

Bell Peppers

- This sweet and crunchy vegetable is high in vitamin A, vitamin C, and B- vitamins.
- These nutrients keep your eyes healthy, keep you from getting sick, and help break down your food for energy.
- Bell peppers originated from Mexico, and Central and South America.
- Bell peppers come in red, green, yellow, orange, white, purple, and even black and brown.
- Bell peppers are not related to the black pepper that we use in food for seasoning.



Broccoli

- This vegetable is rich in vitamin A, vitamin C, and calcium.
- These nutrients are important for our vision, keep our gums healthy and help heal cuts on our skin, and help build strong teeth and bones.
- Broccoli was invented by crossing cauliflower seeds with pea seeds.
- It was first introduced to the United States by Italian immigrants.
- California produces almost all of the broccoli sold in the United States.
- Heaviest broccoli was grown in Alaska in 1993 and weighed 35 pounds.
- Thomas Jefferson, who loved gardening, grew broccoli seeds from Italy in the White House garden.



Celery Sticks

- This vegetable has lots of fiber, potassium, and folate.
- These nutrients protect your heart, help your body grow, and give you energy.
- Celery can reach the height of 3.5 feet.
- In ancient times, celery was used as a medicine to treat toothaches
- In Ancient Greece, celery was given as a prize to reward winners of athletic games.

Cucumbers

- This vegetable is high in water, vitamin K, and potassium.
- These nutrients keep your cells hydrated and working properly.
- Cucumbers are 95% water.
- Cucumbers originated in India over 3000 years ago
- China is the world's largest grower of cucumbers, producing over three quarters of the planet's cucumbers.
- Cucumbers have been grown in space.
- Cucumbers can be up to 2 foot long!
- There is a creature called the sea cucumber named because they look like the vegetable.



Oranges

- Oranges are high in vitamin c, which will help your immune system.
- Oranges are a good source of fiber and will help your eyes.
- Some types of oranges are: cara cara navel orange, Valencia orange, blood orange, Seville orange, lima orange, mandarin orange, and tangerines.
- Orange is associated with joy, sunshine, and the tropics, and represents enthusiasm, fascination, happiness, creativity, and DETERMINATION.
- Orange trees are a symbol of love.
- Oranges are believed to be native to the tropical regions of Asia, especially the Malay Archipelago; along with other citrus species, they have been cultivated from remote ages.
- Oranges originated in Asia in what is now called southeast China. Cultivated for at least 7,000 years in India and in China since 2,500 BCE and documented in China since 340 BCE.



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Plums

- There are more than 140 varieties of plums sold in the United States
- The Plums are a drupe—a pitted fruit— related to the nectarine, peach, and apricot
- Plums are far more diverse than its relatives, coming in a wider range of shapes, sizes and especially skin colors
- Some Plums varieties are specifically bred so that they can be dried and still retain their sweetness, and these are used for prunes
- A Plum would be in the blue/purple color group
- A Plum flavor vary from extremely sweet to quite tart



Raisins

- Raisins are dried grapes.
- Half of the supply of raisins comes from California.
- Raisins are high in Fiber.
- Raisins comes in purple, yellow, black, green, or blue.
- Selma, California, is the Raisin Capital of the World.



Watermelon

- This sweet fruit is a flowering plant that grows in the summer months in the U.S.
- Watermelon is high in Vitamin C.
- This fruit's high water content can help you stay hydrated during the hot summer months.
- Texas, Florida, Georgia & California grow 66% of the watermelon in the U.S.
- You can add watermelon to salads for a fresh and sweet taste.
- Freeze slices of watermelon into “popsicles” for an icy cold sweet treat.

