

Fruit and Vegetable Flash Cards

WANTED



Sweet Potato

WANTED



Spinach

WANTED



Leaf Lettuce

WANTED



Sweet Corn

Spinach

Aliases: None

Description: A dark-green leafy vegetable that can grow up to about 12 inches tall. Its leaves can be smooth, crinkly and curly, or slightly crinkly.

Wanted for: Its delicious leaves that are packed with vitamin A and also contain vitamin C, folate, and the mineral potassium. Fueling up on spinach helps kids eat smart to play hard.

Known Associates: Member of the Dark-Green Vegetable Subgroup.

Last Known Location: Spring and fall gardens where temperatures are cool. In some areas of the country, spinach can survive the winter and starts growing as the soil thaws. It is popular in salads, including salads served in the school cafeteria.

Notes: Recipes with “Florentine” in their name contain spinach, such as “Eggs Florentine.”

Sweet Potato

Aliases: Sometimes mistaken for a yam (a starchy root that grows in Africa and Asia).

Description: This potato can have a light tan, orange, or purple skin. It can be a pale buff to deep orange color inside.

Wanted for: Its sweet root, which provides the mineral potassium, vitamins A and C, and fiber. Sweet potatoes are a delicious way to help make half your plate fruits and vegetables.

Known Associates: Member of the Red and Orange Vegetable Subgroup.

Last Known Location: Underground—dig it up in August through October. Also hangs out in supermarkets year round.

Notes: One large sweet potato equals 1 cup of veggies.

Sweet Corn

Aliases: Maize

Description: Usually yellow or white kernels attached to a cob.

Wanted for: Its seeds (the corn kernels). Corn helps kids eat smart to play hard.

Known Associates: Member of the Starchy Vegetable Subgroup.

Last Known Location: According to the 2007 Census of Agriculture (2009), sweet corn is harvested on over 28,000 farms and in all 50 States.

Notes: There is one strand of silk for each kernel of corn.

Leaf Lettuce

Aliases: Looseleaf, Oak Leaf, Red Leaf, and Green Leaf

Description: This lettuce does not form a head (like iceberg lettuce). Instead, its leaves attach at the stem. It can be yellow, green, red, reddish-bronze, or purplish.

Wanted for: Its crisp leaves, which give crunch to salads and sandwiches. The leaves provide vitamin A to help keep your eyes and skin healthy.

Known Associates: Member of the Dark-Green Vegetable Subgroup.

Last Known Location: In fall and summer gardens, leaf lettuce can go from seed to baby lettuce in just 3 to 4 weeks. Also found in salads everywhere.

Notes: High temperatures can make the leaves turn bitter in the garden.

WANTED



Swiss Chard

WANTED



Blackberry

WANTED



Broccoli

WANTED



Collard Greens

Blackberry

Aliases: Bramble Fruit

Description: A sometimes thorny bramble plant that produces a black or dark purple berry.

Wanted for: Its sweet and juicy fruit, which are loaded with vitamin C and also a good way to add fiber to your meal. Eating blackberries helps kids eat smart to play hard.

Known Associates: Member of the Fruit Group.

Last Known Location: On a bramble plant and ready to be picked between May and September. Oregon is the top grower of blackberries in the United States.

Notes: Blackberries are different from black raspberries! Blackberries have a solid center, while raspberries are hollow when picked.

Swiss Chard

Aliases: Leaf Beet, Seakettle Beet, and Spinach Beet

Description: Green leafy vegetable with white, yellow, or red stalks.

Wanted for: Its tasty leaves and stems that provide vitamins A and C and the mineral potassium. Eating Swiss chard helps kids eat smart to play hard.

Known Associates: Member of the Dark-Green Vegetable Subgroup.

Last Known Location: Frequently seen in fall and spring gardens, when the temperature is cool. Also found raw in salads or cooked in soups, on pizza, or served as a vegetable side dish.

Notes: The Bright Lights variety produces a rainbow of stem colors in your garden.

Collard Greens

Aliases: None

Description: A vegetable with smooth green leaves that grow at the top of a short, thick stalk.

Wanted for: Its leaves, which have vitamins A and C, folate, and fiber. Cooked greens are a Southern tradition—and superstitiously thought to bring good luck for the upcoming year when eaten on New Year's Day.

Known Associates: Member of the Dark-Green Vegetable Subgroup.

Last Known Location: Growing in gardens in warm weather.

Notes: Collard greens were made South Carolina's State Vegetable in 2011 after a third-grader at Rocky Creek Elementary School wrote to her State senator.

Broccoli

Aliases: The name "broccoli" comes from the Latin word brachium, which means "branch" or "arm."

Description: Its tree-like stalks are topped with umbrella-shaped clusters of purplish green florets.

Wanted for: Its flowers, which are packed with vitamin C and a good way to add fiber to your meal or snack.

Known Associates: Member of the Dark-Green Vegetable Subgroup.

Last Known Location: Growing in nearly every State, including Alaska and Hawaii. California is your best bet for "catching" it though; that State grows the most.

Notes: Raw broccoli and low-fat ranch dip is a great snack!

WANTED



Kale

WANTED



**Romaine
Lettuce**

WANTED



Acorn Squash

WANTED



Carrot

Romaine Lettuce

Aliases: Cos Lettuce (in Europe)

Description: This lettuce has a loaf-like shape with darker outer leaves.

Wanted for: Its crisp leaves, which provide your body with vitamin A and folate.

Known Associates: Member of the Dark-Green Vegetable Subgroup.

Last Known Location: In Caesar salads everywhere.

Notes: The Romans called it "Roman lettuce," due to their belief in its health and healing properties.

Kale

Aliases: Borecole

Description: Dinosaur kale has long blue-green leaves with a bumpy texture (like the hide of a dinosaur). Curly kale had ruffled leaves and a dark green color. There are also types of kale with flat leaves.

Wanted for: Its beautiful leaves, packed with vitamins A and C.

Known Associates: Member of the Dark-Green Vegetable Subgroup.

Last Known Location: On plates, as a cooked vegetable side dish and in soups.

Notes: A light frost (freezing temperature) makes kale's leaves sweeter. Kale can be baked with a little oil to make deliciously crunchy kale chips. Yum!

Carrot

Aliases: None

Description: A root vegetable that is most often seen orange but can be white, red, or purple.

Wanted for: Its crunchy root, packed with vitamin A. Carrots help kids eat smart to play hard.

Known Associates: Member of the Red and Orange Vegetable Subgroup.

Last Known Location: Underground.

Notes: One medium carrot is $\frac{1}{2}$ cup of vegetables. Six baby carrots equals $\frac{1}{2}$ cup of vegetables.

Acorn Squash

Aliases: Winter Squash (one of many types)

Description: An acorn-shaped vegetable. While it can be other colors, the most common is green. Inside, it is a golden yellow.

Wanted for: Its "fruit" part of the plant, which we eat as a vegetable. Acorn squash is a good way to add vitamin C, fiber, and potassium to meals so you can eat smart to play hard.

Known Associates: Member of the Red and Orange Vegetable Subgroup.

Last Known Location: Growing on a vine in fall or winter. Some varieties grow on a bush.

Notes: Squash was given to the settlers by the Native Americans.

WANTED



Tomato

WANTED



Pumpkin

WANTED



**Butternut
Squash**

WANTED



Green Peas

Pumpkin

Aliases: Winter squash (one of several). Its seeds are known as Pepitas.

Description: A round and orange (usually) vegetable attached to a vine by its stem.

Wanted for: Its fruit, which is eaten as a vegetable, and for its seeds. Pumpkin is packed with vitamin A.

Known Associates: Its fruit is a member of the Red and Orange Vegetable Subgroup. Its seeds are a member of the Protein Foods Group.

Last Known Location: Pureed and sold canned in grocery stores. Often eaten in soups and as an ingredient in breads and muffins.

Notes: The pumpkin was one of the foods of the first Thanksgiving.

Tomato

Aliases: Nightshade vegetable (one of several)

Description: Ripe tomatoes are often red, but there are yellow, orange, and purple varieties of tomatoes as well.

Wanted for: Its "fruit" that is eaten as a vegetable. Tomatoes provide vitamins A and C and some potassium. Tomatoes help kids eat smart to play hard.

Known Associates: Member of the Red and Orange Vegetable Subgroup.

Last Known Location: Growing in warm season gardens and on salad bars and on pizza and pasta in the form of tomato sauce in your school cafeteria.

Green Peas

Aliases: Pod Peas, English Peas, Shelling Peas

Description: Grass-colored green pods holding small round peas.

Wanted for: Its seeds (the peas!), which provide vitamins A and C, fiber, and some potassium. Green peas are a delicious way to help make half your plate fruits and vegetables.

Known Associates: Member of the Starchy Vegetable Subgroup.

Last Known Location: One of the first vegetables growing in gardens in early spring.

Notes: Thomas Jefferson's favorite vegetable.

Butternut Squash

Aliases: Winter squash (one of several)

Description: A large cylinder-shaped squash that is wider and rounder at the bottom. On the outside, its skin is camel-colored. Inside, the flesh is orange.

Wanted for: Its "fruit" part of the plant, which we eat as a vegetable. Provides vitamins A and C, fiber, and some potassium. Butternut squash is a great way to add color to your plate.

Known Associates: Member of the Red and Orange Vegetable Subgroup.

Last Known Location: Seed is planted in the spring and squash is harvested in the fall.

WANTED



Potato

WANTED



Asparagus

WANTED



Cabbage

WANTED



Beets

Asparagus

Aliases: None

Description: The most common variety in the United States has green stalks with purplish tips.

Wanted for: Its stem, for vitamins A and C and folate.

Known Associates: Member of the Other Vegetable Subgroup.

Last Known Location: Growing in California, Michigan, and Washington between January and June.

Notes: Europeans prefer white asparagus, which is grown underground to prevent it from turning green.

Potato

Aliases: Spud

Description: Types include the Russet (baking potato), Red-skin New, Long White Fingerling, and Blue/Purple-skinned Yellow Flesh.

Wanted for: Its root, which provides vitamin C and potassium.

Known Associates: Member of the Starchy Vegetable Subgroup.

Last Known Location: Underground, especially in Idaho, Washington, Wisconsin, Colorado, and Oregon.

Notes: Kids eat more potatoes than any other veggie. This is mostly in the form of French Fries. To eat smart to play hard, make sure to eat a variety of vegetables during the week.

Beets

Aliases: Beetroot

Description: The root can be red or golden.

Wanted for: Its root and leaves. Beets are a good source of folate for your growing body.

Known Associates: Member of the Other Vegetables Subgroup.

Last Known Location: Roasted or pickled on salad bars. Can often be found on hamburgers in Australia.

Notes: Eating beets can cause urine to become red or pink in color. This condition is called "beeturia." It is not harmful.

Cabbage

Aliases: None

Description: Red and Green cabbages form tight compact heads of leaves.

Wanted for: Its leaves, which provide vitamin C. Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Known Associates: Member of the Other Vegetable Subgroup.

Last Known Location: Being processed into coleslaw.

Notes: In the United States, cabbage is most in demand in March because of preparation of traditional corned beef and cabbage meals for St. Patrick's Day.

WANTED



Cauliflower

WANTED



Celery

WANTED



Vidalia Onion

WANTED



Artichoke

Celery

Aliases: None

Description: Light green stalks growing parallel and topped with leaves.

Wanted for: Its crunchy stems, which are eaten raw or sliced and cooked. Its root can also be eaten as a vegetable. The leaves and seeds can also be used as a flavoring/garnish.

Known Associates: Member of the Other Vegetable Subgroup.

Last Known Location: Growing in California and Michigan.

Cauliflower

Aliases: Cabbage Flower

Description: A compact head of white flower buds surrounded by green leaves.

Wanted for: Its flowers, which are packed with vitamin C.

Known Associates: Member of the Other Vegetable Subgroup.

Last Known Location: Growing in California—88 percent of all fresh cauliflower grown in the United States comes this State.

Notes: The green leaves that surround the head keep the flower buds from sunlight. The lack of sunlight prevents chlorophyll from developing. The result is the white color.

Artichoke

Aliases: Green Globe, Desert Globe, Big Heart, and Imperial Star

Description: A green bud that has many triangle-shaped scales.

Wanted for: Its flower bud, which is filled with vitamin C and fiber.

Known Associates: Member of the Other Vegetable Subgroup.

Last Known Location: Growing in California.

Notes: Taste best when prepared and eaten soon after harvest.

Vidalia Onion

Aliases: Sweet Onion

Description: A light-yellow onion.

Wanted for: Its sweet root, which provides vitamin C.

Known Associates: Member of the Other Vegetable Subgroup.

Last Known Location: Growing in Vidalia, Georgia, between April and June.

Notes: Georgia's official State vegetable since 1990.

WANTED



Parsnips

WANTED



**Green
Bell Peppers**

WANTED



Okra

WANTED



**Brussels
Sprouts**

Green Bell Peppers

Description: A large, green bell-shaped pepper.

Wanted for: Its crunchy fruit, which is eaten as a vegetable and is packed with vitamin C. Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Known Associates: Member of the Other Vegetable Subgroup.

Last Known Location: Growing in California and Florida; those States grow the most bell peppers.

Notes: Red bell peppers are actually green bell peppers that were allowed to ripen on the plant.

Parsnips

Aliases: None

Description: Looks like an off-white or light-yellow carrot.

Wanted For: Its root, which contains vitamin C and fiber.

Known Associates: Member of the Other Vegetable Subgroup.

Last Known Location: Growing in the winter in near freezing temperatures, which makes it sweeter.

Notes: Parsnips are eaten cooked. They are usually roasted, cooked and mashed, or eaten in soups and stews.

Brussels Sprouts

Aliases: None

Description: Look like tiny heads of cabbage.

Wanted for: Its leaves, which are high in vitamin C. Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Known Associates: Member of the Other Vegetables Subgroup.

Last Known Location: Growing in California.

Notes: Brussels Sprouts were named after the capital of Belgium where it is thought that they were first cultivated.

Okra

Aliases: Bindi, Bhindi, Lady's Finger, and Gumbo

Description: A fuzzy, green-colored, and ribbed pod that is approximately 2-7 inches in length. It has tiny seeds inside and a slimy or sticky texture.

Wanted For: Its fruit, which is eaten as a vegetable and is a great source of vitamin C. Vitamin C helps your body heal cuts and wound and to have healthy teeth and gums.

Known Associates: Member of the Other Vegetables Subgroup.

Last Known Location: In soups and stews, where okra's sticky insides help thicken the broth.

WANTED



Cucumber

WANTED



Apple

WANTED



Strawberry

WANTED



Raspberry

Apple

Aliases: Golden Delicious, Red Delicious, Fuji, Granny Smith, and many others.

Description: Round and found in all shades of red, green, and yellow. May range in size from a little bigger than a cherry to as large as a grapefruit.

Wanted for: Its sweet and crunchy fruit, which provides fiber and some vitamin C and the mineral potassium. Eating apples helps kids eat smart to play hard.

Known Associates: Member of the Fruit Group.

Last Known Location: Hanging on a branch of an apple tree. Served whole or sliced in many school cafeterias. These are a kid favorite.

Notes: Americans eat about 120 apples each in a year.

Cucumber

Aliases: Cukes

Description: Long dark-green vegetable (actually the fruit of the plant) that grows on a vine.

Wanted for: Its cool fruit, which is eaten as a vegetable.

Known Associates: Member of the Other Vegetables Subgroup.

Last Known Location: On vegetable trays and salad bars everywhere.

Notes: The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air. Hence the phrase, "Cool as a cucumber."

Raspberry

Aliases: Bramble Fruit

Description: Raspberries come in four colors: red, purple, black, and gold (yellow).

Wanted for: Its sweet and juicy fruit, which provide vitamin C and fiber. Eating raspberries helps kids eat smart to play hard.

Known Associates: Member of the Fruit Group.

Last Known Location: Washington State grows the most red raspberries.

Notes: The small hairs of raspberries are called stiles.

Strawberry

Aliases: Berries

Description: Bright red, heart-shaped fruit with seeds on the outside and a green cap.

Wanted for: Its tender, sweet fruit, which are packed with vitamin C. Eating strawberries helps kids eat smart to play hard.

Known Associates: Member of the Fruit Group.

Last Known Location: Growing on a plant in a garden, strawberry pot, or on a farm between April and July. California grows 83 percent of the strawberries in the United States.

Notes: Every strawberry, no matter the size, has about 200 seeds.

WANTED



Orange

WANTED



Peach

WANTED



Cantaloupe

WANTED



Pear

Peach

Aliases: Tree Fruit and Stone Fruit

Description: Round and about the size of a baseball. Skin color is yellow or cream, sometimes blushed with red. The flesh inside is usually yellow, but may also be white. There is a large pit in the center that is not eaten.

Wanted for: Its sweet fruit, which provides vitamin C and some vitamin A, fiber, and potassium. Eating peaches helps kids eat smart to play hard.

Known Associates: Member of the Fruit Group.

Last Known Location: Hanging out on the branches of a peach tree in California and the Southern States.

Notes: Georgia is known as the "Peach State."

Orange

Aliases: Navel, Valencia, Mandarin, and Chinese Apple

Description: Round and yellow-orange in color. Inside, there are juice segments with seeds.

Wanted for: Its juicy fruit, which are loaded with vitamin C. Also provides fiber and folate. Eating oranges helps kids eat smart to play hard.

Known Associates: Member of the Fruit Group.

Last Known Location: Hanging out in orchards on the branches of an orange tree.

Notes: Orange trees started in Southeast Asia. Travelers brought sweet orange seed and seedlings with them to the New World. By 1820, there were orange groves in Florida.

Pear

Aliases: Anjou, Bartlett, Bosc, Comice, Forelly, and Seckel, among others

Description: Seen in a variety of shapes, sizes and colors. Skin colors include green, golden yellow, and red.

Wanted for: Its sweet and juicy fruit, which provides fiber and vitamin C. Eating pears helps kids eat smart to play hard.

Known Associates: Member of the Fruit Group.

Last Known Location: Hanging out on the branch of a pear tree in a sunny garden or orchard. Washington, Oregon and California produce 97 percent of the pears in the United States.

Notes: About 40 percent of pears in the United States are eaten as canned pears. Canned pears packed in 100 percent juice or water have less sugar than those canned in heavy syrup.

Cantaloupe

Aliases: Muskmelon

Description: Round with a light-brown rind (thick skin) and orange flesh with seeds in the center.

Wanted for: Its very sweet fruit, which is loaded with vitamin A and vitamin C. Eating cantaloupe helps kids eat smart to play hard.

Known Associates: Member of the Fruit Group.

Last Known Location: Growing on vines in gardens and on farms.

Notes: Melon seeds were transported to North America by Christopher Columbus and eventually Spanish explorers grew them in California.

WANTED



Grapes

WANTED



Watermelon

WANTED



Navy Beans

WANTED



Lentils

Watermelon

Aliases: Allsweet, Ice-Box, Seedless, and Yellow Flesh

Description: Green and round or oblong, weighing between 5 and 30 pounds. Inside, most have red flesh but there are orange- and yellow-fleshed varieties. Some have seeds and some are seedless.

Wanted for: Its sweet and juicy fruit, which is loaded with vitamins C and A. Eating watermelon helps kids eat smart to play hard.

Known Associates: Member of the Fruit Group.

Last Known Location: Lying around on the ground attached to a vine in large gardens where it is warm for most of the year. Georgia, Florida, Texas, California, and Arizona are the top producers of watermelon.

Notes: Watermelon originated in Africa over 5,000 years ago. Americans eat about 17 pounds of watermelon a year.

Grapes

Aliases: Thompson, Flame, Ruby, Perlette and Tokay

Description: Small, round, seen in many colors: black, blue, blue-black, golden, red, green, and purple.

Wanted for: Its sweet and juicy fruit. Power up with grapes at snacks.

Known Associates: Member of the Fruit Group.

Last Known Location: In orchards, growing in clusters on vines. Many grapes are grown in Nebraska, but most grapes eaten in the United States are grown in California.

Notes: Grapes are about 80 percent water, making them a delicious low-calorie snack or dessert. Raisins are dried grapes and contain only about 15 percent water.

Lentils

Aliases: None

Description: Can appear in a variety of colors, such as yellow, red-orange, green, brown, and black. The lentil is very small and hard to spot sometimes; it is about as wide as a pencil eraser, but flatter than a pancake!

Wanted for: Its seeds, which contain fiber, protein, and folate. Lentils help kids to eat smart to play hard.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: In an Indian recipe known as Dal.

Navy Beans

Aliases: Pea Beans and Haricot Beans

Description: A small white bean, sold dried or canned.

Wanted for: Its seed, which is full of fiber, folate, and protein. Power up with beans at lunch or dinner.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: North Dakota grew the most in the United States in 2009. Often a key ingredient in baked beans—check your school cafeteria.

Notes: Navy beans are a key ingredient in Senate Bean Soup, which is sold in the U.S. Senate restaurant every day.

WANTED



**Black-eyed
Peas**

WANTED



Black Beans

WANTED



Pinto Beans

WANTED



**Garbanzo
Beans**

Black Beans

Aliases: Turtle Beans

Description: When dried, they are small and shiny. When fresh, they can be found growing on bushes, hiding out inside pods (like a pea pod).

Wanted for: Its seeds, which contain fiber, protein, and folate. Power up with black beans in soups and quesadillas.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: Used in the national dish of Brazil, called “feijoada,” which is a stew made with beans, beef, and pork. They are also very popular in Cuba, served in Black Bean Soup.

Black-eyed Peas

Aliases: Cow Peas

Description: Black-eyed peas grow in a pod, just like green peas. The black “eye” (or spot) is where the tan pea attaches to the pod.

Wanted for: Its seed, which is packed with fiber, protein, and folate. Black-eyed peas are a tasty vegetable to try.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: Black-eyed peas like warm weather to grow, so they avoid chilly areas that can frost at night.

Notes: Some believe that if you eat black-eyed peas on New Year’s Day, you will have good luck all year. Whether or not that’s true, it is certainly a healthy way to try your luck!

Garbanzo Beans

Aliases: Chick Peas, Falcon Faces
(in ancient Egypt)

Description: Garbanzos are rounder than most other beans. They are a very light tan color. They grow in a pod, on plants that can grow 1-2 feet high. Each pod usually contains two or three garbanzos inside.

Wanted for: Its seeds, which contain fiber, protein, and folate. Eating garbanzo beans helps kids eat smart to play hard.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: Mashed up with garlic, olive oil, lemon juice, and spices to make hummus. Hummus is used as a dip for vegetables and bread, or can also be spread on a sandwich.

Pinto Beans

Aliases: Mottled Beans

Description: Named after the “pinto” horse, it is a light reddish tan in color, with darker speckles all over.

Wanted for: Its seeds, which contain fiber, protein, and folate. Pinto beans are a delicious way to help make half your plate fruits and vegetables.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: Mashed up as refried beans or as an ingredient in burritos.