Fun with Summer Fruits & Vegetables!

Summer brings so many tasty fruits and veggies in season that you can find at the Farmers' Market! Why eat in season?

😊 They taste great!
⚠️ Full of vitamins and minerals!
☯ Better for the Earth!

Directions: Color in the summer produce.
Then create your own recipe using a summer fruit or vegetable. After you create your recipe, see if you can try to make it at home!

Recipe: ____________________________

Ingredients: ____________________________

Directions:
1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________

Directions: Follow the summer produce to get to the Farmers’ Market!
Who am I?

We are Summer fruits and veggies. With the clues can you guess who we are? Draw a line from the clue to the correct fruit or veggie.

1. I am used to make spaghetti sauce and ketchup!
2. I am fuzzy on the outside and have a seed inside called a "pit"
3. I am green on the outside and red on the inside
4. I can be green, orange, red and yellow!

Who am I?

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Word Bank

Cucumber
Watermelon
Corn
Squash
Cherry
Plum
Blackberry
Peach
Tomato
Blueberry
Bell Pepper