers are technically classified as a fruit!



Health Benefits

High in vitamins

Rich in antioxidants

Good source of fiber

Low in calories

Jicama Sticks

Look:

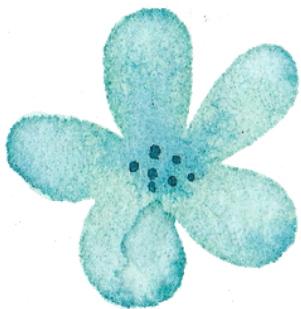
Jicama is an oval-shaped root vegetable that looks like an onion. It is light brown with a flaky texture. This thick skin is slightly marked with darker vein-like lines. The inside is white and crisp.

Taste:

Jicama has a mildly sweet flavor with a nuttiness that tastes like a cross between a potato and a pear.

Touch:

The skin of a jicama is rough and bumpy to the touch but inside is juicy and fibrous.



Jicama grows on a long vine and has leaves with big blue and white flowers.



Did you know?

Jicama does not brown after being cut like an apple does!



Health Benefits

1. Packed with nutrients
2. High in antioxidants
3. Promotes digestion
4. Good for gut bacteria
5. Can aid in weight loss
6. May boost heart health

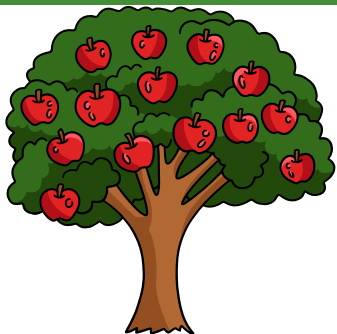
Golden Delicious Apple



Look: The Golden Delicious Apple has a yellow to green skin color and is bright white on the inside.

Taste: This apple has a mild sweet and tangy flavor with hints of floral, honey and fruity complexities.

Touch: Golden Delicious apples are semi-firm, crisp with a smooth skin. These apples can bruise easily and might shrivel if not stored well.



The very first Golden Delicious apple tree was found on the Mullins family farm in Clay County, West Virginia, and is now the official state fruit!



Did you know?

Golden Delicious apples started as a "chance seedling". This means it grew by accident from a dropped seed, and was not planted on purpose!



Health Benefits

Vitamin C: Supports immune health

Vitamin K: Important for blood health

Manganese & Copper: Support connective tissues and metabolism

Magnesium: Aids nerve and muscle function

Antioxidants: protect cells.

Fiber: Supports digestive health

Oyster Mushrooms

Look:

Oyster mushrooms have a wide shell like cap that are wavy and grey/brown in color. If you look underneath the mushroom, you will see creamy white gills that run down to the short, firm stem.

Taste:

These mushrooms have a mild taste when raw and are chewy and sponge-like. They also smell sweet!

Touch:

Oyster mushrooms feel smooth and velvety. The gills underneath feel soft and a little waxy.



Oyster Mushrooms are easy to grow at home on materials like coffee grounds, straw, or cardboard.



Did you know?

Oyster Mushrooms grow on the side of dying trees!



Health Benefits

- ☒ Heart Health
- ☒ Immune Support
- ☒ Antioxidant Power
- ☒ Blood Sugar Control
- ☒ Anti-Inflammatory
- ☒ Gut Health
- ☒ Bone Health

Honeycrisp Apple

Look:

Honeycrisp Apples have a tie-dyed look of red and yellow. When cut open, it reveals a creamy white flesh with small black seeds at the core.

Taste:

The Honeycrisp Apple has a good mix of sugar and acid which gives them their signature sweet and tart flavor.

Touch:

The outside of the Honeycrisp Apple is hard and smooth. The inside flesh is smooth, soft and damp.

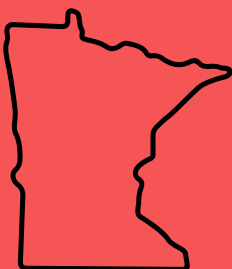


Honeycrisp apple trees are difficult to grow. Farmers have to handpick the apples multiple times each season to harvest the ripest, healthiest fruits.

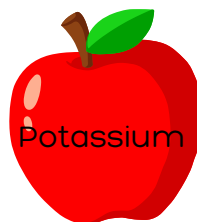
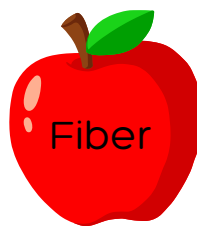


Did you know?

Honeycrisp Apples are the official state fruit of Minnesota since that is where they were first grown in the 1960's.



Health Benefits



Kale

Look:

Kale varies in shape, size, and color depending on the variety. The leaves can be broad or long and narrow and the stems can be thick or thin with a short or elongated appearance. Kale leaves are typically flat, frilly, or curved.

Taste:

Kale is edible raw or cooked and ranges from sweet to bitter and have an earthy taste. The leaves typically have green and grassy flavor followed by a peppery aftertaste.

Touch:

Curly Kale has thick, ruffled leaves that are fibrous and have a very distinct stem running through the leaves that is best removed. Baby Kale leaves have a delicate feel and less fibrous.



Kale is part of the greens family which include any type of cabbage where the green leaves do not form a compact head.

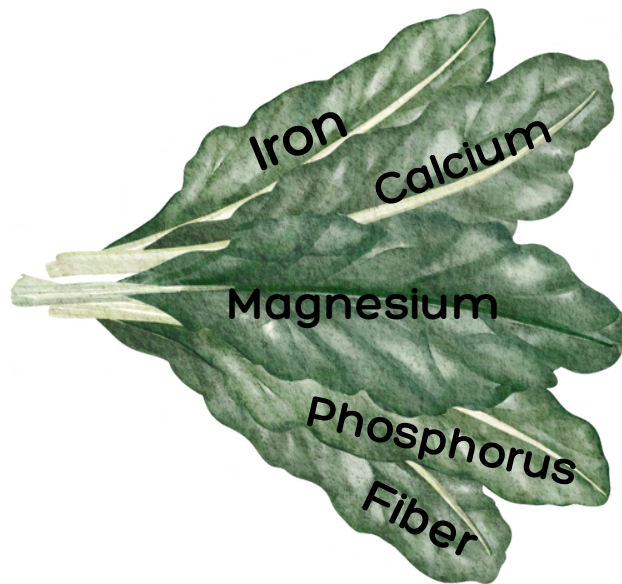


Did you know?

Kale is a superfood because it is packed with vitamins and minerals!



Health Benefits



Minneola Tangelo

Look:

Minneola tangelos are large fruits, and have a round to oblate shape with a pronounced, elongated neck on the stem-end. The rind is thin, glossy, and bright red-orange. The flesh is a bright orange and usually seedless.

Taste:

Minneola tangelos have a sweet-tart flavor with the tangy, floral acidity of grapefruit mixed with the fragrant, honeyed flavor of tangerines.

Touch:

Minneola tangelos have a smooth and lightly pebbled surface texture. The rind is easily peeled revealing soft and juicy flesh.



Minneola Tangelos are a hybrid between a grapefruit and a tangerine.

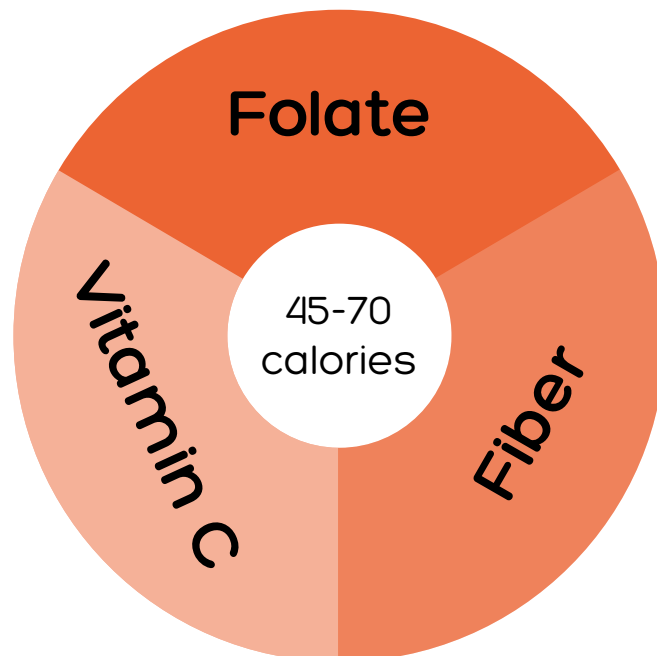


Did you know?

Minneola Tangelos are nicknamed "Honeybell" due to its bell shape.



Health Benefits



Butternut Squash

Look:

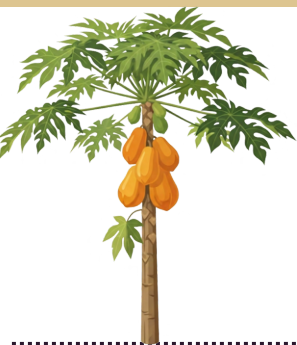
Butternut Squash has a rich, tan rind that is hard and has a long neck that goes into a bell-shape end. The flesh is golden orange. They have a small seed cavity in the bulbous end.

Taste:

Butternut Squash tastes subtly sweet, nutty, and earthy like a milder, less sugary mix of sweet potato and pumpkin.

Touch:

The butternut Squash rind is smooth and the flesh inside is firm and crunchy when raw.



Butternut Squash is botanically a fruit, but is considered a vegetable in cooking



Did you know?

Butternut Squash seeds can be roasted like pumpkin seeds for a healthy snack!



Health Benefits

Fiber	Vitamin A	Vitamin C	Potassium
Digestion	Eye Health	Immune Health	Heart Health

Bosc Pear

Look:

The Bosc Pear is shaped like a teardrop. The skin is brown to a golden tan and the flesh is white.

Taste:

Bosc Pears are juicy, crunchy, and very sweet. They have a hint of woody spice.

Touch:

The skin of the Bosc Pear is thick and feels rough. The flesh inside is moist.



The Bosc Pear is found in many historical paintings by Leonardo Da Vinci and Vincent Van Gogh.



Did you know?

Bosc pears are sweeter and more flavorful earlier in the ripening process.



Health Benefits

Fiber

Vitamin C

Calcium

Potassium

Red Cactus Pear



Look: The Red Cactus Pear is oblong in shape. It can range in color from green to red, with orange shades in between. The skin is thin on the outside but has a thick layer underneath that should be peeled off before eating.

Taste: Depending on the ripeness, the red cactus pear can range from slightly sweet to syrupy sweet. They have small, hard seeds you can't bite through, but they are safe to swallow.

Touch: The Red Cactus Pear has little spots on them that are not thorns, but glochids that stick to your skin when touched. The inside is moist.

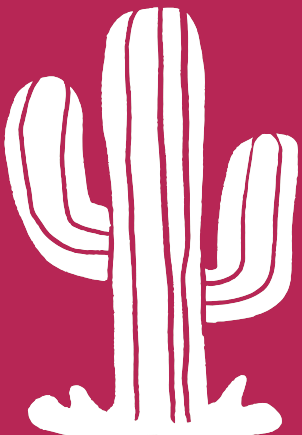


Red cactus pears are known for hydration and medicinal use

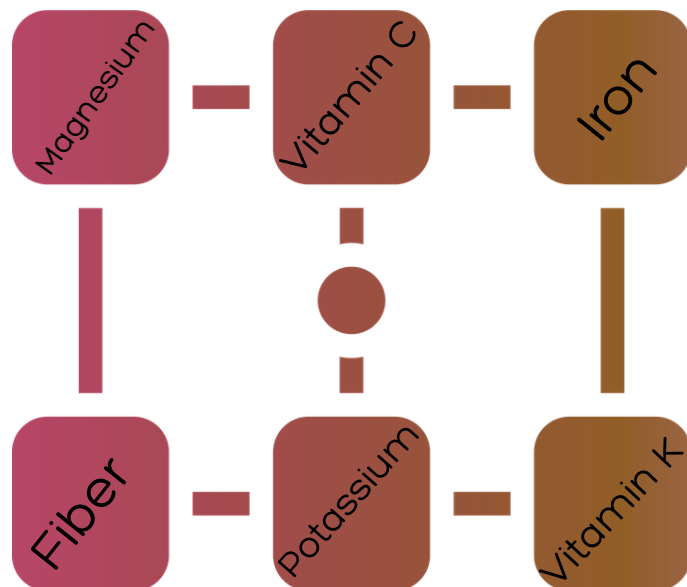


Did you know?

Red Cactus Pears come from the Opuntia Cactus



Health Benefits



Celery

Look:

Celery has a long fibrous stalk that tapers into leaves. It is curved on each side and when sliced can resemble a crescent moon.

Taste:

Celery is very aromatic and has a distinctive flavor. It gives a crunch when you take a bite!

Touch:

One side of the celery is smooth and the other side is bumpy. The bumpy side is the veins running through the stalk.

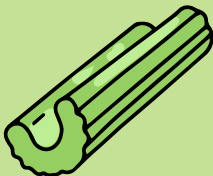


In the 1950's JELLO had a celery flavored JELLO!
Would you try it?



Did you know?

Celery is perfectly built to hold peanut butter or to scoop dip with!!



One cup of Celery is 30% of the recommended daily intake of Vitamin K.

Health Benefits

One cup of Celery is 6% of a person's daily fiber needs.

Celery is 95% water.

Wild Ramps

Look:

Wild ramps grow from a bulb that looks like an egg usually in a group of 2-6. The bulbs are white and produce wide, flat light green leaves that are 20-30 cm long with a narrow stem.

Taste:

Ramps have a strong smell like garlic and a clear onion taste with just a hint of garlic.

Touch:

Wild Ramps leaves feel soft, smooth, and slightly rubbery, but are still delicate and tender. The bulb is fibrous with thin delicate roots.



Ramps mature slowly taking up to 7 years to reach a harvestable size.



Did you know?

Ramps are in season only for a few weeks in the spring!



Health Benefits

Vitamin A

- Vision
- Immune Function

Vitamin C

- Immune Support
- Iron Absorption

Folate

- Brain Health

Iron

- Oxygen Transport
- Energy

Strawberry



Look:

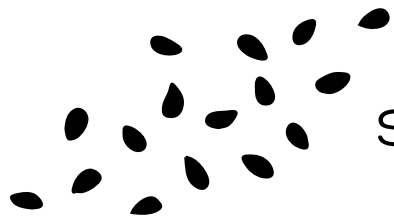
Strawberries are bright red, heart shaped and sometimes have a white-light green top near their green leaves. They have super tiny seeds on the outside and the inside is red too!

Taste:

Strawberries are sweet and when you bite into them they release a sweet fragrant smell.

Touch:

Strawberries have a slightly bumpy skin due to the seeds and can be very soft when fully ripe. The inside is juicy and wet.



Strawberries have 200 seeds!



Did you know?

Strawberries are apart of the Rosaceae family, that includes roses, apples, and pears.



Health Benefits

Nutrient
Dense

Low in
Sugar &
Fat

Packed
with
Vitamin C

Low Calorie

Red Leaf Lettuce

Look:

Red leaf lettuce has a central base that fans out to a wide, curly, loose top. The stalk at the bottom is white and transitions to pale green with the edges of the leaves being dark burgandy to red.

Taste:

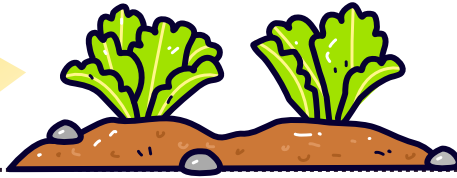
Red leaf lettuce leaves are crisp and have an earthy, mildly sweet or slightly-bitter flavor when the leaves are older.

Touch:

The leaves are tender and smooth with many curls and frills. They should not be slimy or wilted.



The more sunlight the lettuce gets, the deeper its red color becomes.



Did you know?

Red leaf lettuce is a cut-and-come-again plant meaning you can harvest the outer leaves and the plant will continue to grow.



Health Benefits

Red leaf lettuce gets its red color from antioxidants called anthocyanins. It is also rich in vitamins A and K.

Pink Lady Apples

Look:

Pink Lady Apples have a deep pink to pale red skin color and very white flesh inside. They are a more rounded apple than other and are slow to turn brown when cut.

Taste:

Pink Lady Apples have a sweet-tart flavor blending the perfect balance of sweet and tangy.

Touch:

The smooth skin on the outside is glossy and the flesh inside is moist and fibrous.



Pink Lady apples have a growing season of 200 days to develop their unique sweet and tart flavor!!



Did you know?

Pink Lady Apples were named after a cocktail and are the first apple to have a trademarked name!



Health Benefits

LOW	HIGH
• Calorie • Fat • Sugar	• Fiber • Vitamin C • Potassium • Antioxidants • Water

Rutabaga

Look:

The Rutabagas root is yellow at the tip with a dark purple stain at the top. Roots kept underground for a longer period of time can range in color from white to yellow to all purple. The flesh is yellow.

Taste:

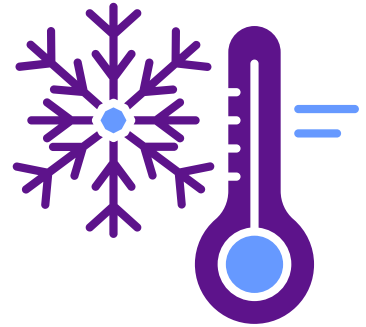
Rutabagas have a milder taste than turnips. When cooked, the flavor is sometimes described as sweet, yet savory.

Touch:

Rutabagas skin is rough. The inside flesh texture is firm and fine-grained.



Rutabaga are available year-round but, they are a, cold-weather crop that gets sweeter after the first frost.

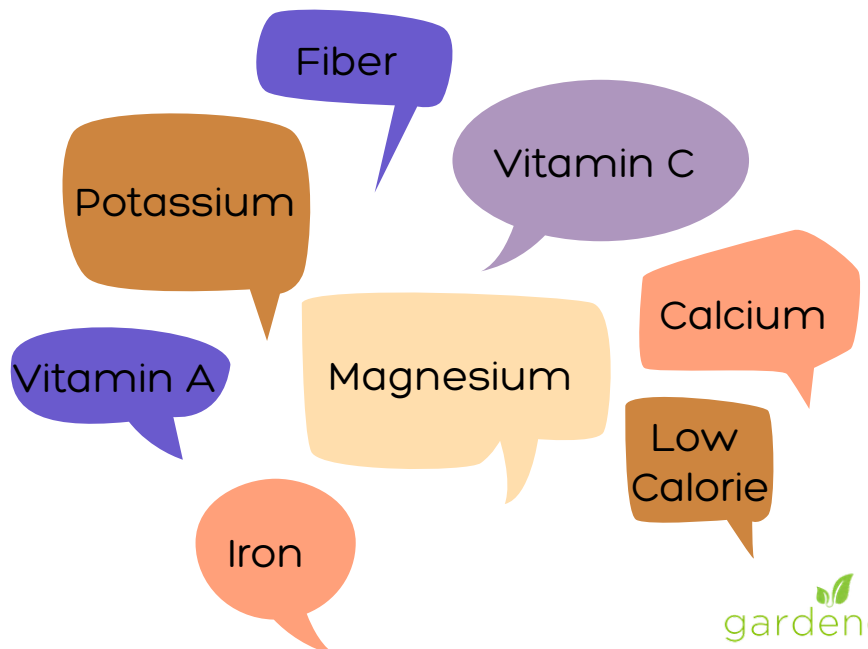


Did you know?

Rutabaga are a cross between a turnip and a cabbage!



Health Benefits



Radicchio

Look:

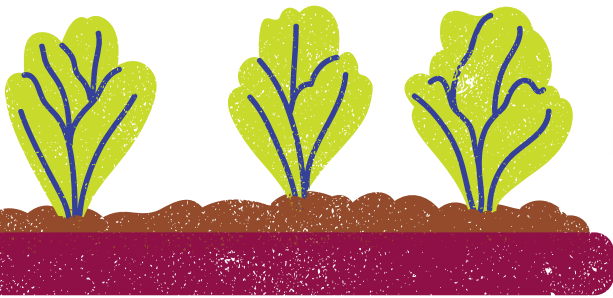
Radicchio is a small round head of lettuce with dark red to purpleish coloring that can have touches of green on the tips of the outer leaves. It has a white ribbing that is from the root.

Taste:

Radicchio taste is bitter sweet with a crunchy texture.

Touch:

Radicchio leaves are thin and feels waxy. The white ribbed lines are raised.



If you cut carefully just above the root when harvesting radicchio, it will regenerate a new head!

Did you know?

Although radicchio is often used in salads, it is not considered lettuce! It is part of the daisy family.



Health Benefits



Mini Sweet Pepper

Look:

Mini sweet peppers are about the size of a thumb and are coned shaped. They come in red, yellow, green, and orange. They are hollow inside except for some flat seeds at the top attached to the stem.

Taste:

Mini sweet peppers are sweet not spicy! They are crisp and even the seeds are edible but bitter so most people remove them.

Touch:

Mini sweet peppers have a glossy smooth skin. Inside is damp and has a slightly bumpy texture.



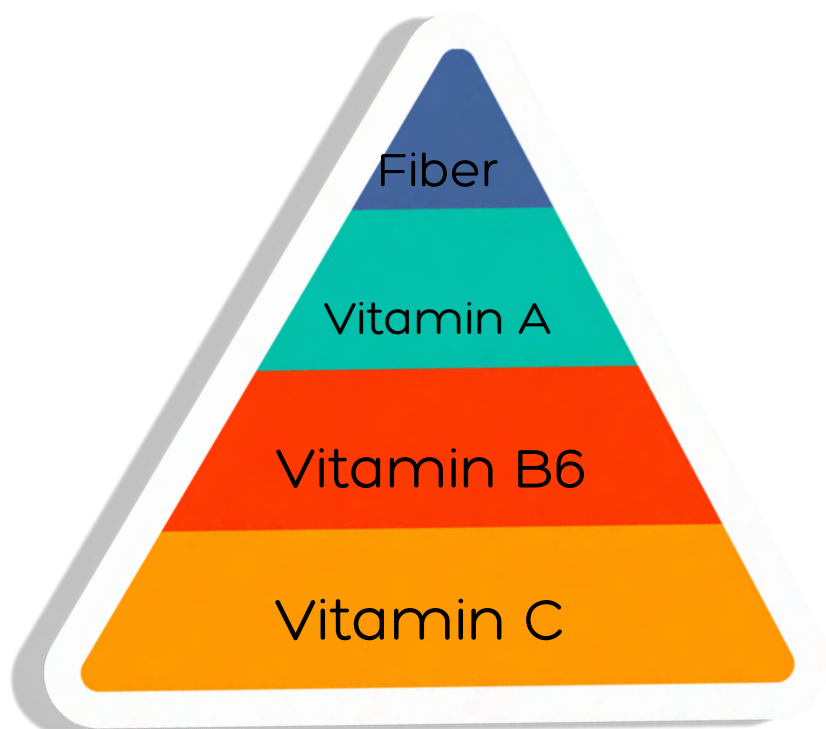
Mini sweet peppers have thin skin which makes them ideal for eating raw with dips, roasting, or grilling.

Did you know?

Mini Sweet Peppers are classified as fruit!



Health Benefits



D'Anjou Pear

Look:

D'Anjou pears have an egg-shaped appearance that is wide on the bottom and tapers to a narrow rounded top with a thick neck and dark brown stem. Their skin is bright green and the flesh inside is cream-colored.

Taste:

Anjou pears are juicy and soft with subtle, sweet flavor with hints of lemon and lime.

Touch:

The skin is smooth and firm, inside the flesh is slightly gritty and soft.



The D' Anjou pear belongs to the Rosaceae family, which includes roses and apples.

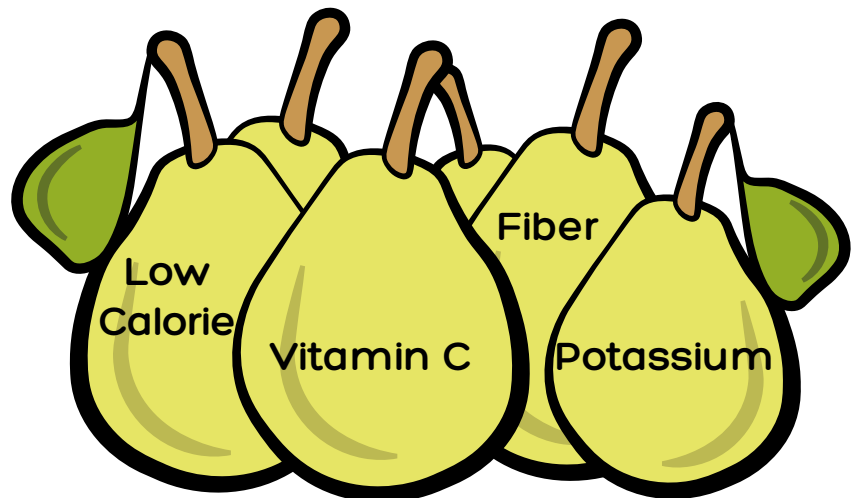


Did you know?

D'Anjou pears are the 2nd most popular pear in the USA. Bosc pears are #1.



Health Benefits



Pink Ice Watercress

Look:

Pink ice watercress has dark green stems and leaves that have brilliant pink to purple veins and edges. The leaf is often about the size of an adult thumbprint.

Taste:

Pink ice watercress has a light crunch and a fresh, peppery taste.

Touch:

Pink ice watercress has smooth leaves with ridges in the leaf that comes from the smooth stem.



Pink Ice Watercress is used by chefs as an edible garnish that provides stunning presentation and a pop of color to dishes.

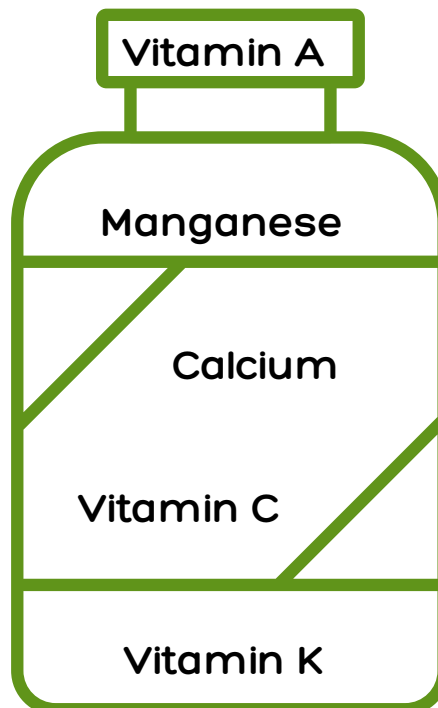


Did you know?

Watercress is part of the mustard family!



Health Benefits



Banana

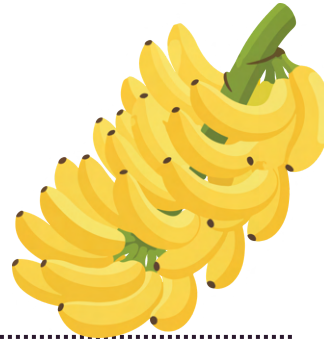
Look: Bananas come in two sizes, larger and petite. Both have bright yellow peels and both grow in bunches.

Taste: Both banana sizes taste the same. The more green they are, the less sweet they taste. As they get more yellow, the sweeter they become.

Touch: As bananas ripen they get softer the texture gets creamier. The peel is smooth with ridges at the top.



A single banana is called a "finger," and a bunch is called a "hand".



Did you know?

Bananas float
in water!



Health Benefits

Potassium

Fiber

Vitamin B6

Vitamin C

Cosmic Crisp Apple



Look:

Cosmic apples have a round shape with flattened top and a narrowed base. The skin is dark red that is mostly the same color all over.

Taste:

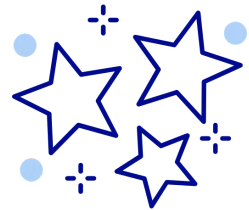
Cosmic crisp apples contain high sugar and acidity, creating a balanced sweet-tart flavor with tangy undertones

Touch:

The skin is semi-thin, glossy, smooth and when you bite into these apples they are crunchy and firm. The juicy flesh stays fresh for a long time.



A signature characteristic of Cosmic crisp apples are the yellow/white pores called lenticels scattered across the skin making them look like a starry night.

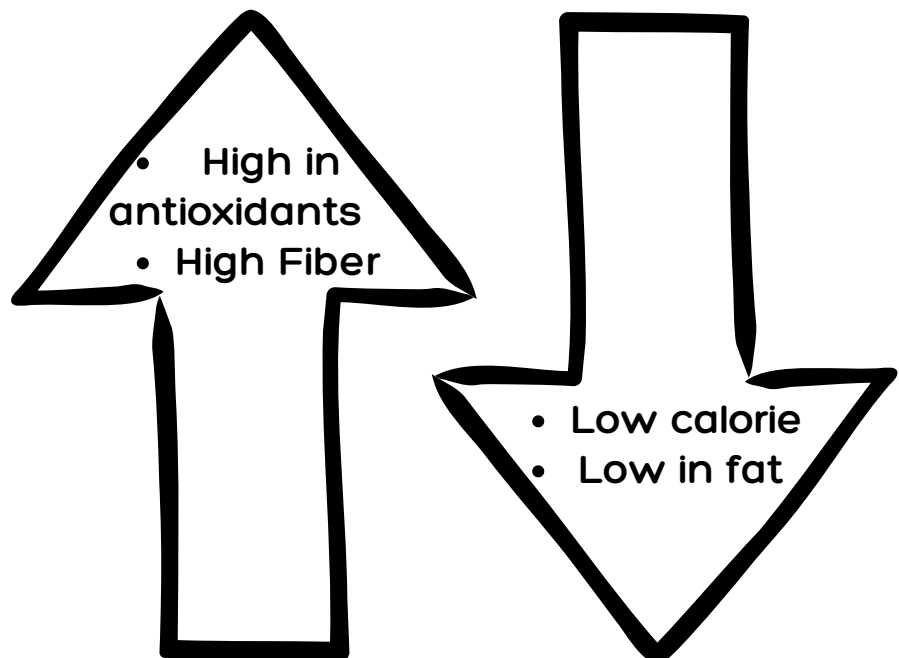


Did you know?

Cosmic Crisp apples are available winter through spring..



Health Benefits



Spinach

Look: Spinach leaves are dark green and spoon shaped with a prominent stem.

Taste: Spinach has a subtle green vegetable flavor that can sometimes be gritty or metallic in taste due to its high concentration of oxalic acid.

Touch: Spinach leaves range from smooth and crisp to crinkled and tender. When cooked they become soft and velvety.



Spinach consists of 91% water. This is why spinach shrinks drastically when cooked.

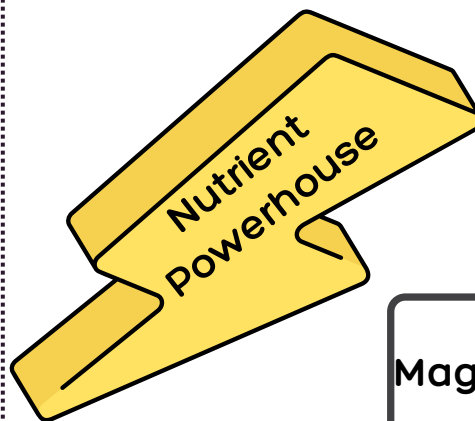


Did you know?

March 26th is celebrated as National Spinach Day.



Health Benefits



Vitamin K

Magnesium

Vitamin A

Iron

Potassium

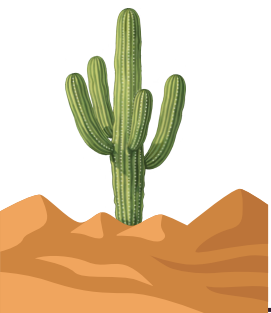
Protein

Horned Kiwano Melon

Look: Horned Kiwano Melons are a bright yellow to orange color when they are at their ripest. The flesh has many cream colored seeds in an emerald green jelly-like liquid.

Taste: The flesh and seeds have a very mild, subtly sweet, and tangy flavor with a taste between banana, lime, and passionfruit. The rind, seeds, and flesh are edible.

Touch: The Horned Kiwano Melon's rind is thick, leathery, semi shiny and firm. It is covered in small, raised spines that protrude from all angles. The green liquid flesh has a sticky consistency.



Native to Africa, the Horned Kiwano Melon has been a source of food and water for thousands of years in the Kalahari Desert.



Did you know?

Kiwano Melons are part of the cucumber and melon family!



Health Benefits

	High water content
	Rich in Vitamin C, Vitamin A, and antioxidants.
	Iron
	Calcium
	Zinc

Artichoke

Look: The bud of an artichoke contains the heart which is the meaty core and is topped by a fuzzy center which is surrounded by rows of petals for protection.

Taste: Artichokes have a slightly nutty, sweet, and subtly bitter taste when eaten raw.

Touch: Artichoke leaves might squeak when squeezed due to the moisture in them. They are smooth and come to a point that can be a bit prickly.



Artichoke is the bud of a plant from the thistle family. If not harvested, the bud blossoms into a blue-violet flower that is not edible.

Did you know?

Artichokes can range from 2-3 ounces to weighing as much as 20 ounces!



Health Benefits

High Fiber
Low Calorie

Antioxidants
contributing
to heart
health

Magnesium
Potassium
iron
Vitamin C
Vitamin K

Mango

Look: Mangos can vary in size and shape from long and slender to kidney-shaped or even round. Their skin is multi-colored with blends of red, yellow, and green. The flesh is a vibrant yellow to orange.

Taste: Mangos have a sweet, tangy flavor. The skin can be eaten but is tough and has a bitter taste.

Touch: Mangos have a leathery, smooth skin that can be irritating to some people. The flesh is aromatic and juicy with a texture similar to a peach.

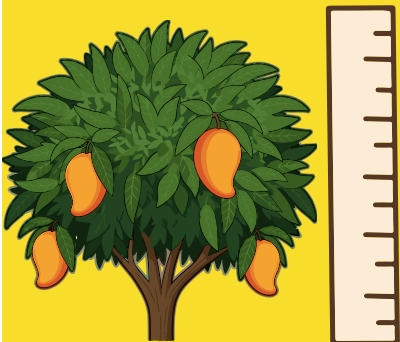


Mangos are the most popular fruit eaten world wide and are known as the “king of fruits”!



Did you know?

The mango tree can grow as tall as 100 feet!



Health Benefits

One cup of mango provides 100% of the daily recommended value of vitamin C!

Mangos have high fiber content and great digestive benefits, and are often referred to as a “bathroom fruit”.

Dragon Fruit Pitaya

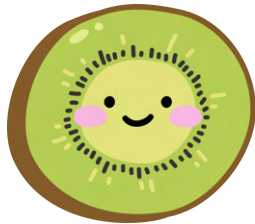


Look: Dragon Fruit are oval to oblong in shape and are primarily categorized by their flesh color, red, white, or purple. The flesh is white and dotted with tiny black edible seeds.

Taste: The Dragon Fruit tastes juicy, spongy yet dense, with a subtly sweet flavor. Yellow skinned dragon fruit tends to be the sweetest.

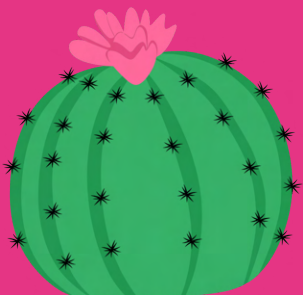
Touch: Dragon fruit skin overlaps and has flexible tips that protrude out. The flesh is smooth with tiny crunchy seeds.

Dragon Fruit tastes like a blend of kiwi, pear, and watermelon,



Did you know?

Dragon fruit grows on a cactus not a tree!!



Health Benefits

- Rich in nutrients containing antioxidants, fiber, magnesium, iron, and vitamins C and E.
- A hydrating fruit that supports energy and muscle recovery.

Mini Carrots

Look: Most mini carrots are about 2 inches long. They can either be "fats" which are a thicker, chunkier piece or "slims" which are thinner, more slender pieces.

Taste: Mini carrots have the classic carrot taste that is mildly sweet with a great crunch.

Touch: Mini carrots are smooth and wet with rounded ends.



Mini peeled "baby carrots" aren't baby carrots at all, but are actually regular sized carrots, cut into smaller pieces and smoothed by machines to help farmers waste less food!



Did you know?

There are five different sizes of baby carrots, with the smallest ones named "carroteenies".



Health Benefits

High antioxidant content	Immune system and vision
Heart health	Weight management
Dental health	Improved skin

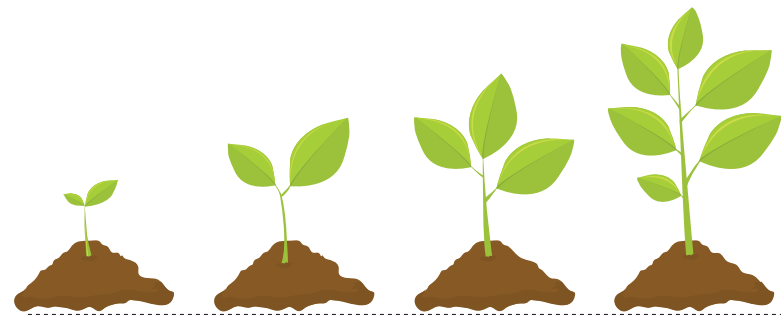
Shanghai Bok Choy



Look: Shanghai Bok Choy is small and has overlapping rosette like layers. The stems are curved and appear pale to light green. The leaves have a broad, flat, and pliable texture.

Taste: Shanghai Bok choy is edible raw or cooked and has a crunchy slightly chewy texture. It is sweeter than regular bok choy.

Touch: The bottom of each stem is curved and smooth and the top leafy part is also smooth and flexible.



Shanghai Bok Choy grows quickly, going from seed to harvest in just 45-60 days.

Did you know?

In Chinese culture, Shanghai Bok Choy is often associated with prosperity and good fortune



Health Benefits

