

# Apple is a fruit!

Apple starts with A!

Apples can be eaten:  
raw  
baked (apple pie, crisp)  
jellies and jams  
juice or cider  
canned  
dried fruit

There are many  
varieties of apples  
and can be red,  
green, or yellow

Apple trees grow from a seed inside an apple. The seed needs soil, water and sunlight to grow. Do not eat the seeds, because they contain cyanide, which is toxic!





# Apricots are fruits!

Apricots are most often eaten whole or dried, but can also be used in jam, marmalade, juice, or baked goods



Apricots originated in Asia



*Apricot starts with A!*

Apricots are orange in color

Apricots grow in continental and Mediterranean climates and need cold winters. Sometimes they can be grown in Wyoming!





# Banana is a fruit!

Bananas are sweet in flavor, a mushy texture and have a very sweet smell.

The fruit is variable in size, color and firmness, but is usually elongated and curved, with soft flesh rich in starch covered with a rind which may be green, yellow, red, purple, or brown when ripe.



Americans eat 100 billion bananas a year. That's 27 pounds per person!



Bananas grown in Latin America on plantations. A plantation is a large piece of land usually in a tropical area where one crop is specifically planted and tended by resident laborers.



Bell Peppers can be:

Green

Red

Yellow

Orange

Lavender

Purple

Brown

Black

White

Bell Peppers are actually **fruits**  
(look inside, you'll find seeds)!

But as a food we consider  
them a **VEGETABLE**

Peppers are  
originally from  
South and Central  
America, but are  
now grown all over  
the world

Pepper starts with P!

Peppers can be eaten  
raw or cooked

Bell peppers are  
**sweet** unlike  
other peppers  
that are spicy





# Blood Oranges are fruits!

Blood Oranges are eaten:

Raw

Juice

Salads

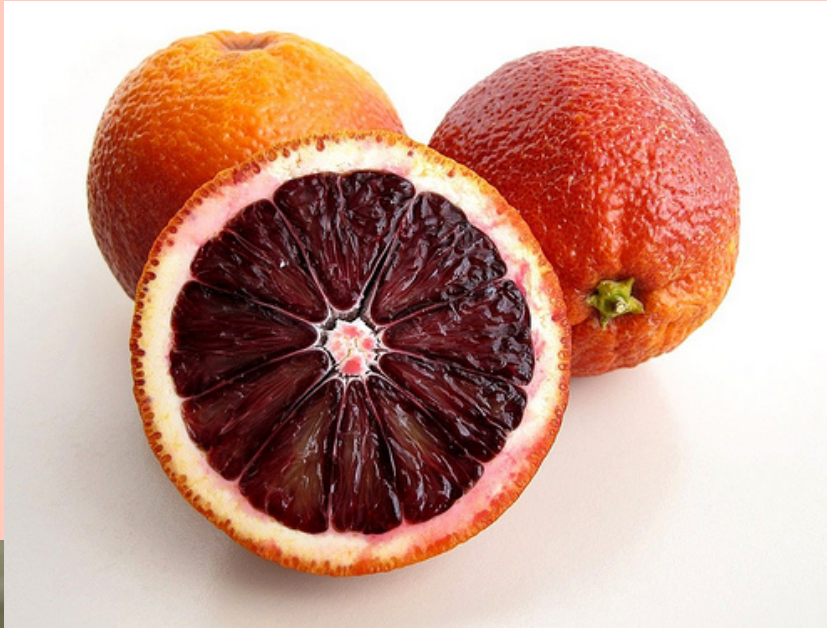
Peel used as zest

Marmalade

Gelato or sorbet

Salad dressing

Baked into cake



Blood starts with B!  
Orange starts with O!



Blood Oranges have  
crimson/maroon flesh

The dark color gives Blood  
Oranges more antioxidants  
than other oranges



Blood Oranges are  
native to China or the  
Mediterranean and very  
popular in Sicily, Italy



# Blueberries are fruits!

*Blueberry starts with B!*



Blueberries can be eaten:  
raw  
baked (blueberry pie, crisp)  
jellies and jams  
dried fruit

Blueberry flowers are white and edible!  
The flower grows into a berry after it is  
pollinated by a bee.



If you bite a blueberry in  
half, you can find tiny  
seeds that you can eat!



Blueberries grow on low  
growing shrubs in cold-climates





# Carrots are Vegetables

Carrot starts with C!

Carrots can be eaten:

raw

cooked

juice

carrot chips

baked (carot cake)

pureed (baby food)

The **ORANGE** color  
comes from beta-  
carotene

Carrots are **ROOTS** that  
grow down into the soil!



Carrots are usually orange, but can  
be **red**, **purple**, **yellow**, or **white**





# Cauliflower is a VEGETABLE

We eat the young FLOWER of the cauliflower plant!

Multicolored cauliflower is from selective breeding  
The ORANGE, GREEN, and PURPLE varieties are higher in certain nutrients

*Cauliflower starts with C!*



Cauliflower can be eaten  
Raw  
Roasted  
Boiled  
Fried  
Steamed





# Celery is a Vegetable!

*Celery starts with C!*



We eat the **STEM** of the celery plant! You can eat the leaves, but they are more bitter and usually used for flavoring



Celery separates into "strings"

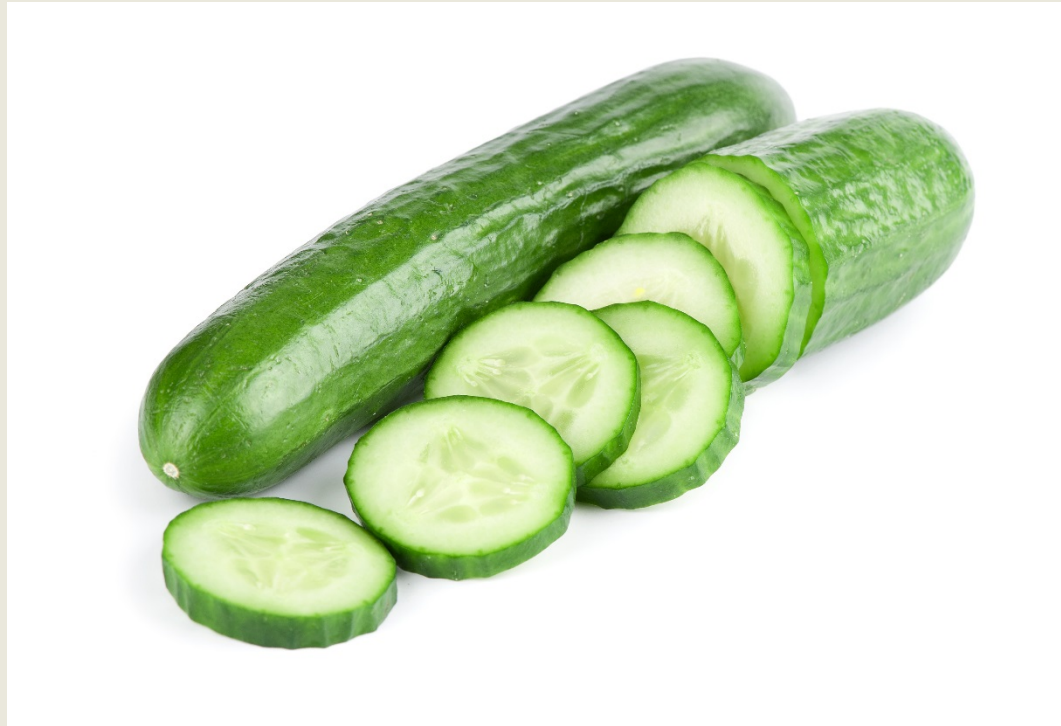


Celery can be eaten raw or cooked. It adds flavor to soups, salads, and casseroles. Celery seed is used as a spice.



# Cucumber is a Vegetable!

Cucumber is actually the fruit of the vine. Look inside... there are seeds that you eat!



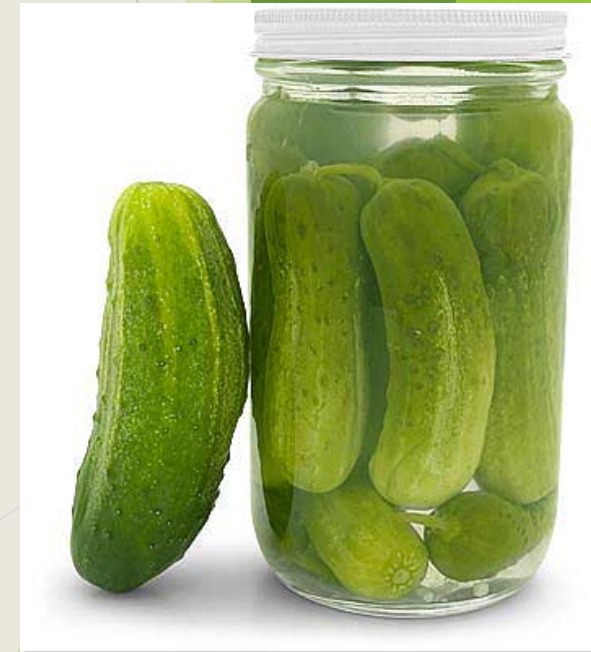
*Cucumber starts with C!*

Cucumbers are cylindrical in shape



This is the old dried flower

Cucumbers were originally grown in India, but now grow all over the world!



Pickles are made from cucumbers



Raisins are dried  
grapes!



Grapes can be eaten  
raw or made into  
Wine  
Juice  
Jam & Jelly  
Vinegar  
Grape seed oil  
Grape leaves



Grapes can be:

Green

Red

Dark Blue

Purple

Black

Pink

Yellow

Orange



# Grapes are fruits



Grape starts with G!

Grapes grow on vines





Kiwi is the edible berry of a woody vine. They grow kind of like a grape.



Kiwi is native to China where it grows wild. Kiwi is grown commercially now in New Zealand.



# KIWI FRUIT

## KIWI

Or  
Chinese Gooseberry



You can eat the whole Kiwi even the fuzzy brown skin! Most people choose not to eat the skin because of its texture.

Kiwi is very sweet and juicy.

Kiwi is known as a **SUPER FRUIT**, because of all the vitamins and nutrients it contains. They help your eyes, heart, lungs, bones and teeth with all their **SUPER POWERS!**



The first Kiwi was imported to the United States from New Zealand in 1966.

The U.S. now grows about 26 tons of kiwi a year, mostly in California.





# Kumquats are fruits!

Kumquats are related to oranges, but are much smaller!

You can eat your whole kumquat, skin all! The skin is sweeter than the inside.

Kumquat trees are evergreen, meaning they keep their leaves all year long!

*Kumquat starts with K!*

Kumquats are native to southern Asia. Kumquat is a Chinese word meaning "golden tangerine".



Kumquats ripen in the late fall and winter!





# Lemon Plum is a FRUIT!

Lemon Plums are a rare fruit from Chile



Lemon Plums change from YELLOW to ORANGE to REDDISH PURPLE as they ripen

Lemon Plums are only available in the US in February!

Lemon starts with L!  
Plum starts with P!

They taste like a plum, but have a little bit of a tangy lemon aftertaste!

Lemon Plums may be a cross between lemons and plums!





# Mandarinquats are FRUITS!

Blood Oranges are eaten:

Raw

Juice

Zest from the peel

Salads & Dressings

Sauce

Puree

Preserves



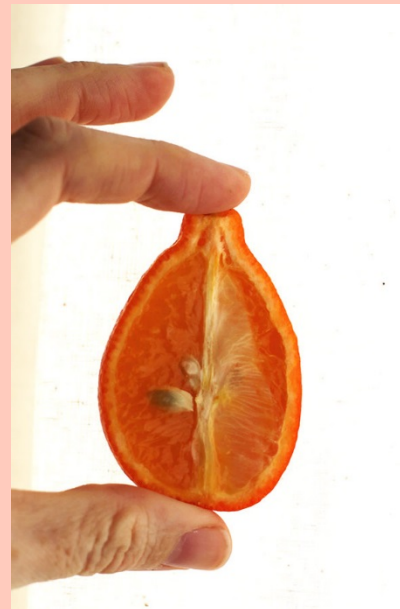
*Mandarinquat starts with M!*

Like other citrus,  
mandarinquats are in  
season during the  
winter

Mandarinquats are a  
hybrid of a mandarin  
and a kumquat

Like kumquats,  
mandarinquats can be eaten  
whole, including the peel.

Be careful when you bite  
into your mandarinquat -  
there are lots of seeds!





# M is for MANGO



Mangos are the most cultivated tropical fruit in the world.



MANGOS ARE A GREAT SOURCE OF VITAMIN C.

MANGOS CAN BE ENJOYED, BOTH FRESH, GRILLED, USED AS MARINADES, SMOOTHIES, CANDIES AND JELLIES



Did you know giving a basket of mangos to someone is considered a gesture of friendship.

Maybe we should give mangos instead of Valentine's candies.



Mango trees can grow as high as 130 feet and can bear fruit for 300 plus years! That's a long time.



# Nectarines are FRUITS!

Nectarines are similar to peaches, except their skin is smooth instead of fuzzy! They can both grow on the same tree!



Nectarines have a pit in the center. The “pit” is actually the seed that a new tree can grow from.

Nectarines and peaches originated in China

*Nectarine starts with N!*

Nectarines can be eaten:  
raw  
juice  
baked  
marmalade or jam





# ORANGES

California and Florida are large producers of oranges in the [US](#).

Around 85% of all oranges produced are used for juice.

There are now over 600 varieties of oranges worldwide.

There are typically ten segments inside an orange.

Oranges have a high amount of vitamin C.

oranges grow on trees



Oranges are eaten:  
Raw  
Juice  
Salads  
Peel used as zest  
Marmalade is a type of jelly  
Sorbet  
Salad Dressings and much more..



It is believed that Christopher Columbus was the first to bring orange seeds to America during his second voyage to the region in 1493.





# Parsnips are VEGETABLES

Parsnips are the root of the plant



Parsnips can be eaten

Raw  
Cooked  
Roasted  
Boiled  
Fried  
Steamed  
Pureed

Parsnips are related to carrots and parsley

Parsnips are best when picked in the winter, because frost makes them sweeter!



The roots of parsnip are edible, but the sap in the shoots are toxic!

*Parsnip starts with P!*





# Peaches are FRUITS!

Peaches are most often eaten whole, but can also be dried or used in jam, marmalade, juice, or baked goods



Peaches originated in China.

Peaches have fuzzy skin, unlike nectarines, which are smooth

*Peach starts with P!*

Peaches can have white or yellow flesh





# Pear is a fruit!

*Pear starts with P!*



Pears can be eaten:

raw  
canned  
dried fruit  
jellies and jams  
juice or cider

Pears are native to  
Europe, North Africa,  
and Asia, but are  
now grown all over  
the world

In the spring, a pear tree will blossom with flowers. If a bee carries pollen from a flower on one tree to a flower on another tree, then the flowers will develop into delicious pears!



The wood from pear trees is used to make wind instruments, kitchen spoons, and furniture.



Pineapples are a  
tropical fruit

Pineapple is a fruit!

Pineapple starts with P!

Pineapples can  
be eaten:  
raw  
juice  
cooked

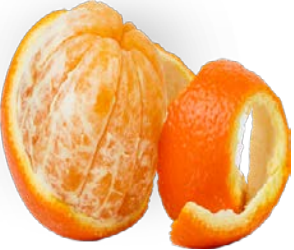
Pineapples are native  
to South America



Pineapple leaves are  
used as a fiber for  
clothing and furniture  
in the Philippines





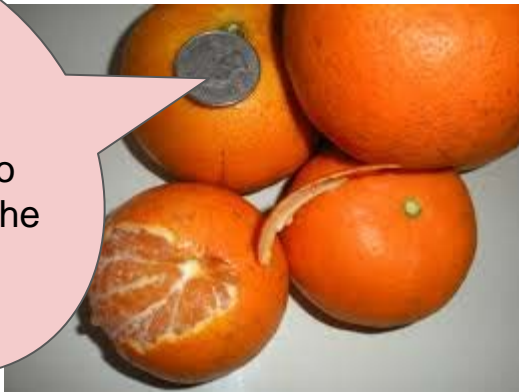


# PIXIE MANDARIN TANGERINES

A scientist in California was trying to cross two types of Mandarin Oranges in 1927 and the result was a Pixie Mandarin Tangerine.



Look at the size of the quarter compared to the size of the fruit. Pixies are small!



Pixies have a lower acid content. Making them ideal for small children and people that are sensitive to acidic foods.

This fruit contains about 50 calories. Is an excellent source of vitamin C, fiber, and potassium. All which your body needs to help fight the common cold.

Pixies have a high sugar content as well, in the form of fructose.

Knock, Knock

Who's there!

Orange

Orange who?

Orange you going to open the door?





Plums grow on trees!

Plums are **FRUITS**

Plum starts with P!



Plums can be sweet or tart



Plums can be:

Purple

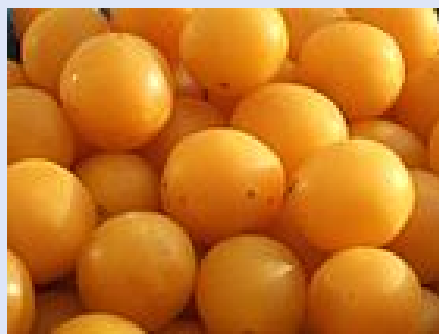
Green

Red

Dark Blue

Black

Yellow



Plums can be eaten raw or made into:  
Prunes  
Wine  
Juice  
Jam & Jelly

Prunes are dried plums!





# Pomegranates are fruits!

Pomegranates are eaten:

Raw

Juice

Salad dressings

Pomegranates grow on a large bush that can grow to be 200 years old! The fruit ripens in the fall and winter



The part you eat are the seeds. The juicy pulp is the seed coat.

Pomegranates are native to Iran (Middle East)



The bottom of this flower is where the fruit starts to grow

Pomegranate starts with P!

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# Rambutan is a FRUIT!

Rambutan starts with R!

Rambutan fruit are similar to the inside of a grape in texture & taste. Do not eat the large seed inside!



Rambutans are native to Southeast Asia, but are now grown in Hawaii, Mexico, and other tropical areas.

Rambutan means "hairy" in the Malay language.

Rambutans grow on a medium-sized tropical tree.

Look! Monkeys love to eat rambutan too!



*Just because it is hairy, doesn't mean it's scary!*



07.08.2006



# RED PEARS

The Red pear is a natural occurring mutation of Green Anjou Pear tree. A Bud Sport which is a shoot or branch that is different than the other parts of the plant, caused by a mutation.

There is no difference between the Green Anjou Pear And the Red Anjou Pear other than color.



Pears are good for you! They help boost your immune System to help your body fight colds..



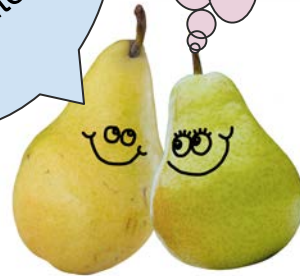
There are over 3,000 types of pears found around the world today.

Here is a few of the most popular types of pears found in the U.S.



What are twin's Favorite fruit??

Pears (pairs)







# SATURN PEACH

Peaches have a fuzzy skin that is completely editable.

Saturn Peaches are known to be sweeter in taste than other peaches and have a hint taste of almond.

Saturn Peaches flesh is pure white instead of the orangish color that we are use to seeing in the lunchroom.

Saturn peaches were introduced to the U.S from China in 1869. They didn't become popular until the 1990's.



Saturn Peaches are also called Donut Peach because of the way they are shaped.



PEACHES ARE FRUIT!



wiseGEEK

- There are over 700 varieties of peaches.
- The first peach orchard documented in the U.S. was in 1565 located in Florida.
- Peaches are the third most popular fruit grown in the U.S.
- Peaches are a good source of Vitamins A, B & C.
- A medium peach contains only 37 calories.



# Snow Peas are VEGETABLES

Snow Peas are eaten  
whole in their pod



The stem and leaves are  
used in Chinese cooking

Snow Peas probably got their  
name because they can be  
planted right after the snow melts  
and are cold-hardy, meaning they  
can survive a frost

Snow Peas  
are among  
the oldest  
crops on  
earth!



*Snow starts with S!  
Pea starts with P!*



# SWEET POTATOES

Sweet potatoes and Yams are not the same. They are botanically two different vegetables.

YAM



SWEET  
POTATO



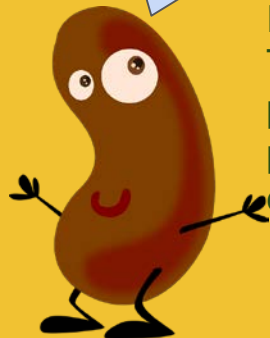
The sweet potato plant has a beautiful flower.



DID YOU KNOW??

The USA produces 2.4 billion pounds of sweet potatoes a year! We consume about 5 pounds of them ourselves each year.

How do you like sweet potatoes?



Fun Fact:  
The largest sweet potato weighed 81 pounds! That's a lot of sweet potato fries!



sweet potatoes grown in the ground like regular potatoes.

You can eat the whole sweet potato, the skin is full of vitamins. You can eat them raw, cooked, in smoothies, pancakes and pie.





# Tangelos are fruits!

Tangelos are easier to peel than oranges!



*Tangelo starts with T!*

Tangelos can be eaten:  
raw  
juice  
salad dressing

Like other citrus,  
tangelos ripen in the  
WINTER

A **Tangelo** is a hybrid  
between a **Tangerine** and a  
**Pomelo** (grapefruit)

