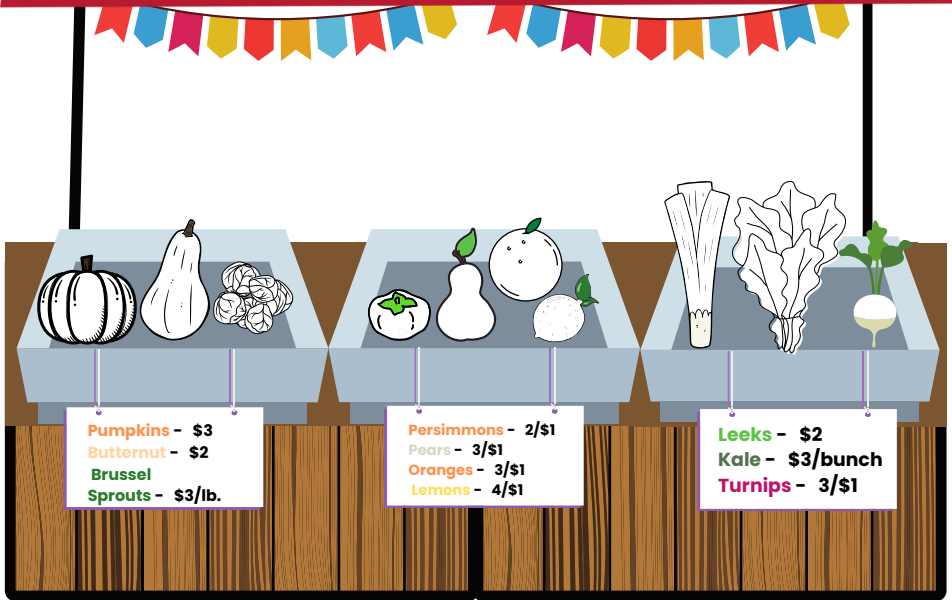


# Winter Fruits and Vegetables

Fruits and vegetables are great for us, and we should eat them at every meal if we can.

Buying fruits and vegetables that are in season at a farmers' market is a fun way to:

- Save money
- Maximize the flavor and nutritional value of your produce
- Support local farmers
- Reduce the impact the production of your food has on the environment



## Directions:



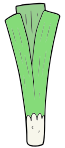


- 1) Color each winter fruit or vegetable with the color that matches its name on the signs. The produce names are listed in the same order they are placed in the crates.
- 2) As you color, think about which fruits and vegetables you have tried. In what ways have you tried them (fresh, cooked, frozen, canned, pickled)?
- 3) Circle the fruits and vegetables you have not tried. Think about ways you might prepare them, and consider giving them a try the next time you are shopping!

Find the names of some other winter produce items in the grid. Words may be diagonal or backwards!

L	P	I	N	S	R	A	P	D	E
I	O	U	A	R	I	O	S	A	N
M	M	T	T	E	D	O	F	S	I
E	O	N	E	A	D	N	A	G	R
Y	I	W	C	A	I	N	D	E	E
N	N	O	C	F	T	E	I	R	G
C	V	O	P	B	A	R	L	H	N
A	R	B	E	E	T	R	C	N	A
G	R	A	P	E	F	R	U	I	T

- Lime 
- Avocado 
- Beet 
- Grapefruit 
- Tangerine 
- Parsnip 

Imagine you have \$20 to spend on fresh fruits and vegetables at your favorite farmers' market. Based on the produce items available on the other side of this paper and their prices, come up with a list of the items you would choose and how many. Keep in mind how you might prepare and eat them.

<u>Item</u>	<u>Amount</u>	<u>Item Cost</u>
<b><u>Total Cost:</u></b>		

