**Strawberries**

**WHAT:** Strawberries are a member of the rose family and have grown wild for centuries in the Americas and Europe.

**TASTE:** Strawberries have a sweet, slightly tart flavor and a soft crunch to them.

**USES:** Strawberries can be made into many different items, including jams and desserts, and are especially good in smoothies or in yogurt.

**SEASONS:** Fresh strawberries are available year-round. They taste the best when harvested in May.

**NUTRITION:** Strawberries are good for you because they are full of vitamins that keep you from getting sick and help grow strong muscles. They have vitamin C.

**FUN FACT:** The strawberry is the only fruit with its seeds on the outside. Each strawberry has more than 200 seeds!

**Raspberries**

**WHAT:** Red raspberries are from Europe and are a member of the flower rose family.

**TASTE:** Raspberries have a sweet, slightly tart taste and have a soft, crunchy texture.

**USES:** Raspberries are used in fruit juices and jam, and are great in smoothies or with yogurt.

**SEASONS:** Raspberry plants known as “canes” are planted in the winter for harvest in the summer.

**NUTRITION:** Raspberries are good for you because they have lots of vitamins and protect your body from pollution. They have vitamin C and B vitamins.

**FUN FACT:** There are many types of raspberries. They can be black, purple, gold and yellow!

**Blueberries**

**WHAT:** Blueberries are a dark blue berry originally from North America.

**TASTE:** Blueberries generally have a sweet taste and a soft texture.

**USES:** Blueberries may be used in a variety of foods, such as jellies, jams, yogurt, blueberry pies and cereal.

**SEASONS:** Blueberries are harvested from May to late summer.

**NUTRITION:** Blueberries are good for you because they have lots of vitamins to keep you from getting sick and help your brain grow. They have fiber and B vitamins, vitamin C and K.

**FUN FACT:** Blueberries can help improve your memory!

**Broccoli**

**WHAT:** Broccoli is a green flower that is part of the cabbage family. Broccoli is native to Italy.

**TASTE:** Broccoli has a crispy texture that has a hint of bitter and spicy. Eat it raw with a dip to create a very satisfying taste.

**USES:** Broccoli is great eaten raw or steamed. It is also good in sauces, soups or stir-frys.

**SEASONS:** Broccoli is a year-round plant and does well in cool weather places.

**NUTRITION:** Broccoli is a super vegetable because it is high in vitamins and helps your brain grow. It also protects you from getting sick. It has fiber and vitamin C.

**FUN FACT:** Broccoli can help improve your vision and help keep your bones healthy!

**Cherry Tomatoes**

**WHAT:** Cherry tomatoes are a small, round tomato.

**TASTE:** Cherry tomatoes have a sweet, acidic taste and a soft texture.

**USES:** Cherry tomatoes are great in salads or with a dip as an appetizer, in pasta salads or as a garnish.

**SEASONS:** Cherry tomatoes are available year-round from California, Mexico and Florida.

**NUTRITION:** Cherry Tomatoes are good for you because they help keep your bones healthy and help your brain grow. They have vitamins A, B, C and K.

**FUN FACT:** Tomatoes are really a fruit, but are considered a vegetable in cooking.

**Carrots**

**WHAT:** Carrots are a root vegetable. This means the part you eat grows in the ground.

**TASTE:** Carrots have a crunchy texture and a mild, sweet taste.

**USES:** Carrots are great raw with peanut butter and in salads, or cooked in soups, stews and stir-frys.

**SEASONS:** Carrots are available year-round. Their peak season is October through April.

**NUTRITION:** Carrots are very good for you because they are low in fat and they help your brain and nerves develop and stay healthy. They have fiber and vitamins A, K and C.

**FUN FACT:** The first carrots discovered were originally purple, red, white and yellow!
Grapes are sweet and juicy and have a firm texture. Grapes are a berry that grow on a vine. They are over 6,000 years old. Grapes are used in juice, jellies and jams. Grapes are also great eaten raw or dried into raisins. Grapes taste their best when harvested between July and December. Grapes have lots of minerals and vitamins to help your body fight bad diseases.

Collards are good for in soups or lightly sautéed with seasonings. Collards are available year-round but taste better when harvested in colder months. Collards are good for you because they help you digest your food. They have lots of vitamins and help your body fight bad diseases. They have vitamin C and fiber, as well as a lot of important nutrients.

Red bell peppers are great raw or roasted to add color and flavor to rice dishes, meat, soups and salads. Red bell peppers originally came from Mexico. Red bell peppers have a mild sweet taste and a crunchy texture. Red bell peppers are available year-round.

Spinach is perfect for salads and sandwiches and tastes great lightly sautéed as a side dish. Spinach is an edible flowering plant. Spinach has a sharp, bitter taste and a soft, chewy texture. Spinach tastes best when harvested between May and October. Spinach is good for you because it will help keep you from getting sick and keep your blood healthy. It has a lot of important nutrients your body needs.

Swiss chard is great in salads, soups or sautéed lightly as a side dish or addition to rice, or as a pizza topping. Swiss chard is a leafy green vegetable. While the leaves are always green, chard stalks vary in color. Swiss chard is a super food. It helps you digest food, helps your eyes see better and helps grow healthy bones and muscles. It has vitamin A, K and C and has a lot of nutrients to keep your body healthy and strong.

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Swiss chard is a super food. It helps you digest food, helps your eyes see better and helps grow healthy bones and muscles. It has vitamin A, K and C and has a lot of nutrients to keep your body healthy and strong.