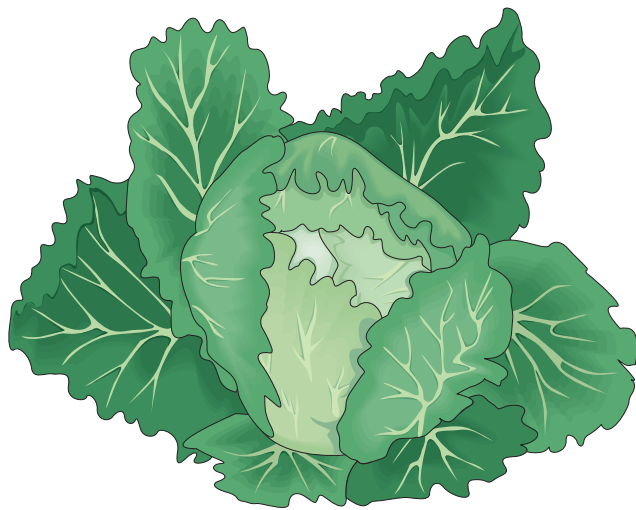


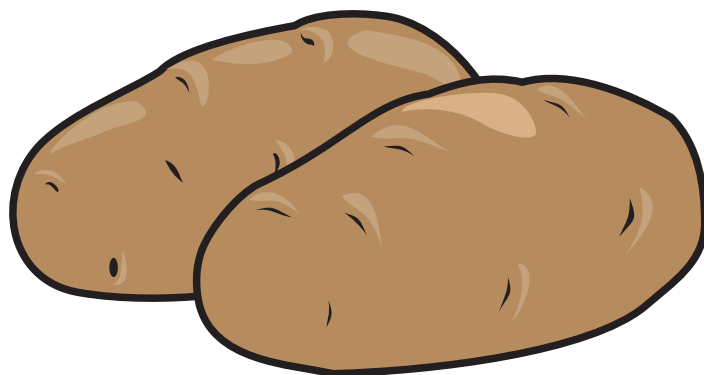
**cauliflower**



**cabbage**



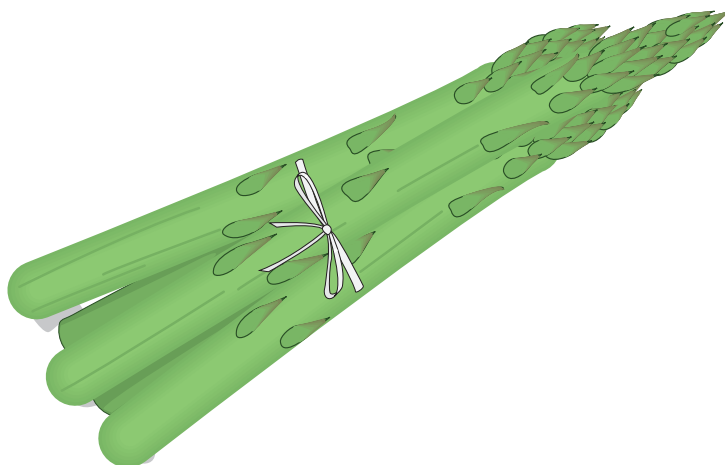
**beet**



**potato**



**celery**



**asparagus**

# Cabbage

*Food fact...more than 400 varieties of cabbage are enjoyed worldwide.*

High in vitamin C

Good source of folate (vitamin B9)

# Cauliflower

*Food fact...not all cauliflower is white; purple and orange cauliflower is also available in some supermarkets.*

High in vitamin C

Good source of folate (vitamin B9)

# Potato

*Food fact...the average American eats over 100 pounds of potatoes each year.*

High in vitamin C

Good source of potassium

# Beet

*Food fact...leafy beet greens are edible and are more nutritious than the beet itself.*

Excellent source of folate (vitamin B9)

# Asparagus

*Food fact...under ideal conditions, an asparagus spear can grow 10 inches in a 24-hour period.*

Good source of vitamin C

High in folate (vitamin B9)

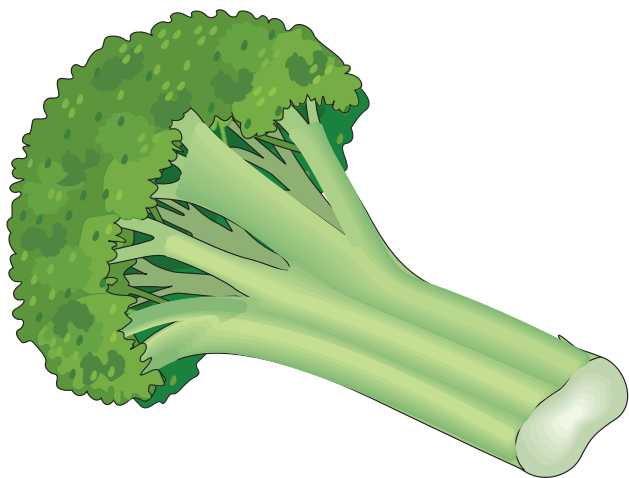
Good source of vitamin A

# Celery

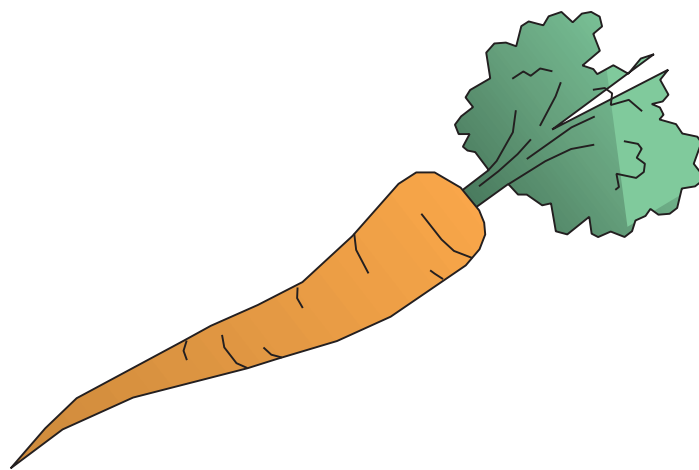
*Food fact...the wild form of celery was used in ancient times as a medicine.*

Good source of vitamin C

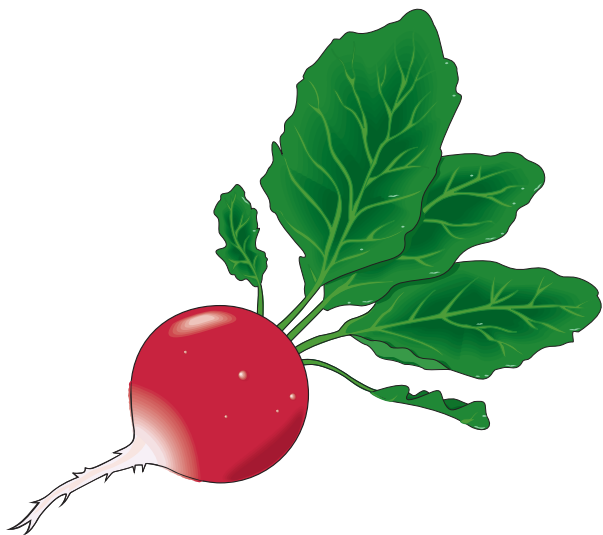
Good source of vitamin A



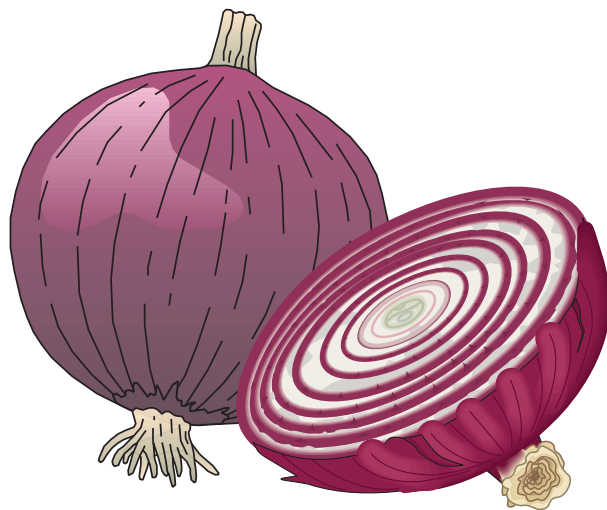
**broccoli**



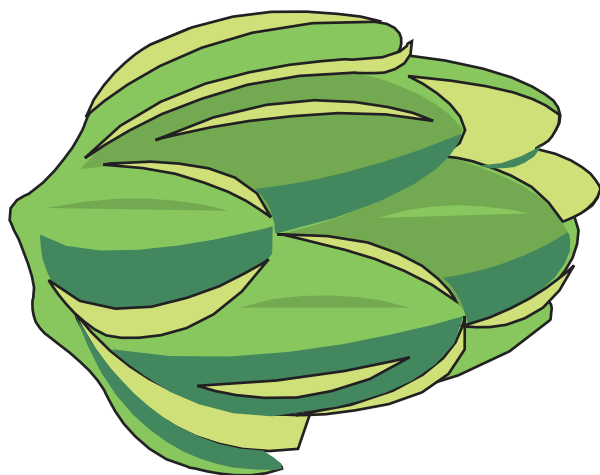
**carrot**



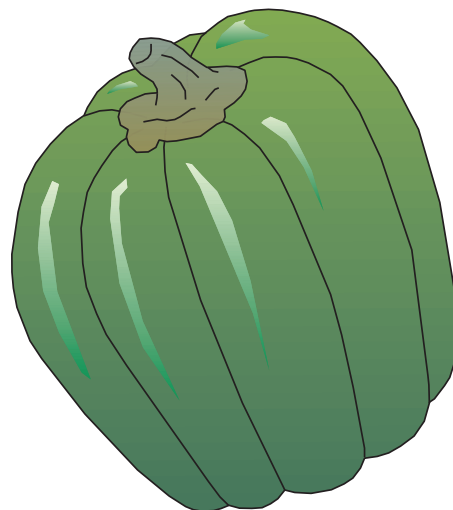
**radish**



**onion**



**artichoke**



**pepper**

# Carrot

*Food fact...baby carrots were once longer carrots that have been peeled, trimmed in length, and packaged.*

Excellent source of vitamin A

Good source of vitamin C

# Broccoli

*Food fact...Broccoli's name comes from the Italian word "brocco," which means arm or branch.*

High in vitamin C

High in folate (vitamin B9)

Good source of dietary fiber

Good source of potassium

# Onion

*Food fact ...because Egyptians believed onions had strength-producing powers, onions were fed to laborers who built the pyramids.*

High in vitamin C

Good source of dietary fiber

# Radish

*Food fact...radishes can be red, pink, white, or black, and some varieties can grow very large—up to 100 pounds.*

High in vitamin C

# Pepper

*Food fact...some peppers start out green and ripen to bright reds, yellows, oranges, and purples.*

High in vitamin C

# Artichoke

*Food fact...artichokes are unopened flower buds.*

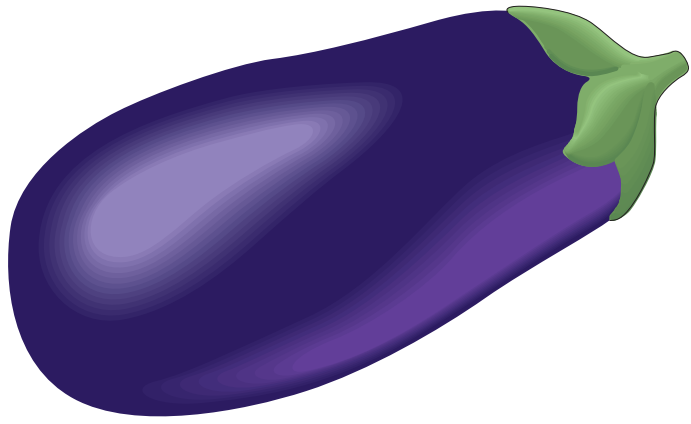
Good source of vitamin C

Good source of folate (vitamin B9)

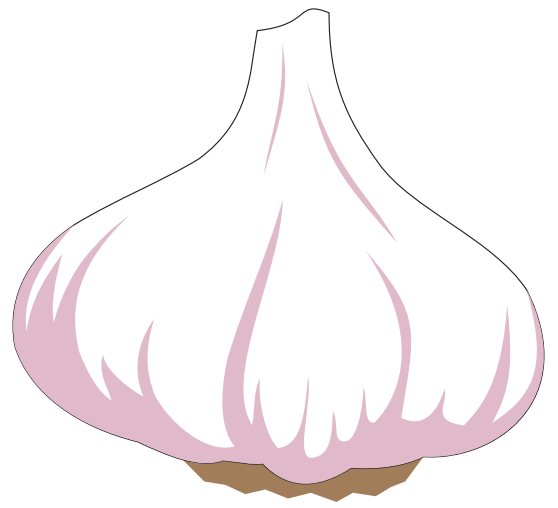
Good source of magnesium

Good source of dietary fiber

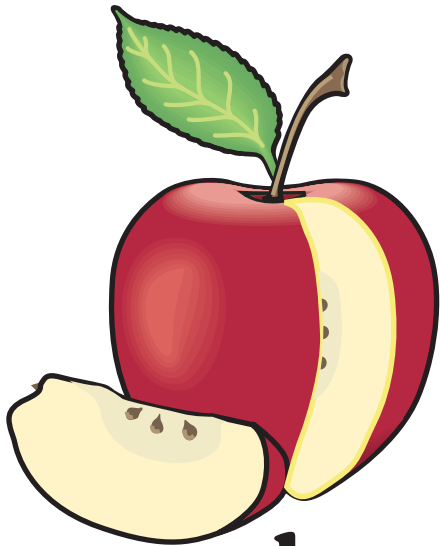




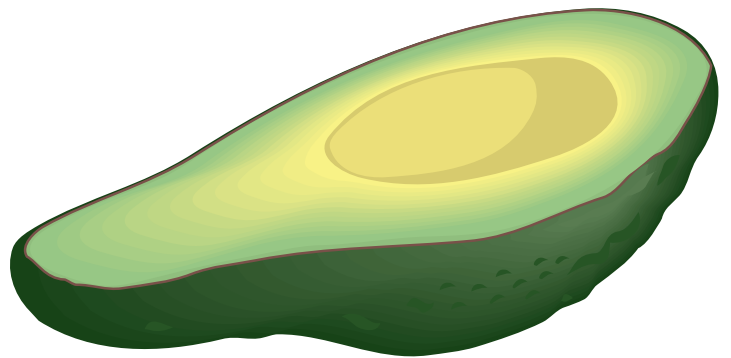
**eggplant**



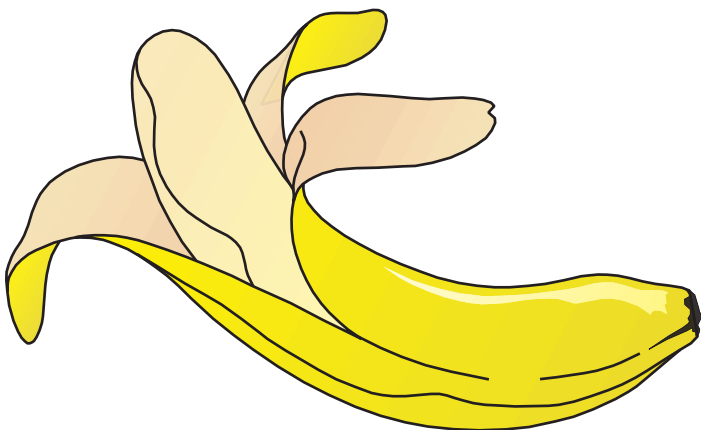
**garlic**



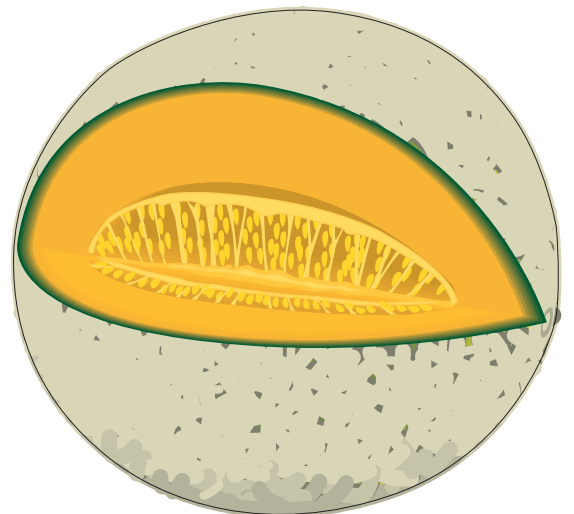
**apple**



**avocado**



**banana**



**cantaloupe**

# Garlic

*Food fact...garlic was once used to treat acne, warts, and headaches.*

High in vitamin C

Good source of iron

High in calcium

Good source of fiber

# Eggplant

*Food fact...early Europeans believed eggplants caused insanity and called them "mad apples."*

Good source of dietary fiber

# Avocado

*Food fact...Brazilians add avocados to ice cream.*

High in monounsaturated (heart healthy) fat

# Apple

*Food fact...fresh apples float because 25% of their volume is air.*

High source of dietary fiber

# Cantaloupe

*Food fact...cantaloupes are named for the papal gardens of Cantaloupe, Italy, where some historians believe this fruit was first grown.*

High in vitamin C

High in vitamin A

Good source of folate (vitamin B9)

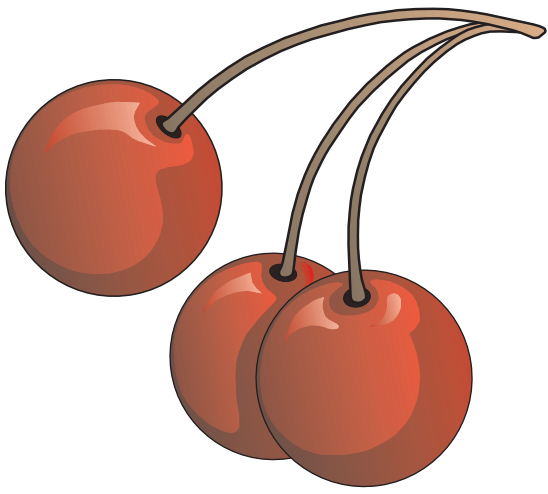
# Banana

*Food fact...bananas are the leading fresh fruit eaten in the United States.*

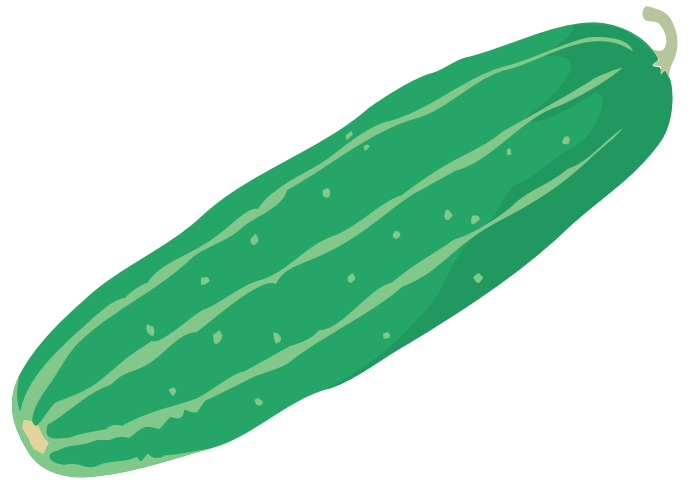
Good source of vitamin C

Good source of potassium

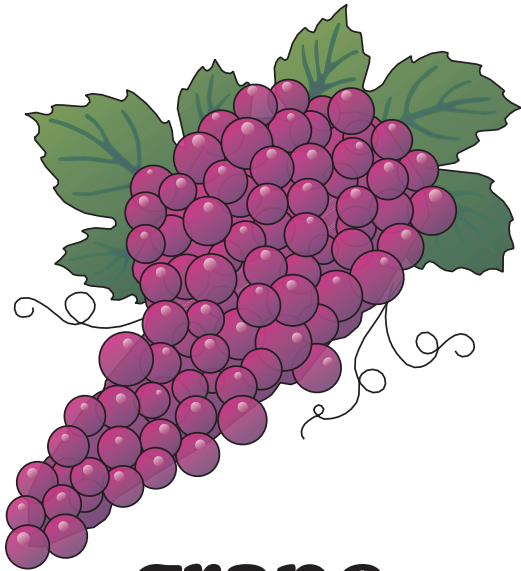
Good source of dietary fiber



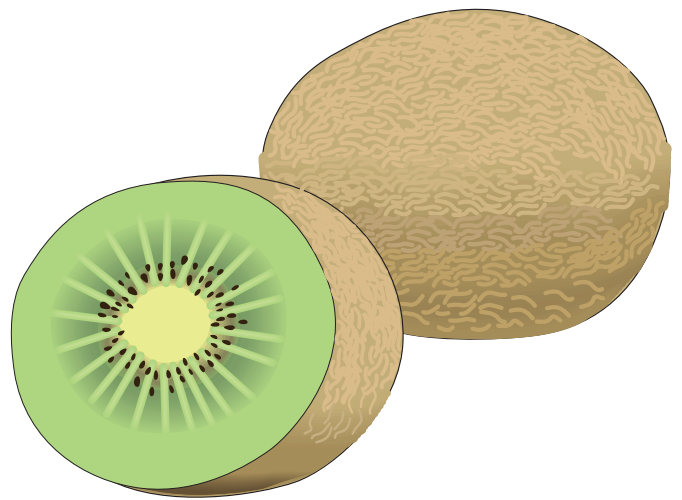
**cherry**



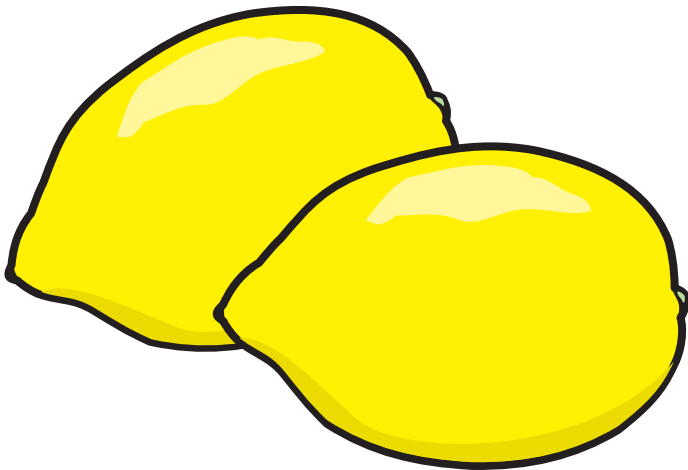
**cucumber**



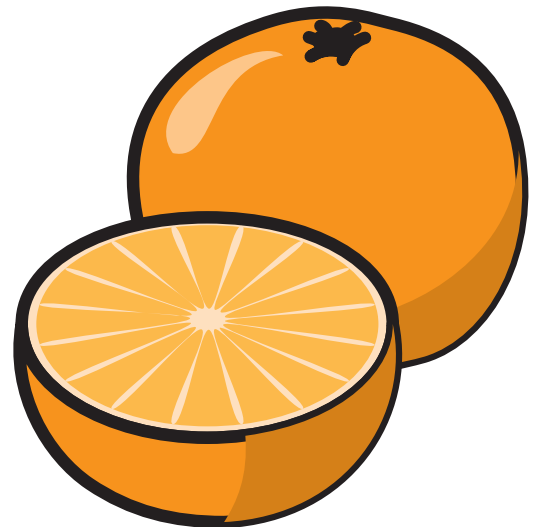
**grape**



**kiwi**



**lemon**



**orange**

# Cucumber

*Food fact...a cucumber's high water content causes the inside of a cucumber to measure up to 20 degrees cooler than the outside temperature. When a person is calm, we say they are "as cool as a cucumber."*

Good source of vitamin C

Excellent source of vitamin K (bone health)

# Cherry

*Food fact...it takes about 250 cherries to make a cherry pie.*

Good source of vitamin C

Good source of potassium

# Kiwi

*Food fact...kiwi can be used as a meat tenderizer.*

High in vitamin C

Good source of potassium

Good source of vitamin E

Good source of fiber

# Grape

*Food fact...a dried grape is a raisin.*

Good source of vitamin C

Excellent source of vitamin K (bone health)

# Orange

*Food fact...the proper name for an orange seed is a "pip."*

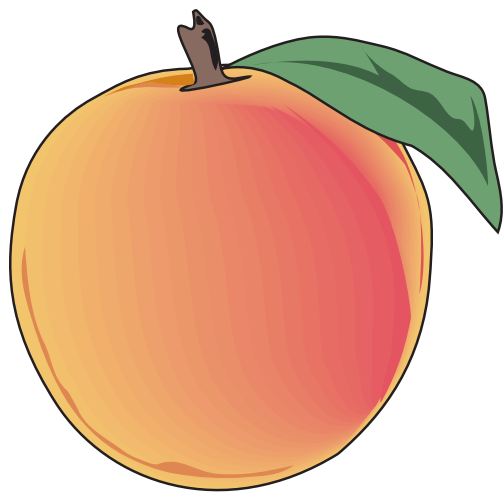
High in vitamin C

Good source of dietary fiber

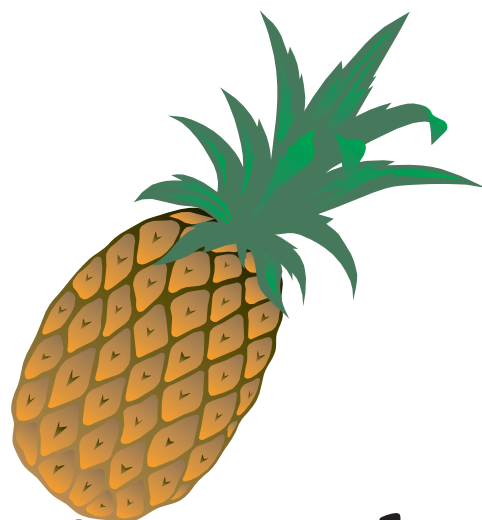
# Lemon

*Food fact...lemon trees bloom and produce fruit year-round. Each tree can produce between 500 and 600 pounds of lemons each year.*

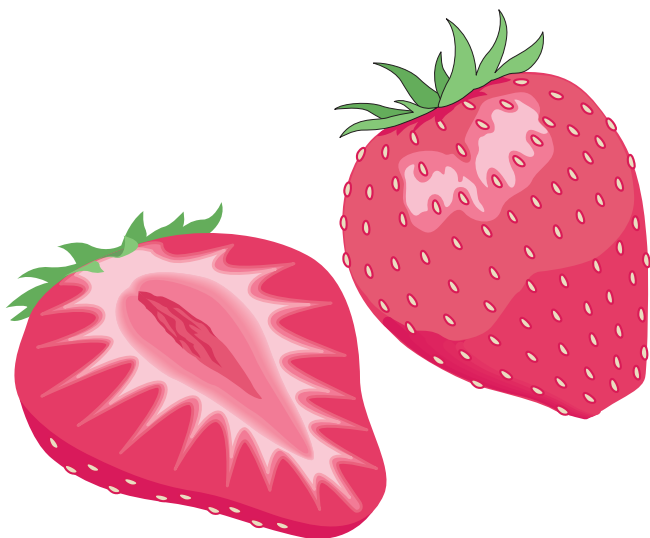
High in vitamin C



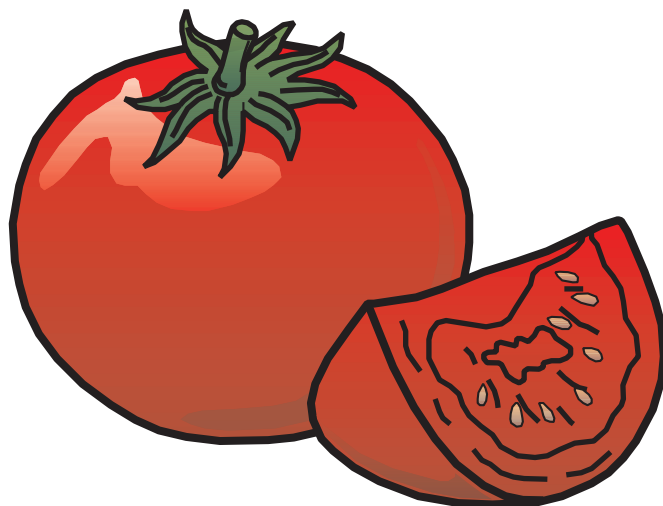
**peach**



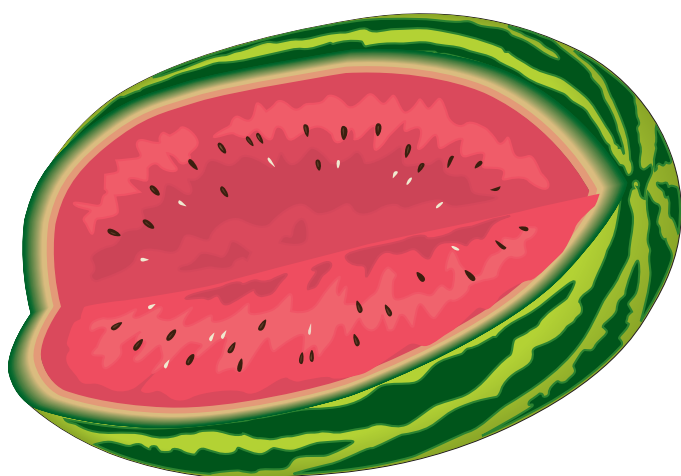
**pineapple**



**strawberry**



**tomato**



**watermelon**



**corn**

# Pineapple

*Food fact...images of pineapples can be found carved in pre-Incan ruins in Central and South America, where this fruit originated.*

High in vitamin C

# Peach

*Food fact...the peach is a member of the rose family.*

Good source of vitamin C

# Tomato

*Food fact...until the nineteenth century, tomatoes were mistakenly thought to be poisonous.*

High in vitamin A

High in vitamin C

Good source of potassium

# Strawberry

*Food fact...there are an average of 200 tiny seeds on every strawberry.*

High in vitamin C

High in folate (vitamin B9)

# Corn

*Food fact...there is one piece of silk for each kernel on an ear of corn.*

Good source of vitamin C

High in dietary fiber

# Watermelon

*Food fact...the largest watermelon on record to date weighed 350 pounds.*

High in vitamin C

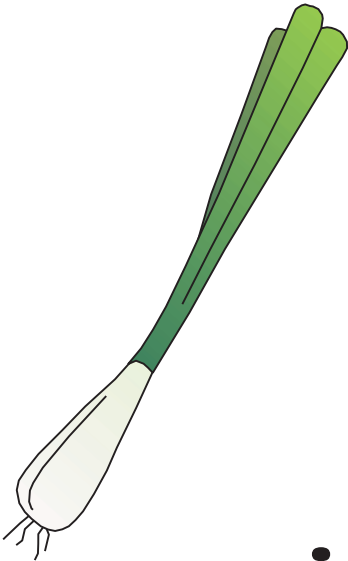
High in vitamin A



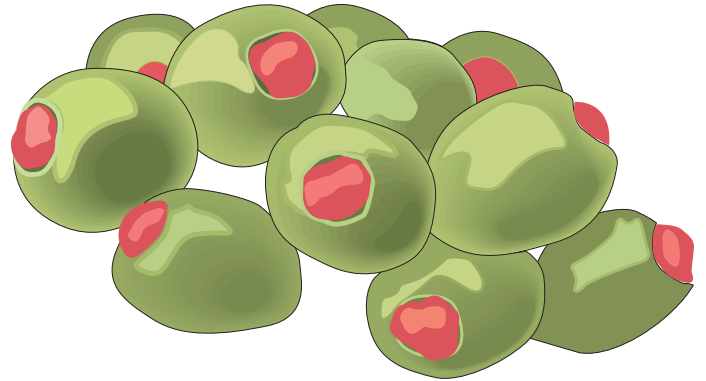
**pumpkin**



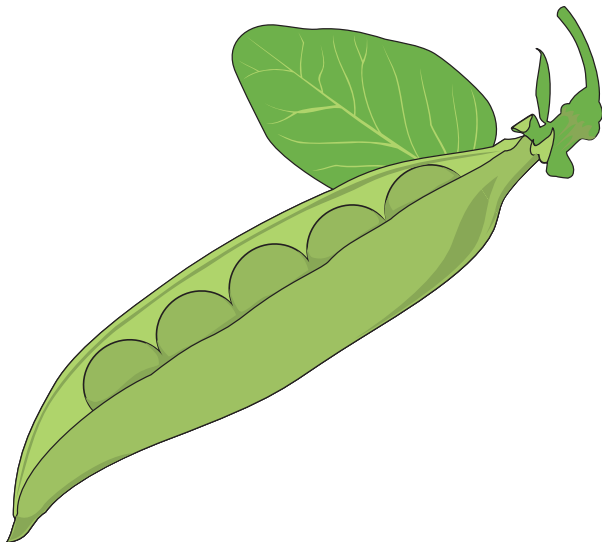
**mint**



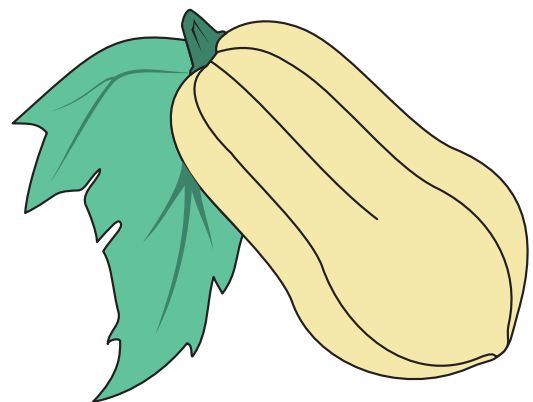
**green onion**



**olive**



**peas**



**butternut  
squash**

## Mint

*Food fact...early Romans believed mint would increase intelligence.*

Good source of vitamin A

Aids the digestion of food

## Pumpkin

*Food fact...pumpkins were once recommended for removing freckles and curing snake bites.*

Good source of vitamin C

Excellent source of vitamin A

## Olive

*Food fact...olive oil is the oil obtained solely from the fruit of the olive tree.*

High in monounsaturated (heart healthy) fat

## Green Onion

*Food fact...humans have been cultivating these onions since 3500 B.C.*

Good source of vitamin C

Good source of vitamin A

## Butternut Squash

*Food fact...a squash is a member of the gourd family. A dried squash, or gourd, can be used as a drinking vessel or storage jar and can last indefinitely.*

Good source of vitamin C

High in vitamin A

## Peas

*Food fact...peas originated about 10,000 years ago in the Middle East.*

High in vitamin C

High in vitamin A

Good source of iron

Good source of fiber