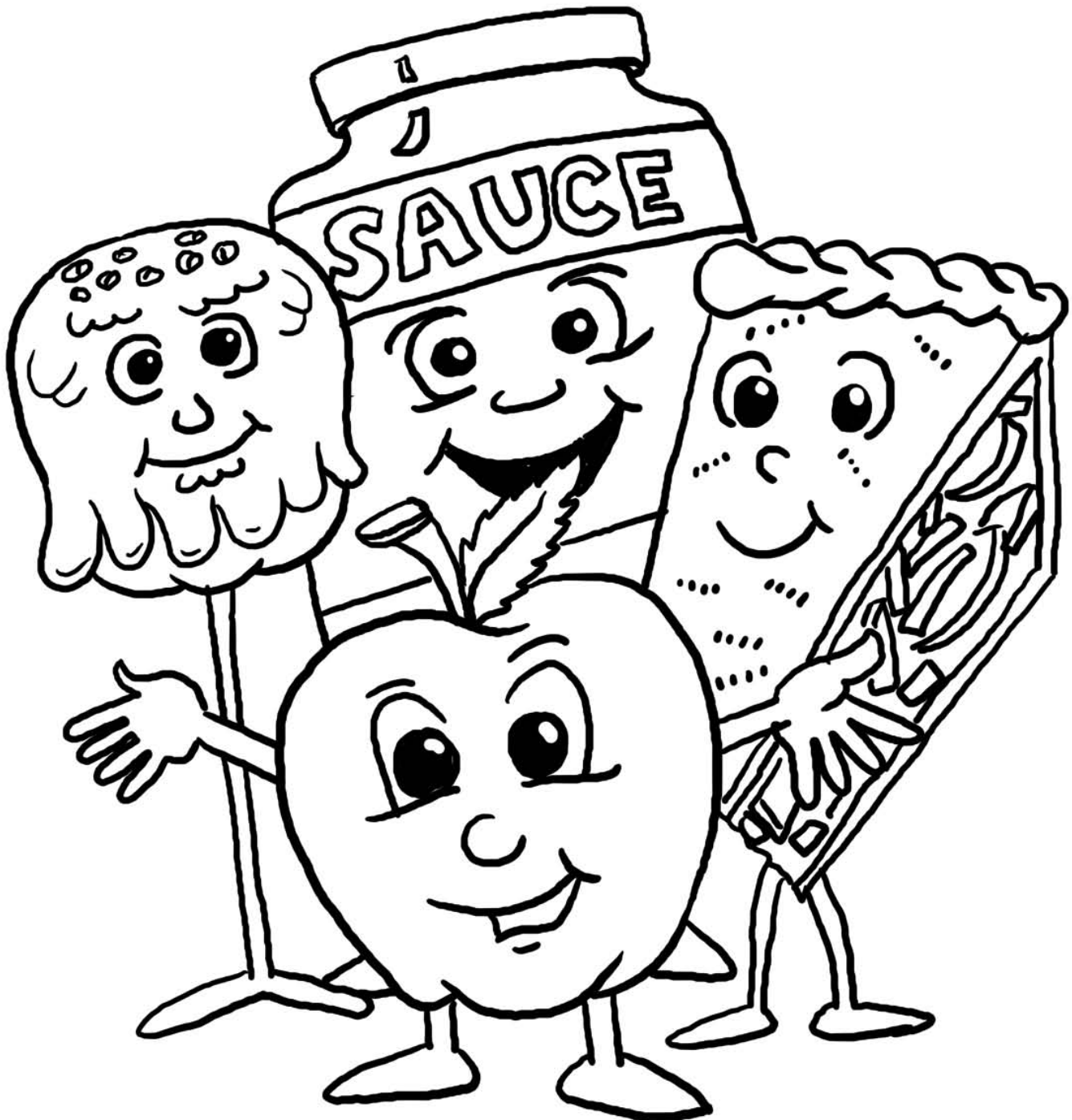


# Food Fun Coloring Book



# A is for Apples

Have you heard people say, "An apple a day keeps the doctor away"? As a snack or part of a meal, they are delicious. You can have them as applesauce, apple pie, taffy apples or just plain apple slices. Apples are yellow, red or green. See if there is an orchard close by where you can pick your own.



# A is for Asparagus

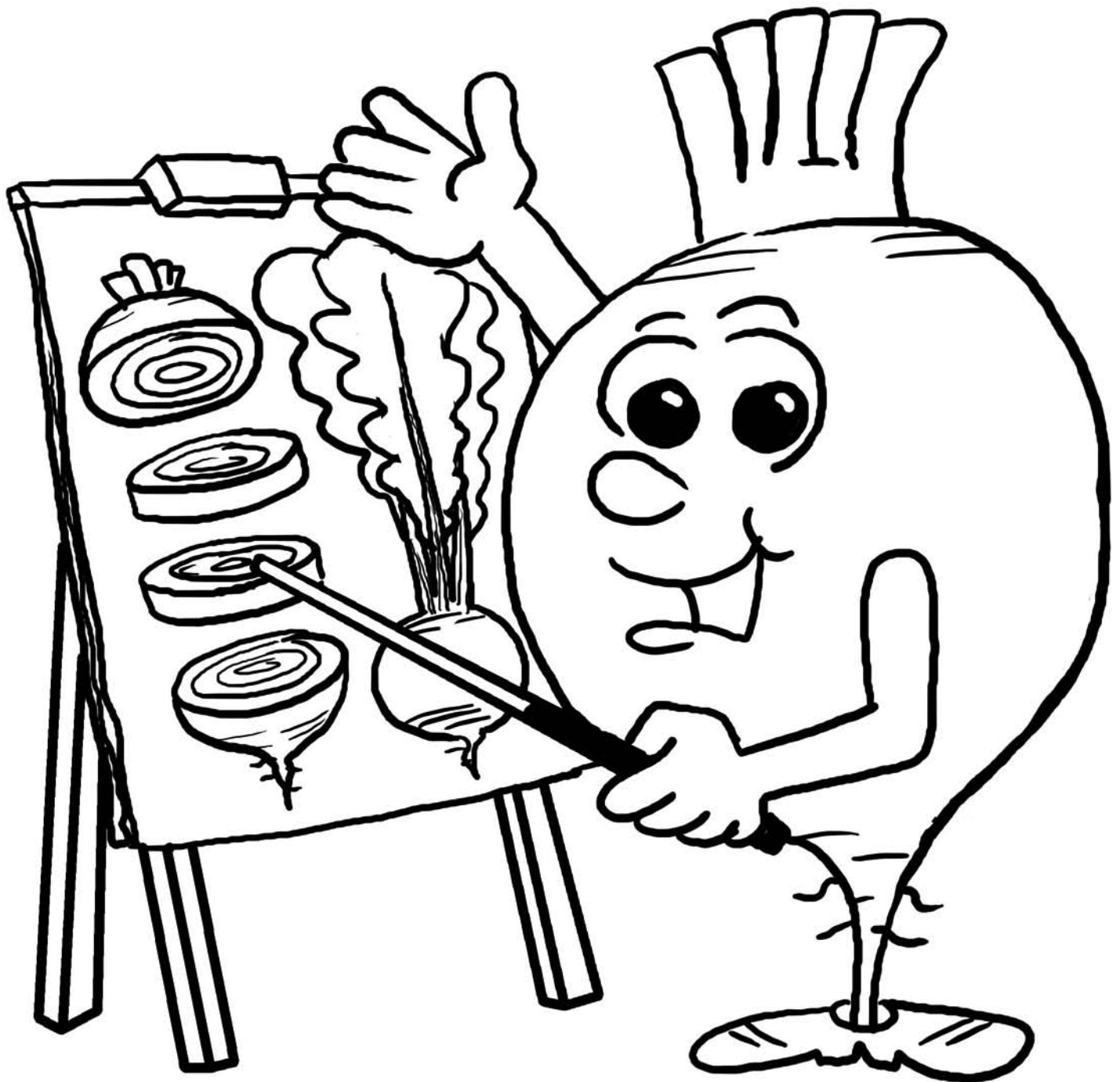
Have you ever seen green spikes in the grocery store tied up in bundles with a rubber band sitting in water? They are the young shoots or tips of asparagus plants. They can be eaten raw, cooked or in soup.





# B is for Beet

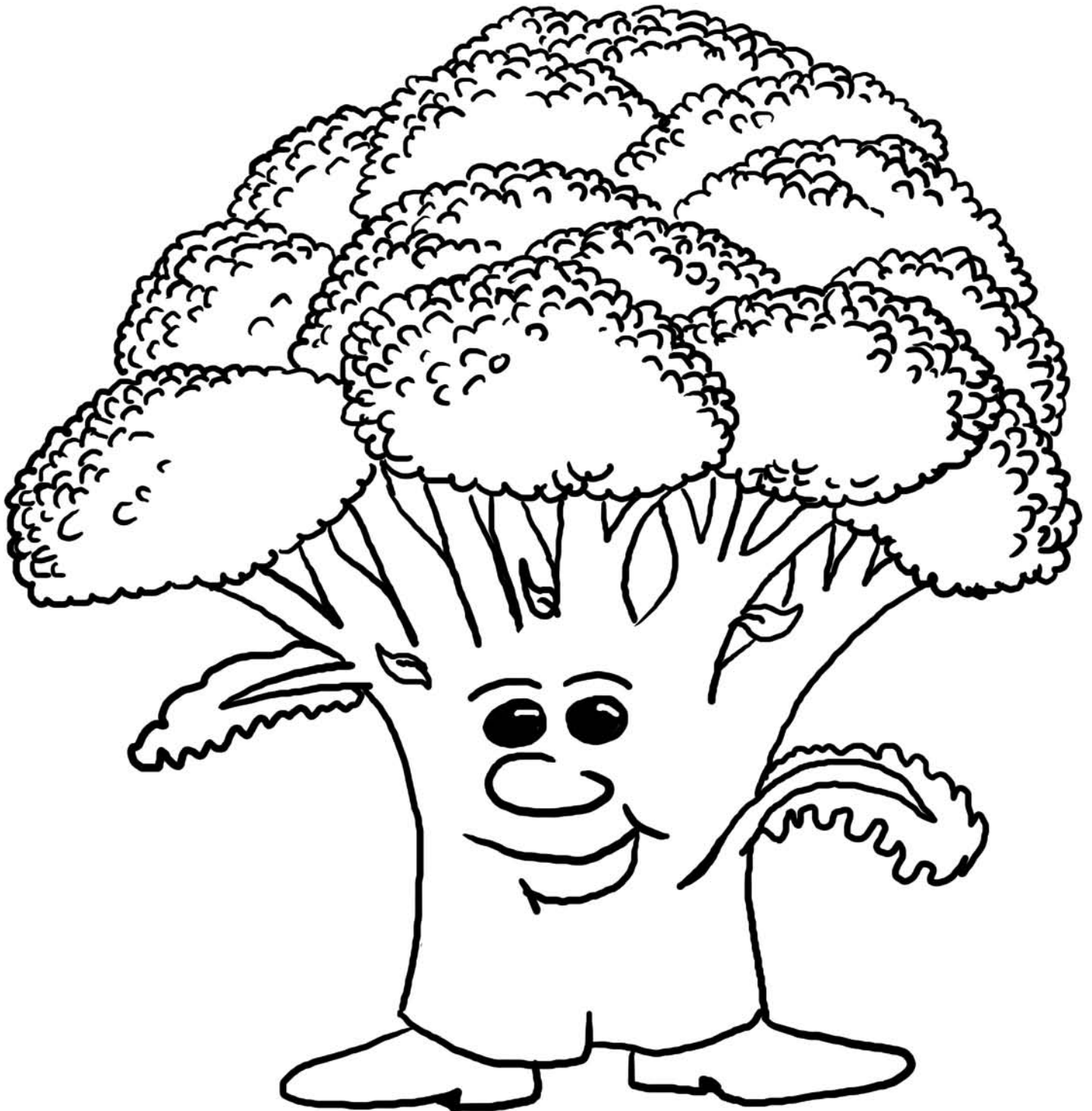
Beets look like red rubber balls. When you slice a beet, you will see rings that look like a tree trunk. They can make your hands red. You can also eat their leaves in a salad when they are very young. Did you know beets can also be yellow? Look for them in your grocery store.





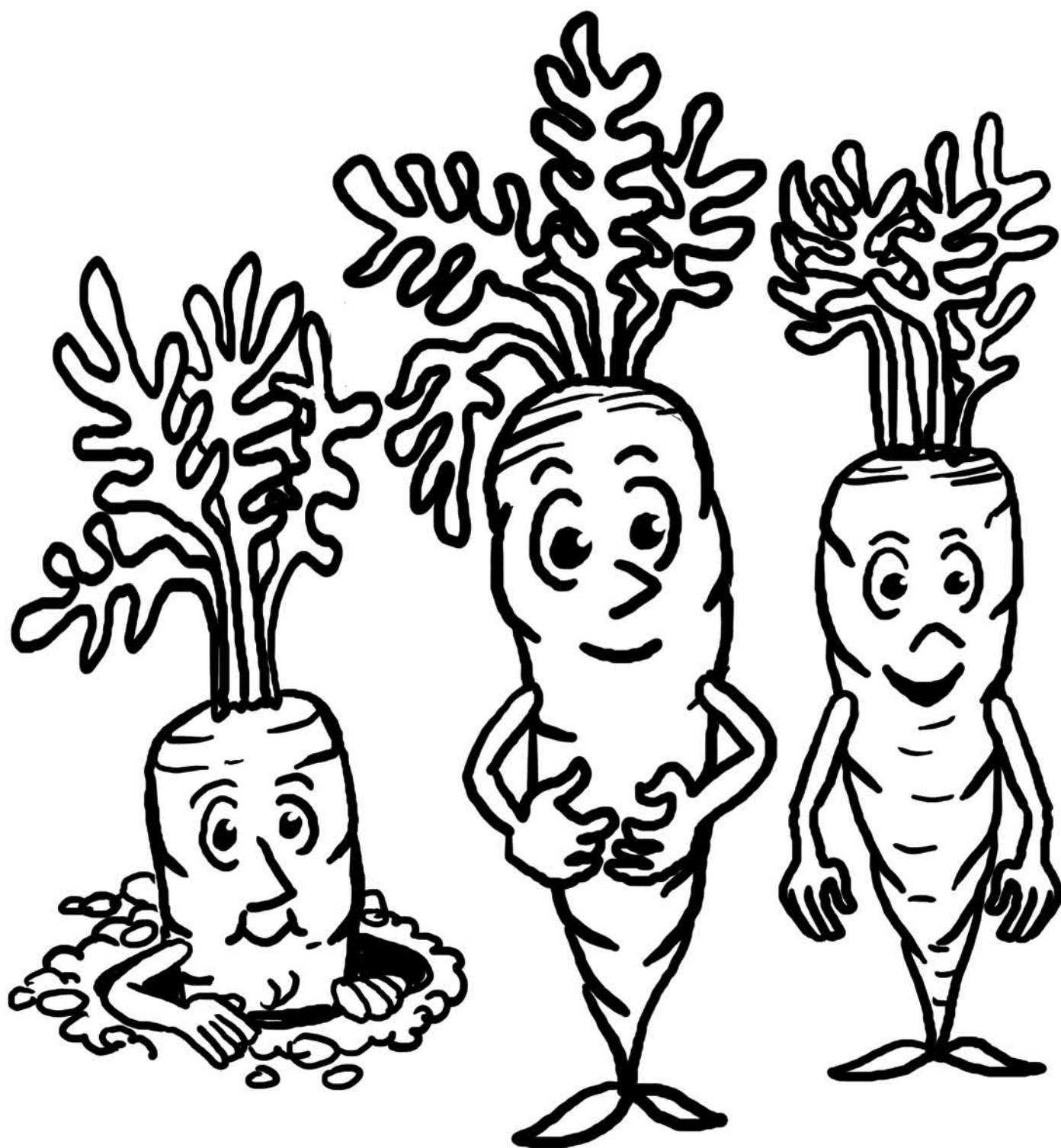
# B is for Broccoli

Broccoli is filled with lots of vitamins and minerals and is really good for you. You can eat it raw with your favorite dip or cooked. And it is really good in salads.



# C is for Carrot

Carrots are orange and loaded with lots of Vitamin A. They grow underground and are great eaten raw or cooked. Carrots are terrific snacks. You can find them in the store with their tops still on or all cleaned up and ready to eat. They come in many different sizes - from long and thin to short mini carrots.



# C is for Cauliflower

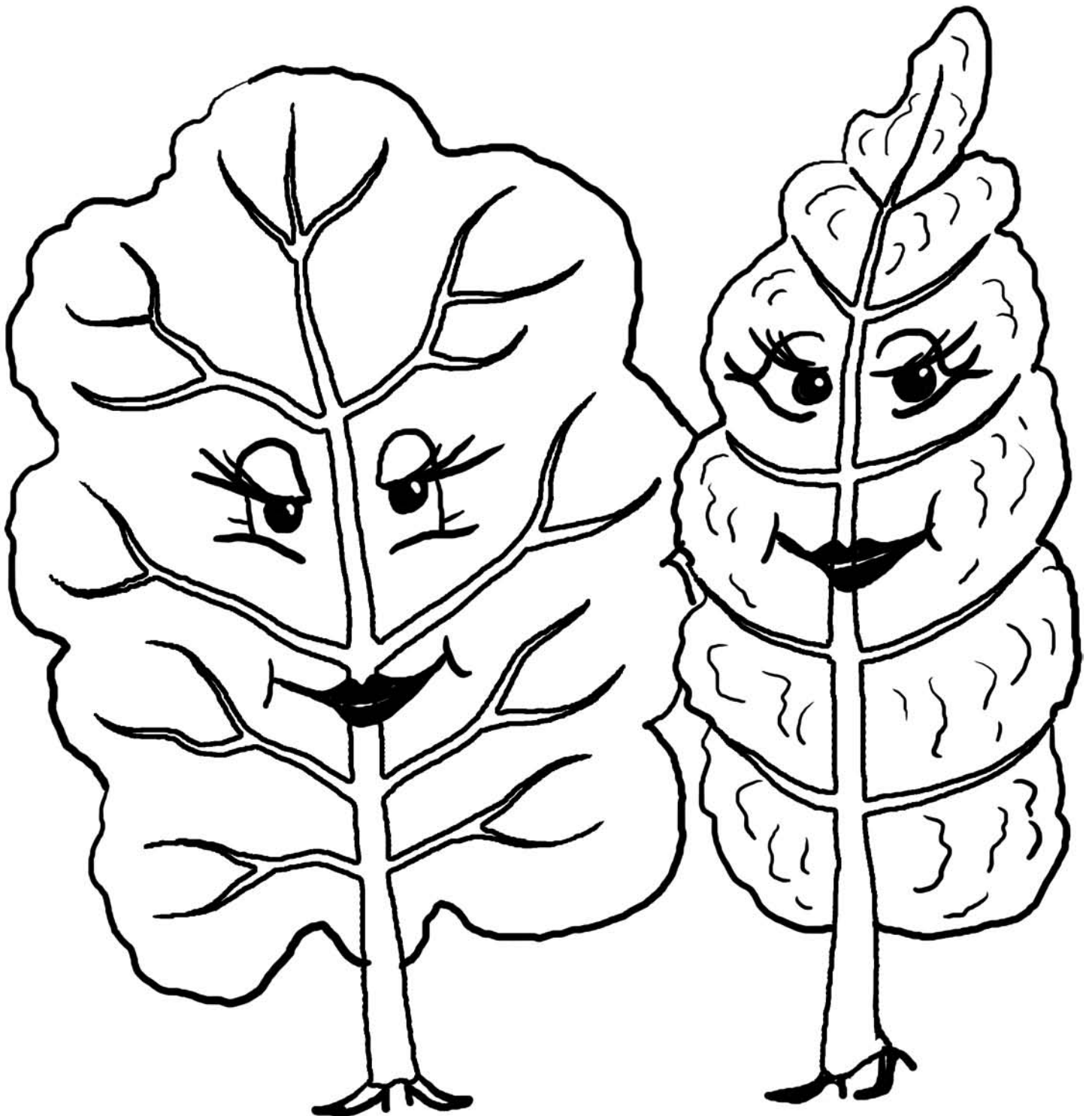
Cauliflower is a member of the cabbage family, and looks like a great big white lumpy softball. You can eat it cooked or raw. There are also purple and yellow cauliflower.





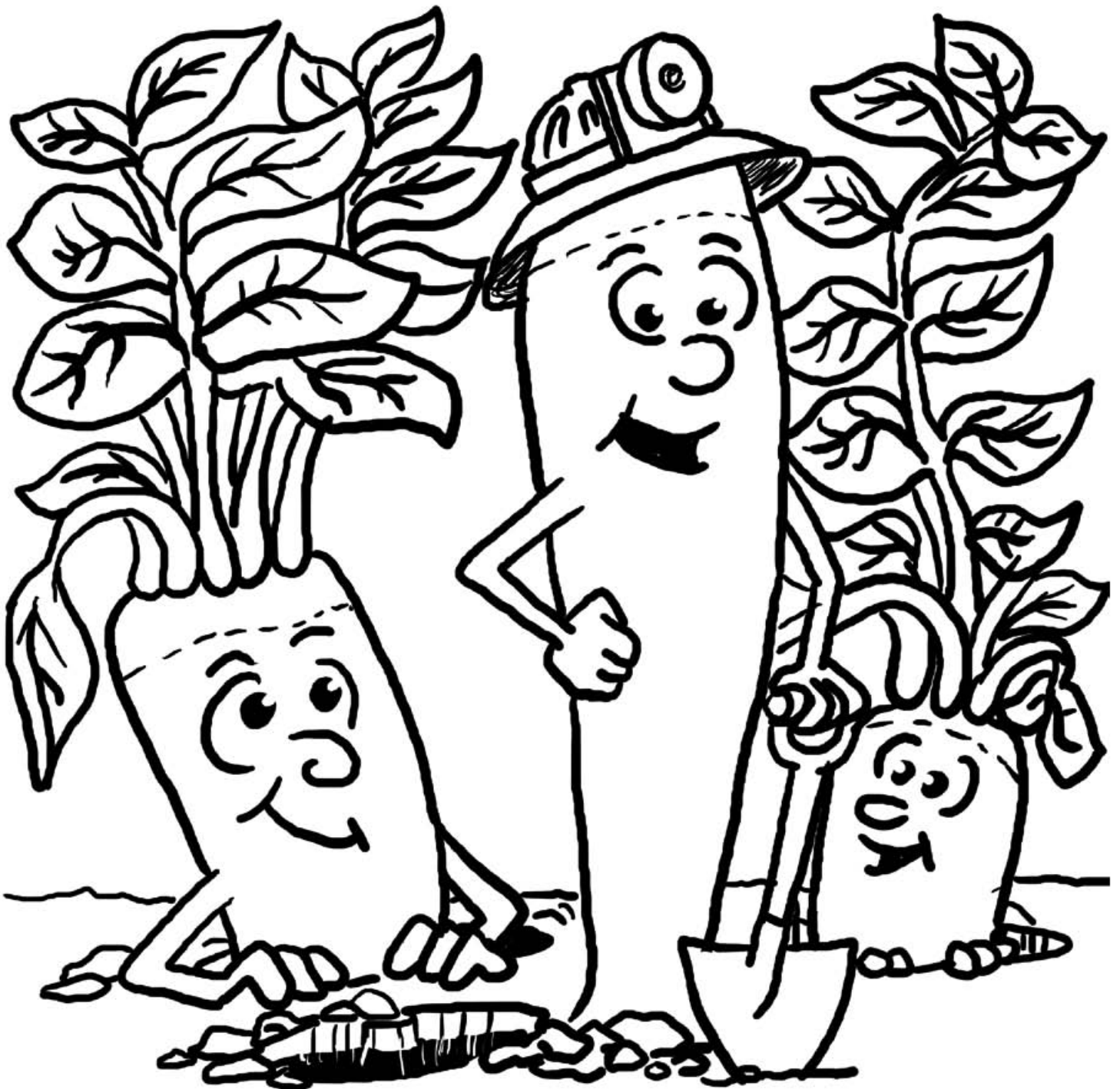
# C is for Collards and Chard

Collards and chard are vegetables that are called greens. Collards have big green leaves, and chard has very colorful green, red and yellow leaves. Greens are loaded with vitamins and nutrients. They can be eaten in a salad, stir fried, or cooked with meat.



# D is for Daikon

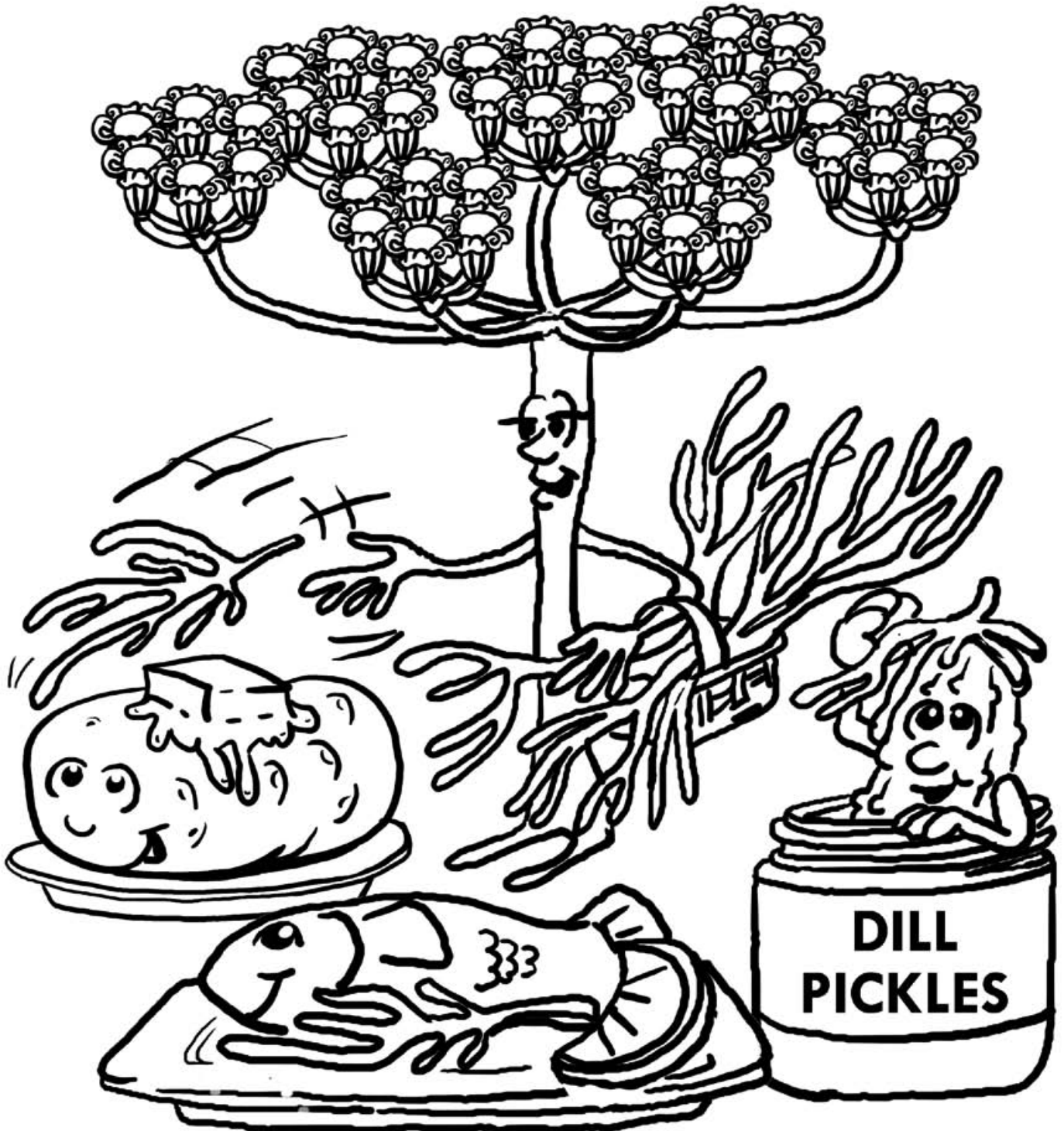
Daikon is a special radish that grows underground. It is white and can grow very long and large. It tastes like a mild, red radish - crunchy and peppery. It is a late season radish harvested in the fall.





# D is for Dill

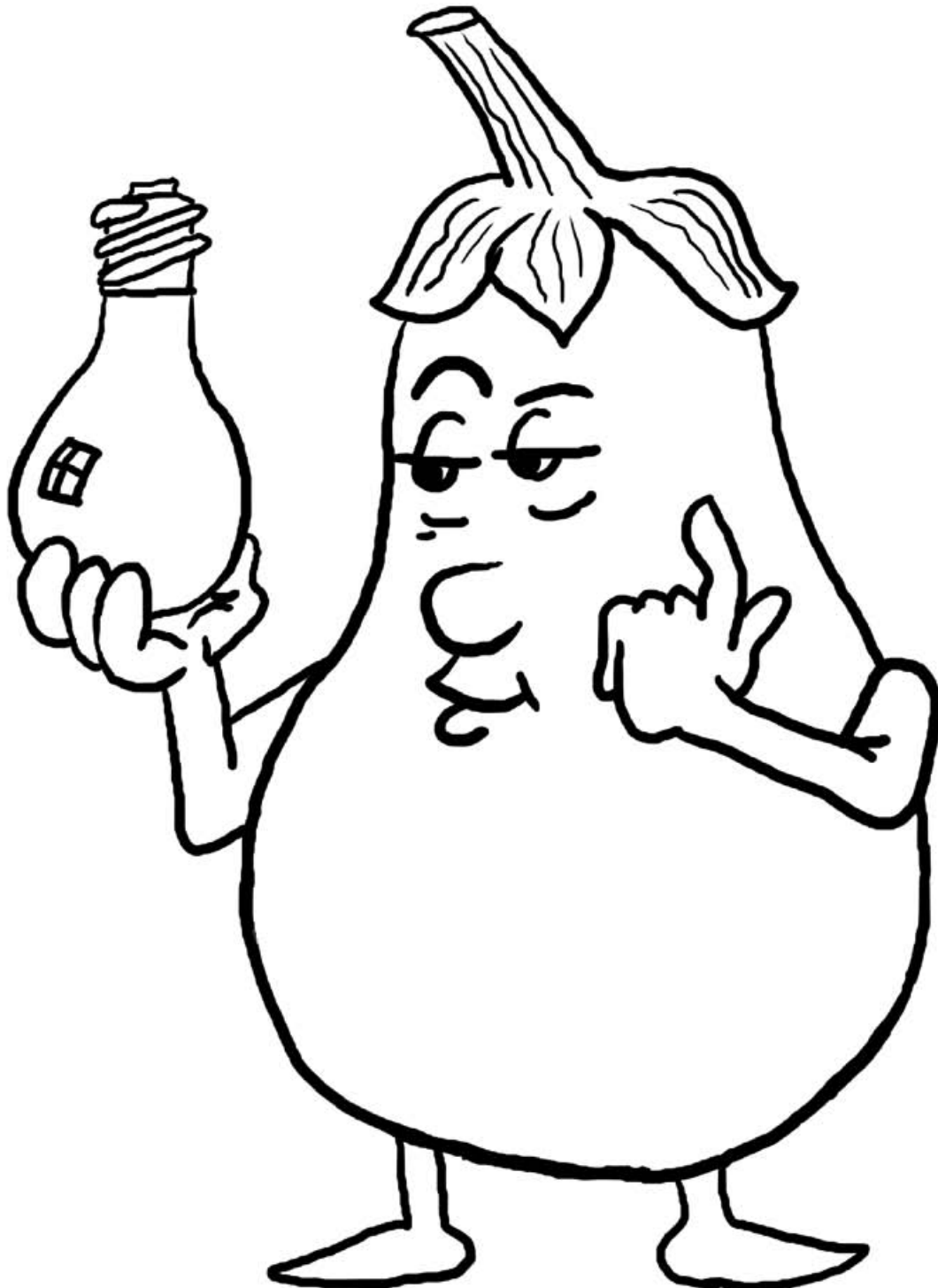
Dill has fine leaves and yellow flowers. Dill is an herb and used to add flavor to foods. In the store, it is sold in tiny bunches like a bouquet and smells really good. Pick up a bunch and smell the dill.





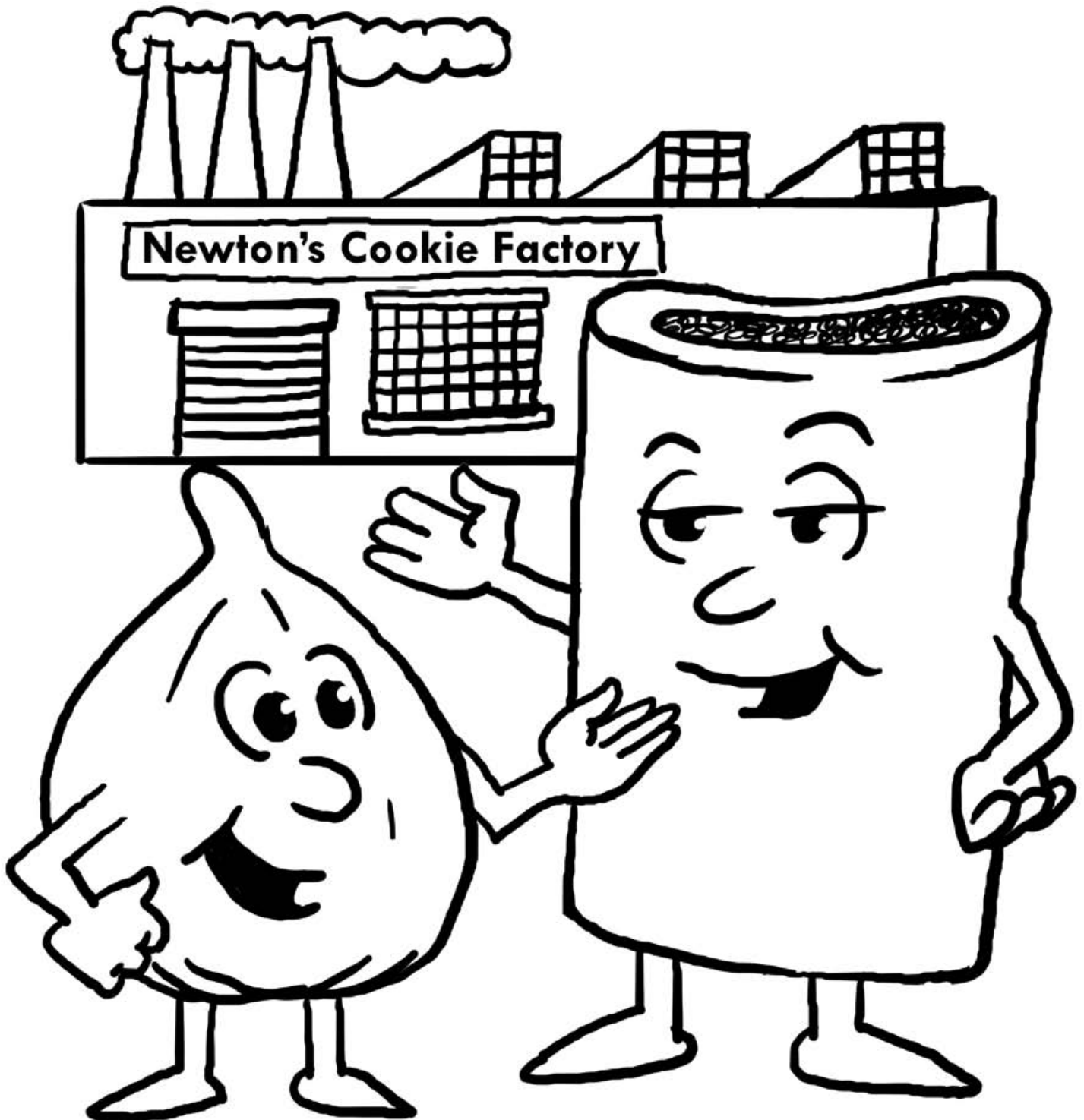
# E is for Eggplant

What is dark purple, shiny, and looks like a light bulb? It's an eggplant. Eggplants can be baked or fried. Sometimes eggplant is used instead of meat. Some eggplants actually look like eggs. They are white or yellow and can also be long and thin.



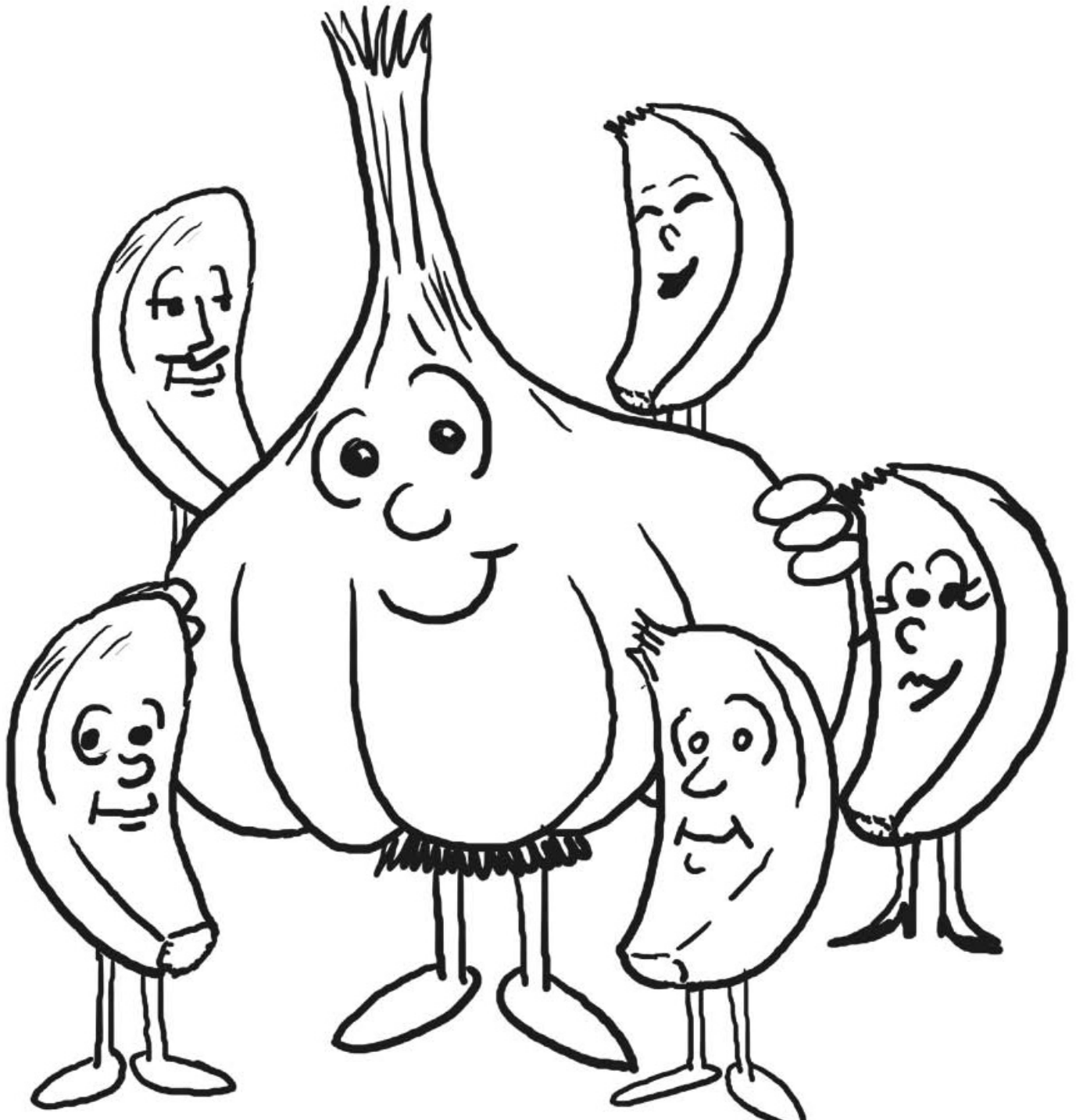
# F is for Figs

A fig is a fruit that looks like a purple or green tear drop. If you've had a cookie called Fig Newton, you've enjoyed a fig. Fresh figs are really good! They can be eaten fresh or dried.



# G is for Garlic

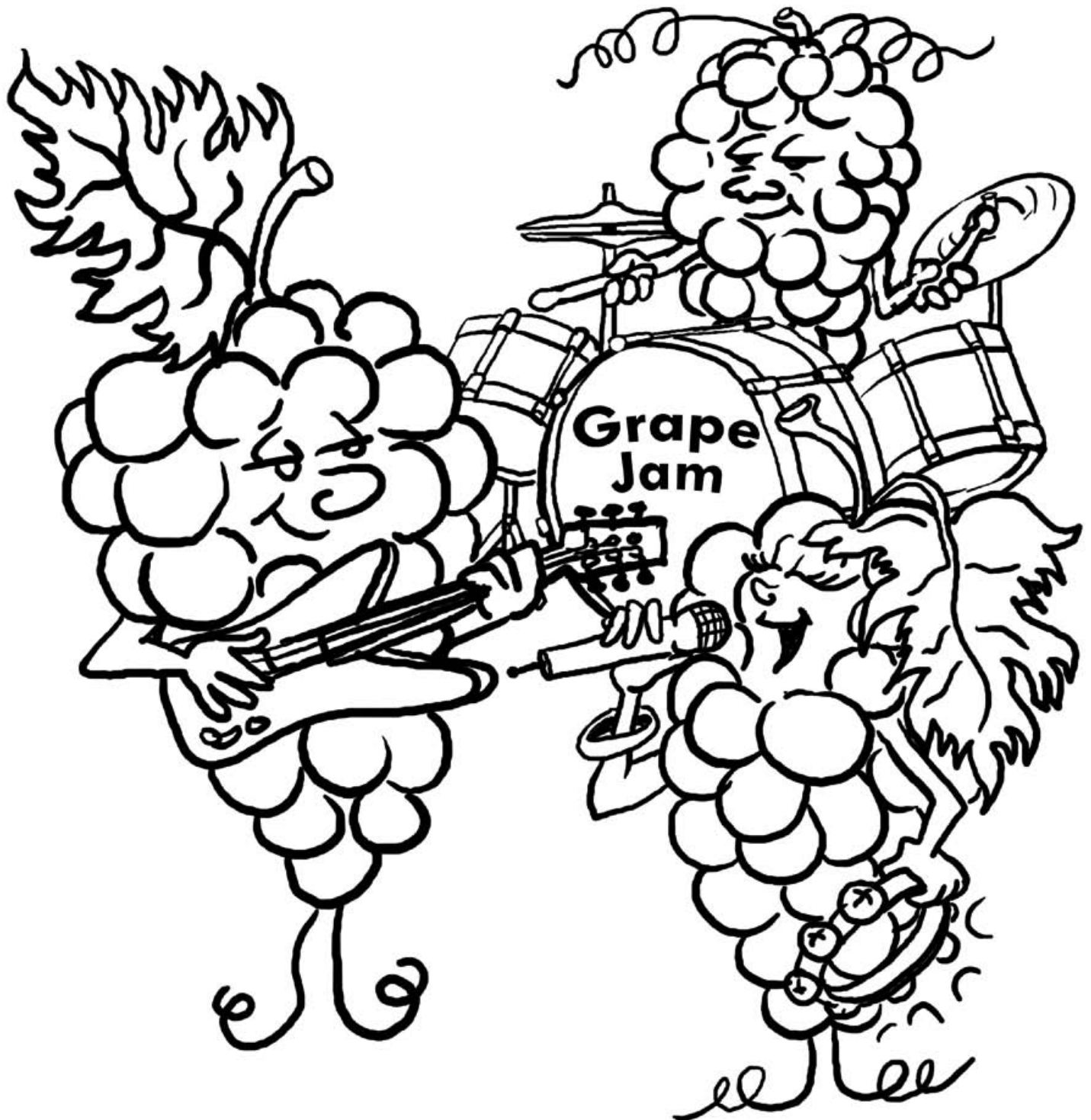
Garlic is white with thin paper-like covering. Garlic is sold as a head made up of wedges much like a grapefruit. You can buy garlic in jars ready to use. It gives a strong flavor to foods that some people don't like. Garlic is a member of the onion family.





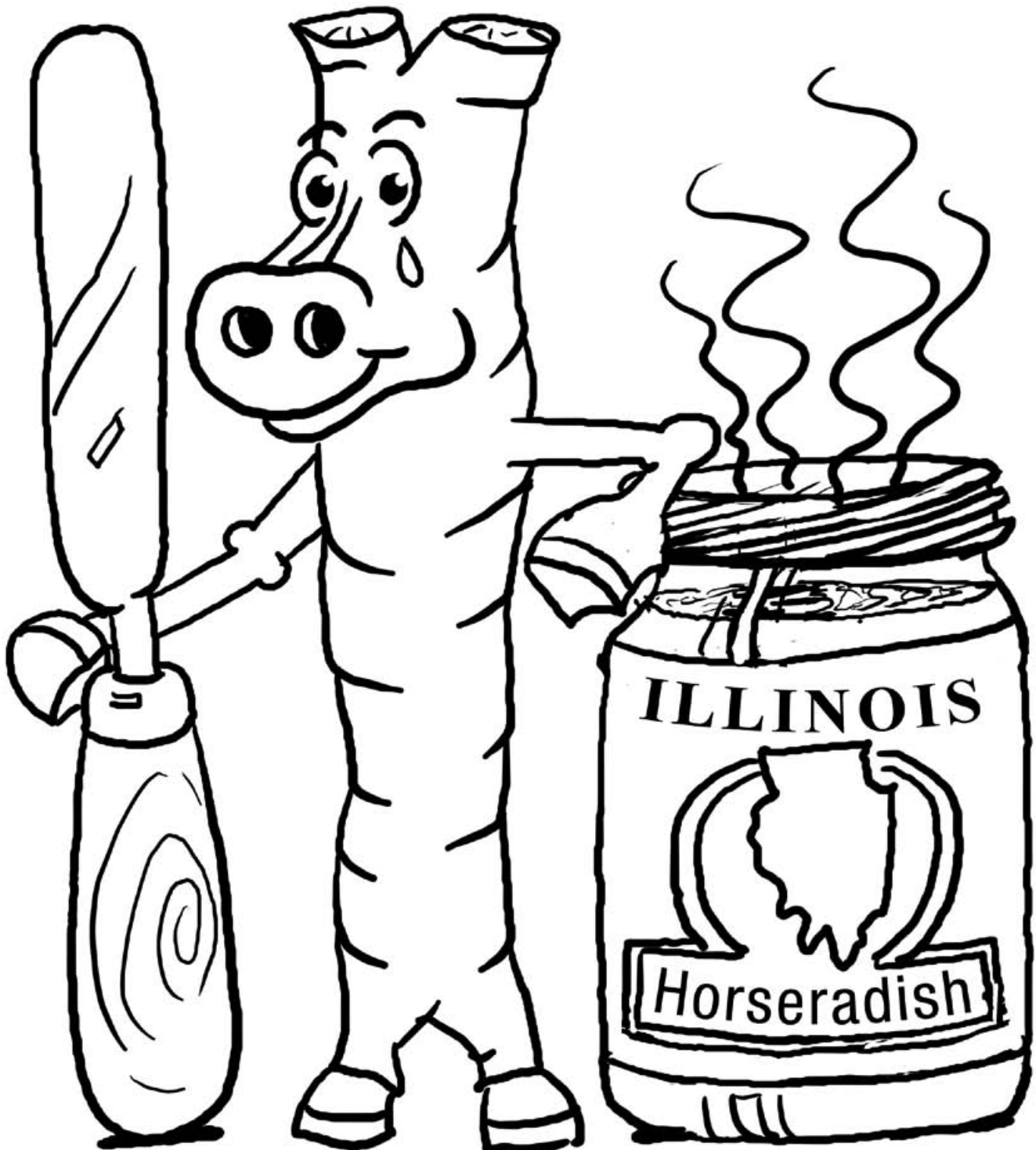
# G is for Grapes

Grapes are sold in bunches that look like lots of marbles on a stem. They can be green, red or black. Enjoy grapes as grape juice, jam or pop a few in your mouth for a refreshing snack.



# H is for Horseradish

Illinois grows most of the world's supply of horseradish. It is a white root that is ground up and mixed with vinegar to give you the hottest taste you ever had. Just smelling it will make you cry. Horseradish goes great with sausages, hot dogs and other meats. You can buy the fresh root to grind up yourself or in small jars ready to go.



# I is for Indhlubu

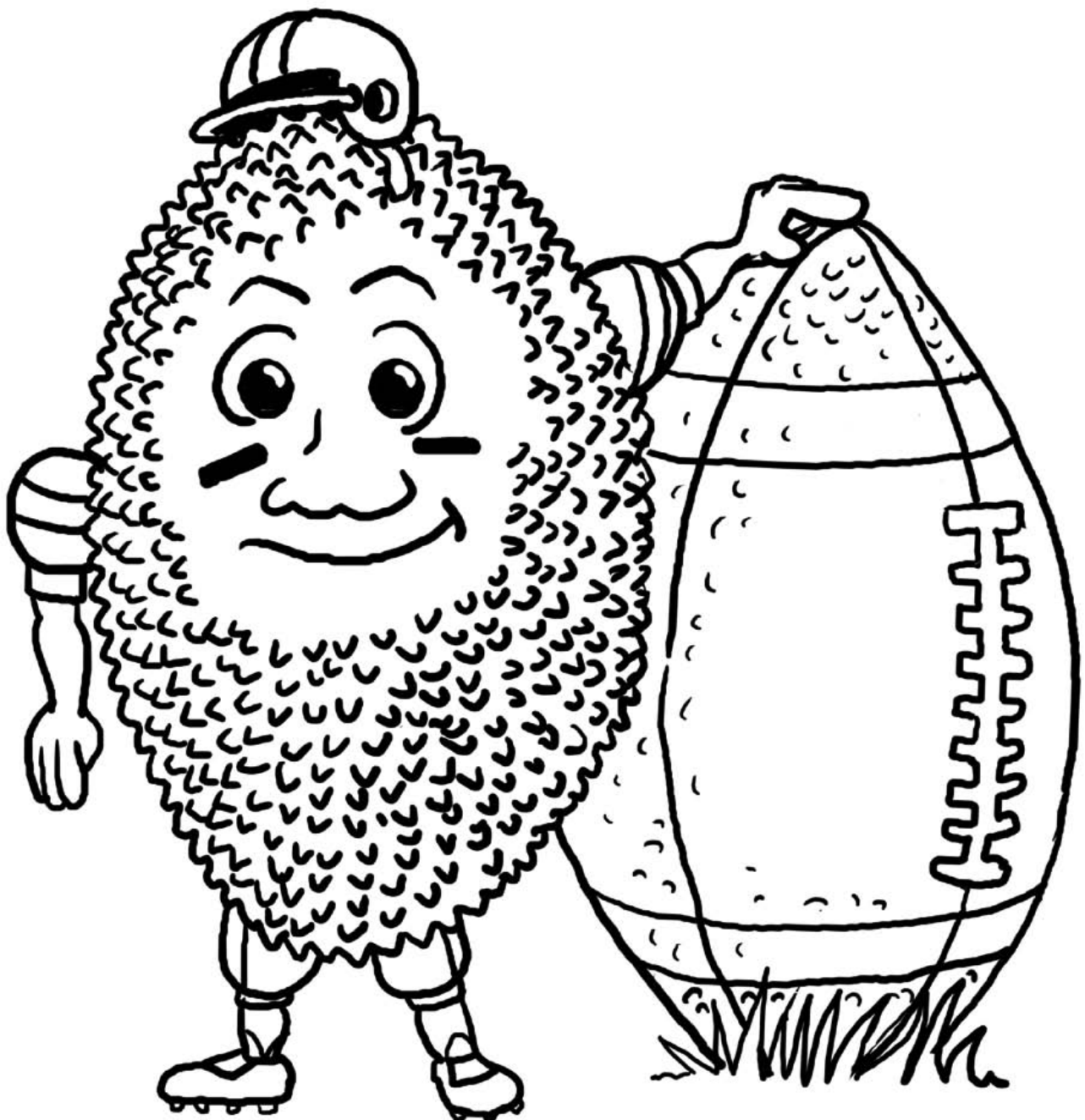
Indhlubu also called the Bambara ground nut or earth pea. It is a seed much like a peanut and is grown throughout Africa. The plant looks like a peanut plant producing small pods underground with one or two seeds inside. They can be eaten raw when small or roasted and boiled giving them a sweet taste.





# J is for Jackfruit

Would you think about eating a fruit-shaped like a football and covered with small bumps and spines? You should try jackfruit. A jackfruit is the largest fruit in the world. It can weigh up to 80 pounds and be up to three feet long. You can eat the outside, but the inside is like bananas. Jackfruit is yellow inside. It is cooked with rice or eaten raw. It is grown in Brazil and Australia. You may not find it at your local grocery store, but it can be found in Asian and Mediterranean markets.



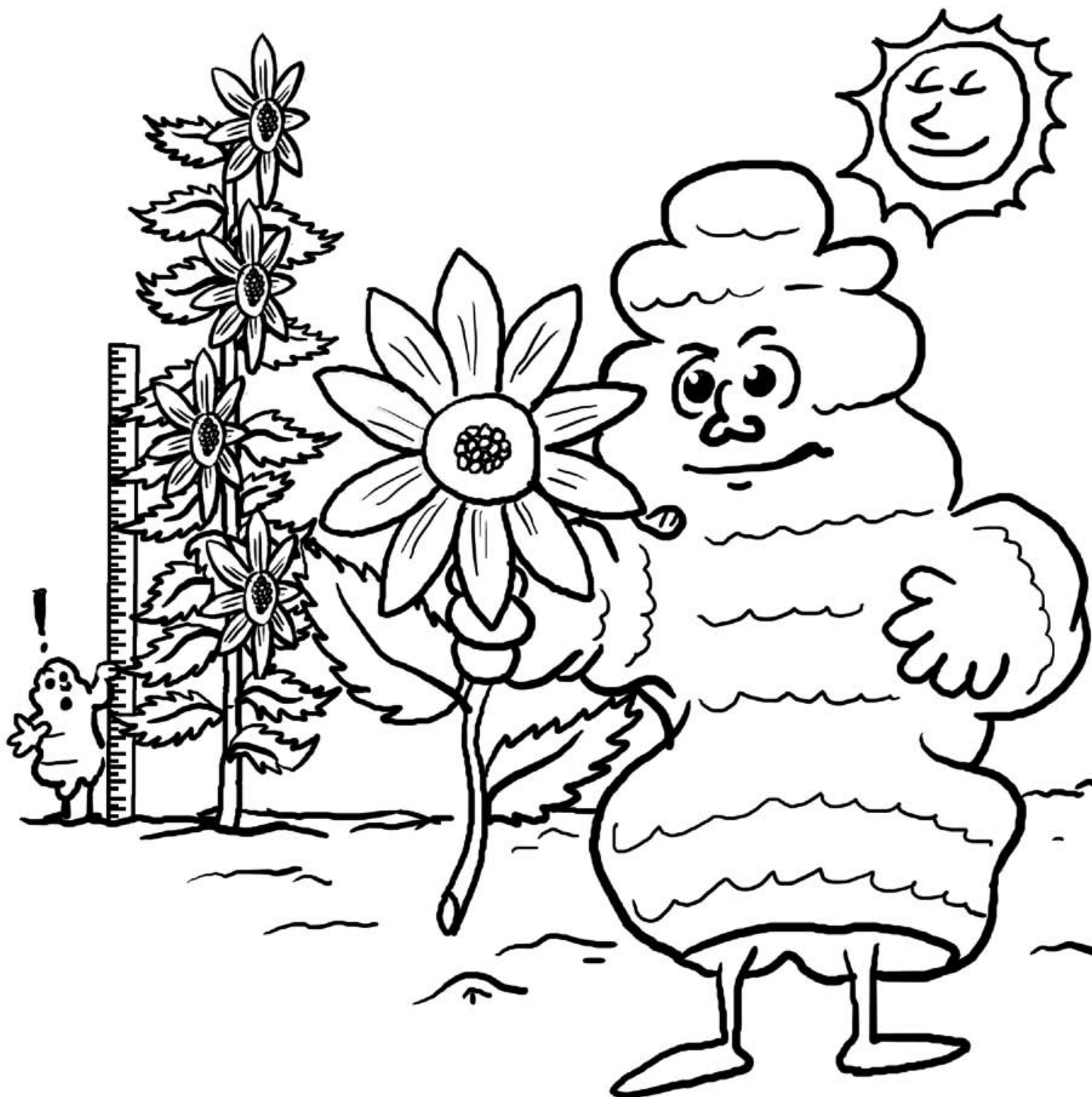
# J is for Jalapeño

Jalapeño is a short pepper that is not too hot. It is green and often used in Mexican foods. They are used in salsas, salads, chili, soups, and tortilla dishes. They can be canned, sliced, and pickled.



# J is for Jerusalem Artichoke

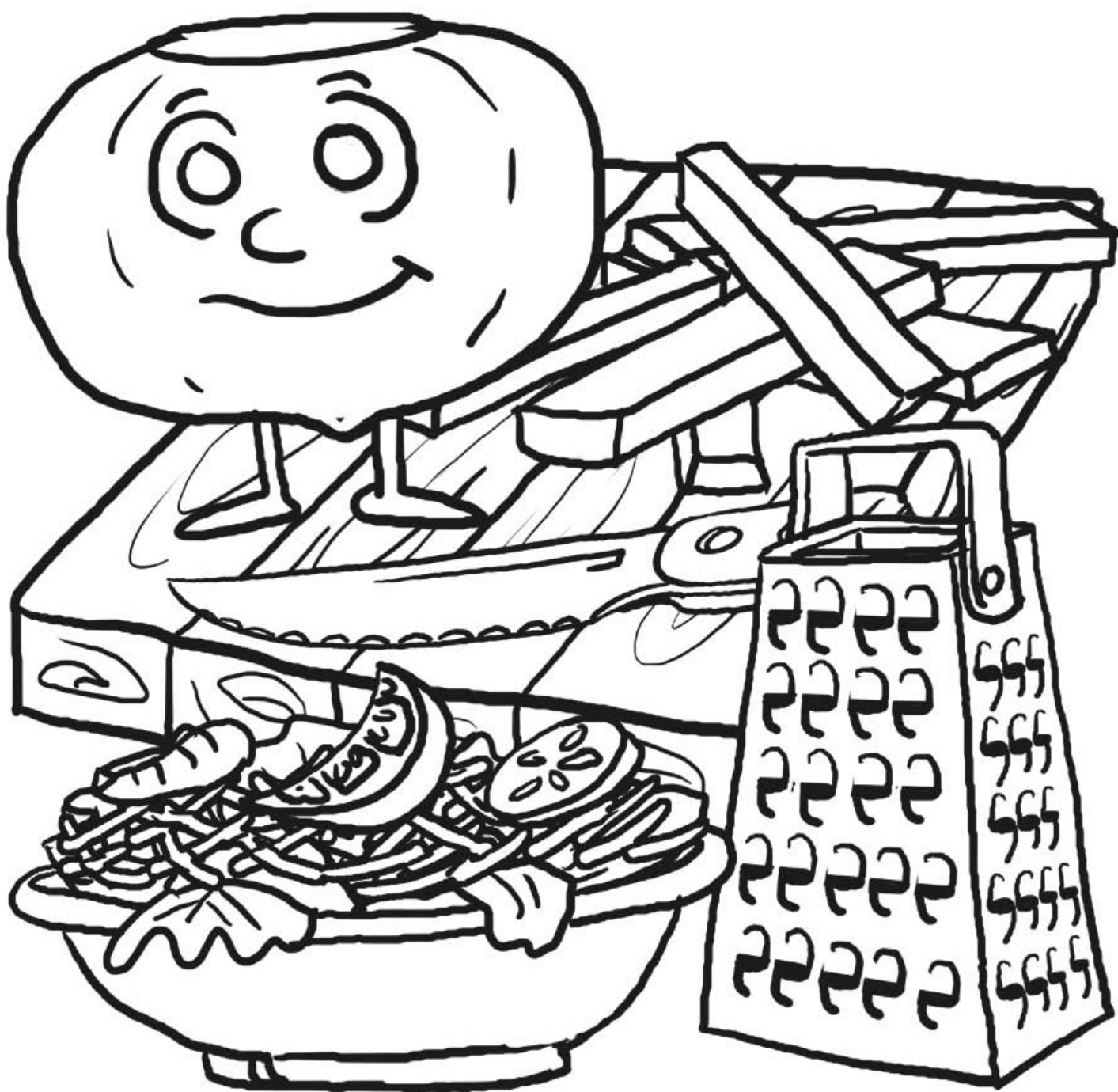
The plant grows 4-6 feet tall and has small yellow flowers that look like small sunflowers. They grow wild or can be grown in a garden. They have a rough looking root that looks like a potato. The edible part is the rough looking root. They are sweet with a nut-like taste. They can be eaten raw in a salad or sliced and roasted in an oven until golden brown.





# J is for Jicama

Jicama is a round root. It is used in salads or cut in the shape of French fries and eaten raw as a snack. It has many names including Mexican potato, Chinese turnip, lobok and Chinese potato. Raw Jicama tastes like a pear or apple. It is excellent as a snack or in a stir-fry dish. It looks like a large turnip.



# K is for Kale

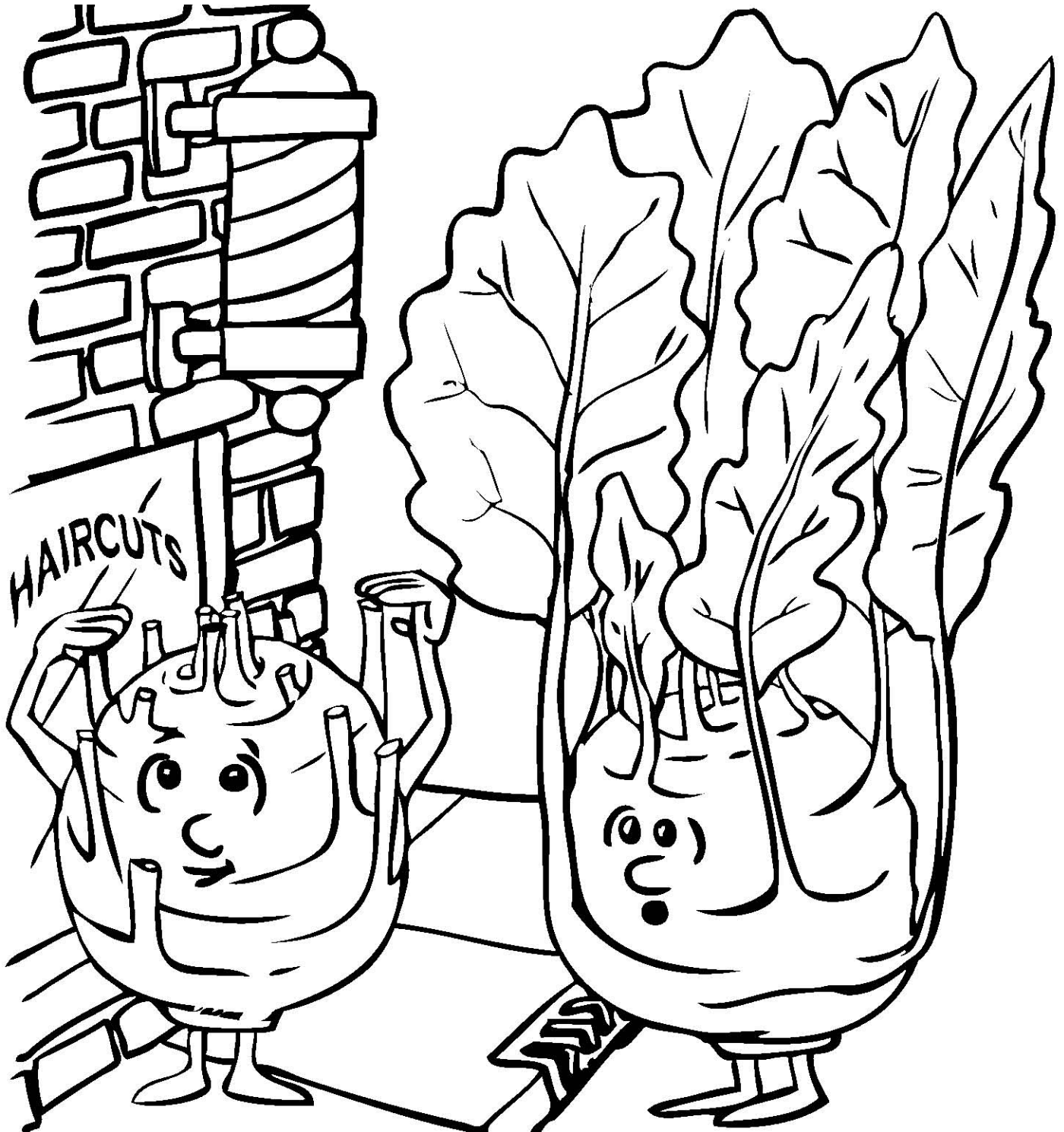
K is for kale - one of the oldest forms of cabbage. It is too bitter to eat raw and so is cooked like collards or spinach. It has a peppery flavor and jam-packed full of nutrients. Restaurants often use kale to decorate mashed potatoes, and I bet you push it aside and don't eat it.





# K is for Kolrabi

Kohlrabi gets its name from the German words "Kohl" meaning cabbage and "rabi" meaning turnip. That's why it is also called the cabbage turnip. Kohlrabi is really a round swollen stem also grows leaves. It is eaten both raw and cooked after the outside skin has been peeled away. It has a unique taste of broccoli, radish and cucumber all together.





# K is for Kumquat

Kumquat is a little, round, orange colored fruit that is related to lemons, oranges, and limes. They are more commonly eaten whole. Other uses include adding to fruit salads, preserves, jams, jellied, and pickled. They are often used in recipes that call for oranges. Before eating, please squeeze the fruit between your fingers as it releases the oils in the rind. Kumquats are often eaten skin and all. They are the "little gems of the citrus family."



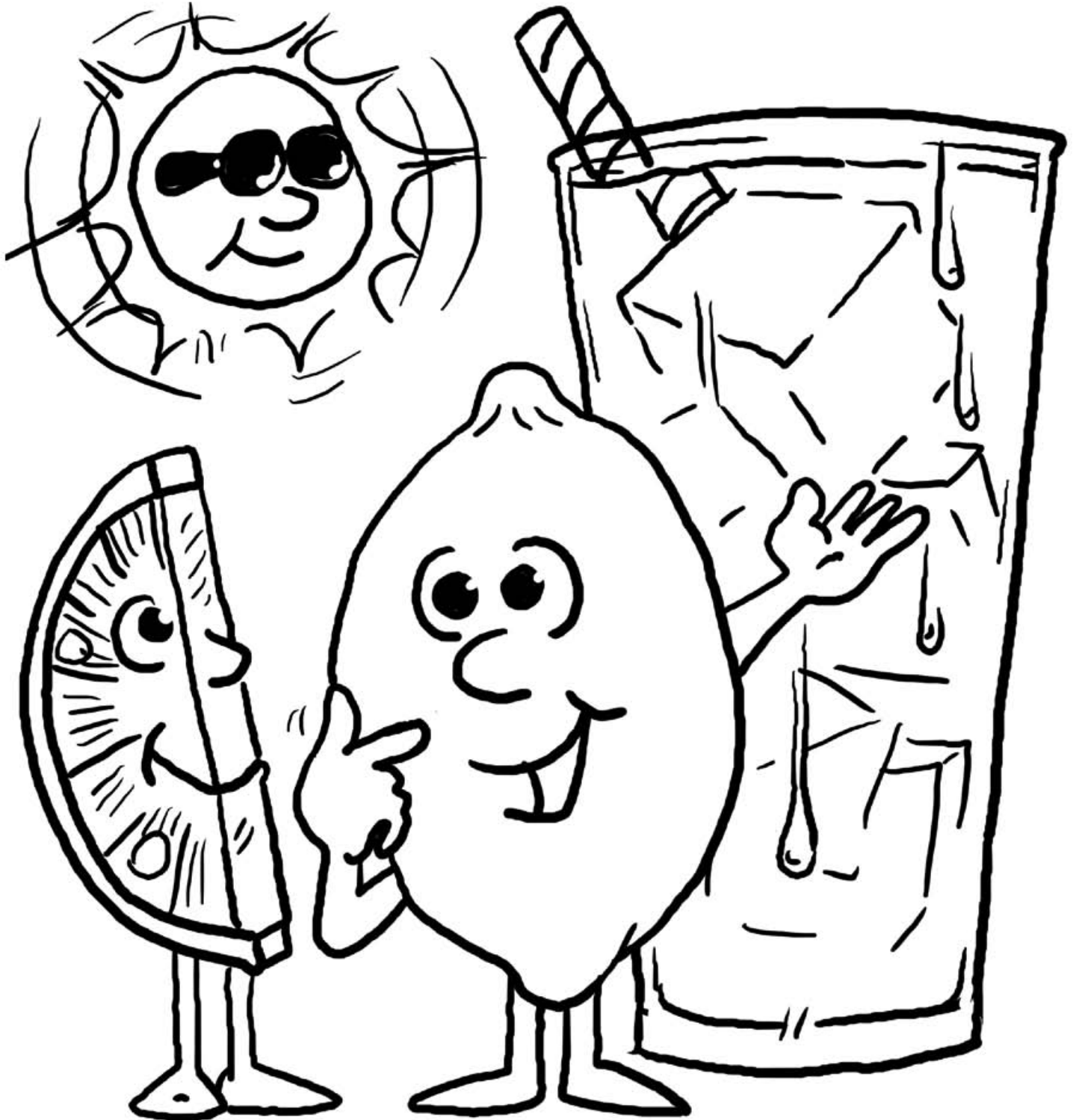
# L is for Leek

L is for leek - a member of the onion family. They have a very interesting history and is the national emblem of Wales. Leeks have long thick flat leaves and a thick white stalk looking like a green onion. They have a sweet flavor and a crunchy texture. They can be boiled, baked and stewed and are delicious served with a cream sauce.



# L is for Lemon

Lemons are the main ingredient of lemonade. They are a citrus fruit and rich in vitamin C. Lemons add flavor to vegetables, salads, ice tea, fish and chicken. Pucker up and enjoy a lemon. Summer and lemonade go together. Try making your own fresh lemonade.

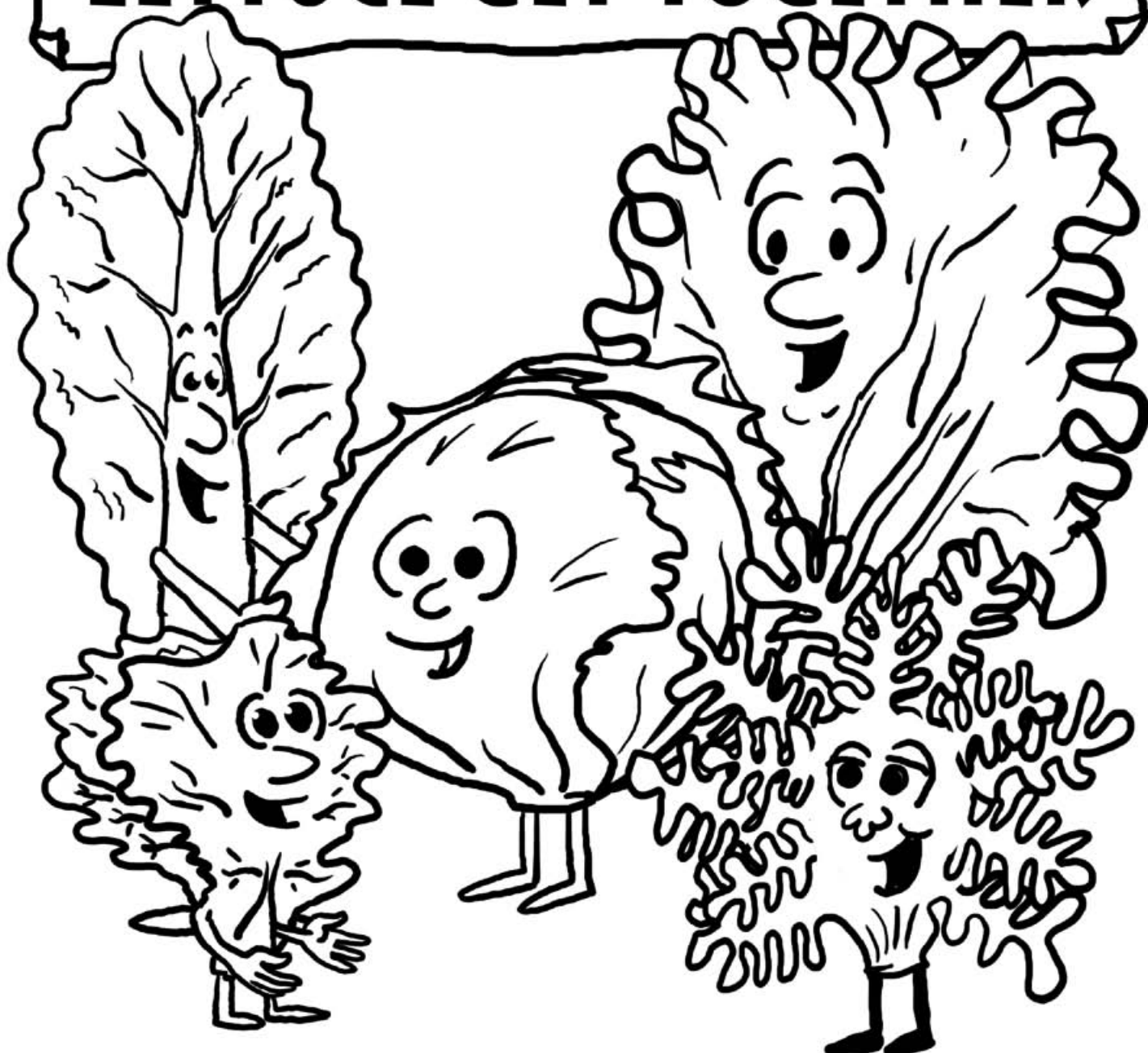




# L is for Lettuce

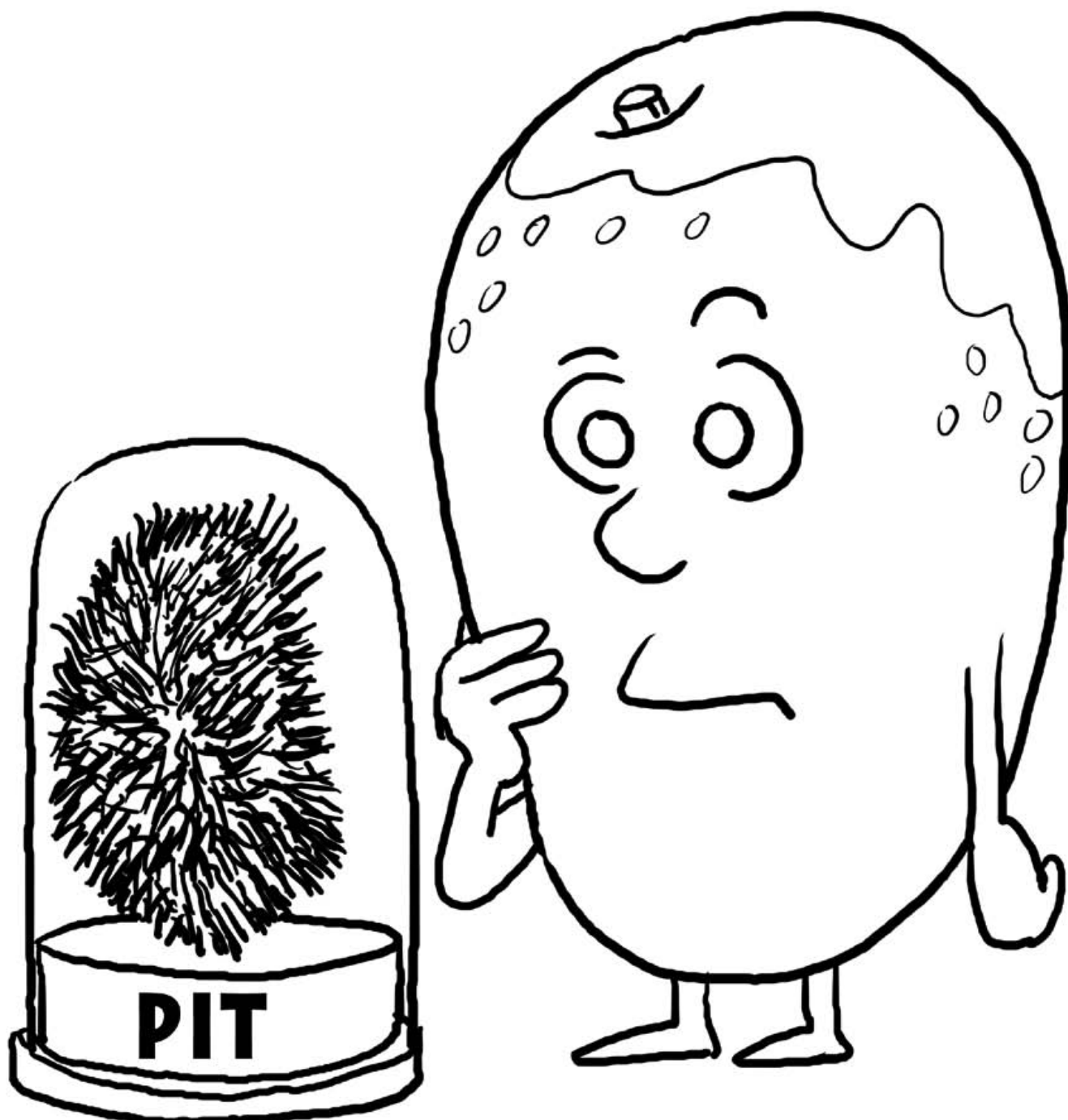
L is for lettuce - and there are many different kinds. Some are long, some are round, and some have short leaves. It is one of the world's most popular edible plants. It is often the major part of every green salad. The flavors are very different from mild to peppery depending on which lettuce you use. There's head, bibb, leaf, and Boston to name just a few. Try them all and you decide which one is your favorite.

## LETTUCE GET TOGETHER



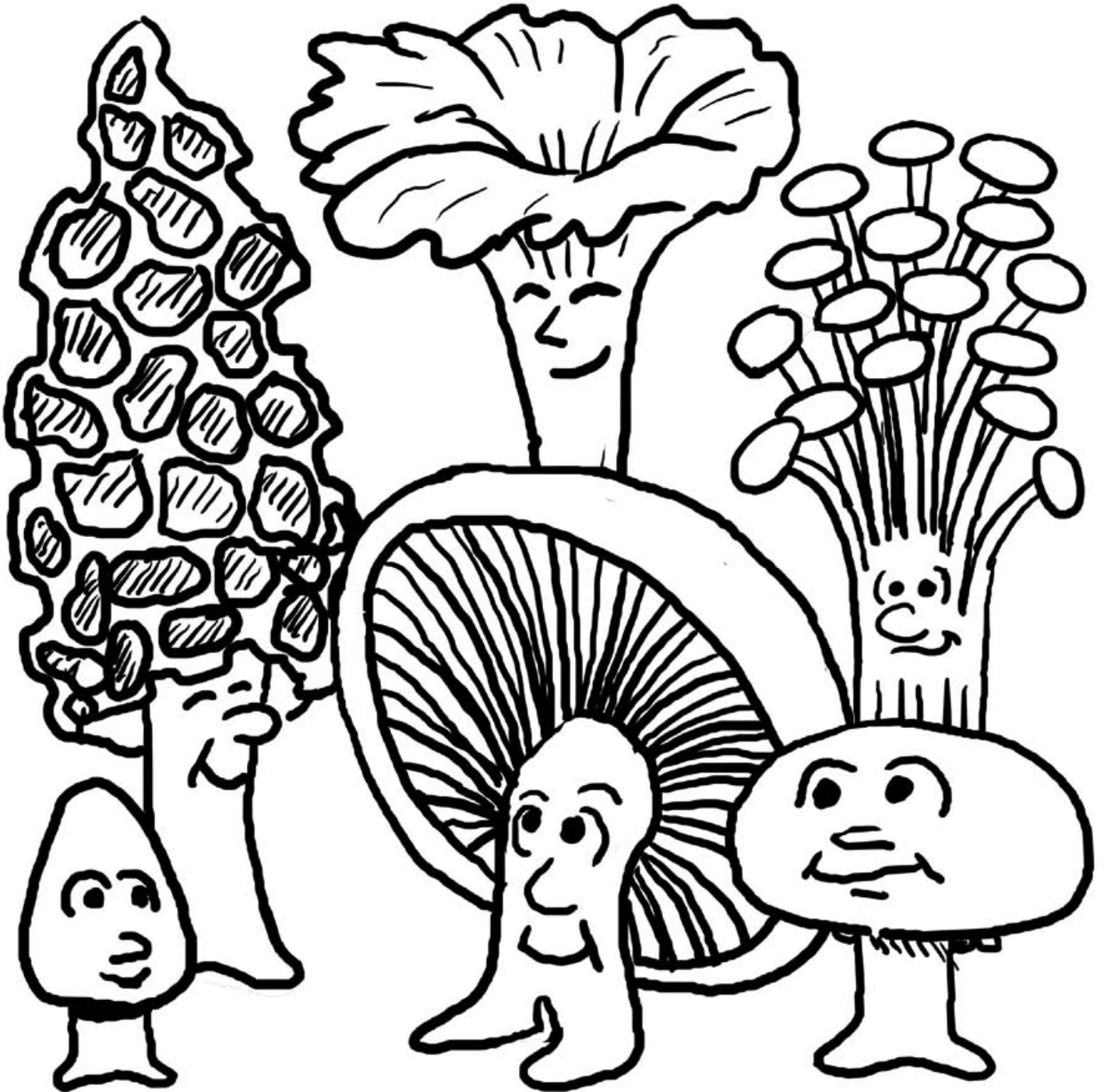
# M is for Mango

M is for mango. They are round, oval or kidney shaped and about the size of a large avocado. Most mangoes start off green, but in the store they may have spots of red yellow or gold. The fruit is juicy, orange-colored and tastes like a combination of peaches and pineapples. They are hard to peel and pit. But with practice, you can learn to slice a mango. The seed looks like a large fuzzy lime bean. If you plant the seed, and have patience, you can grow a mango tree.



# M is for Mushroom

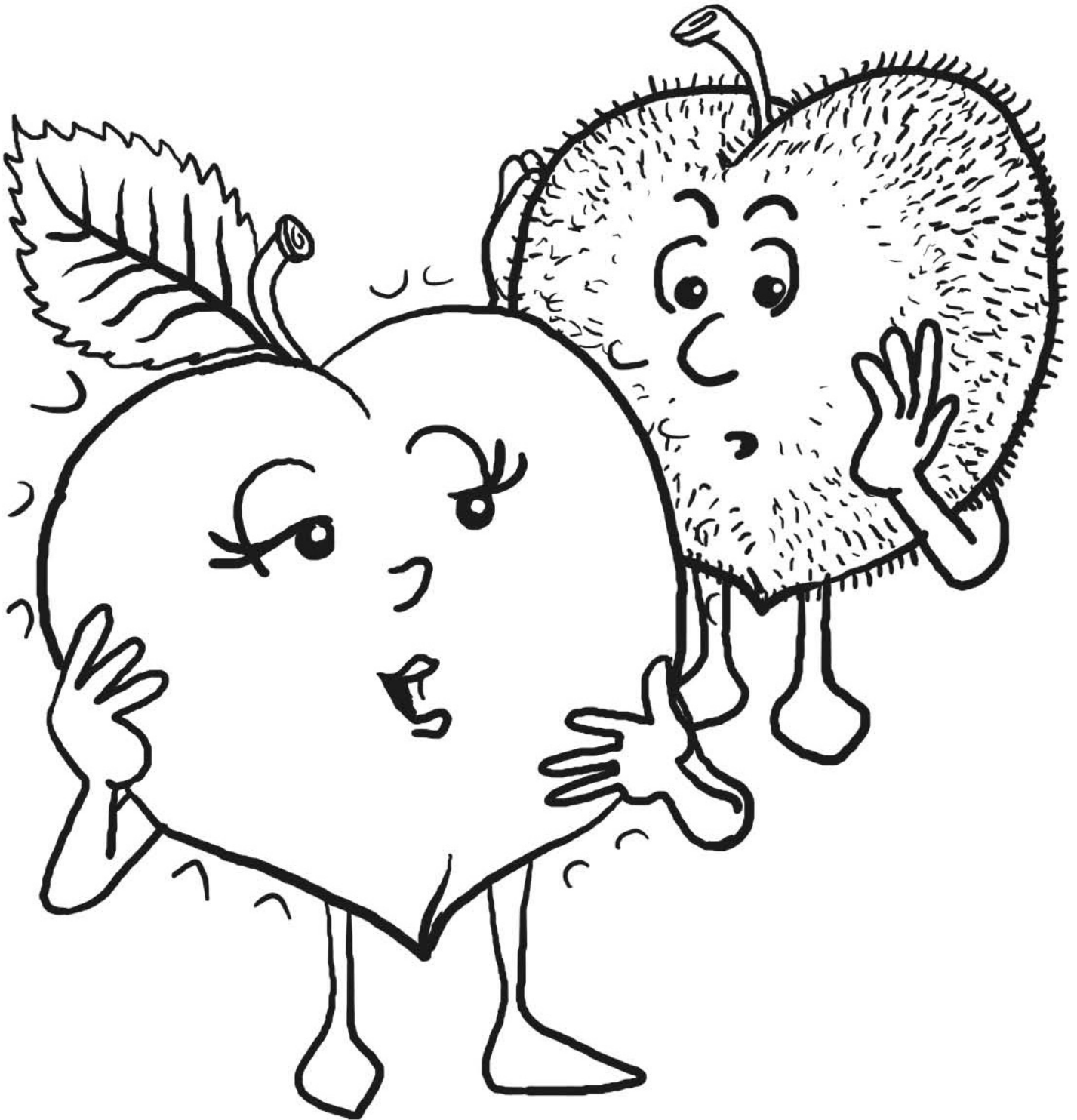
M is also for mushrooms. They are not vegetables, but a fungi that has no roots or leaves, flowers or seeds and needs no light to grow. In the store, you can find a variety of different kinds of mushrooms - different sizes, shapes, and colors, all having unique tastes. Try them on your pizza, in salads and on meat. Some mushrooms are used in place of meat to make a tasty sandwich.





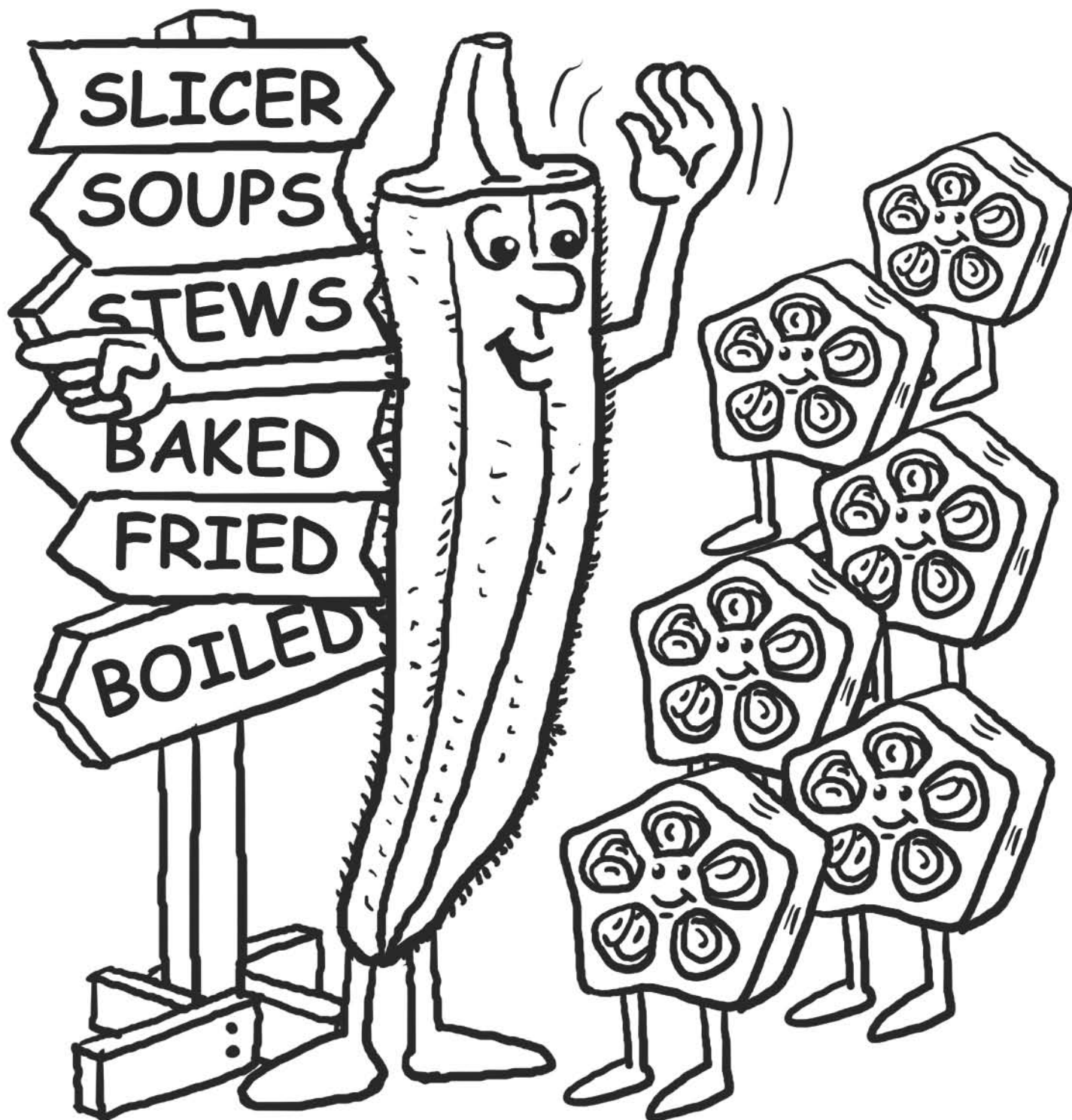
# N is for Nectarine

Nectarines are fruit shaped like a peach. They look like a peach, but their skin is smooth and not fuzzy like a peach. They can be yellow or white on the inside. Do a taste-test. See which one you like the best - peaches or nectarines. They are excellent in pies, cobblers and fresh fruit salads.



# O is for Okra

O is for okra. You either like okra or you say, "No thank you." Okra is a small, green, fuzzy pod. It can be used in a stew often called gumbo. This comes from the word "gombo" which in West African language means okra. It can be used in soups and stews. It can be fried, boiled, pickled or baked. It is especially good with tomatoes.





# O is for Onion

Onions are round and covered with yellow, white or red papery skins. First they must be peeled and then can be sliced, diced, chopped, or grated. They can be eaten raw, cooked, boiled, or pickled. They are best known for making you cry. This is because of a unique chemical reaction. Did you know that chilling the onion or cutting it under cold water might help to keep you from crying?





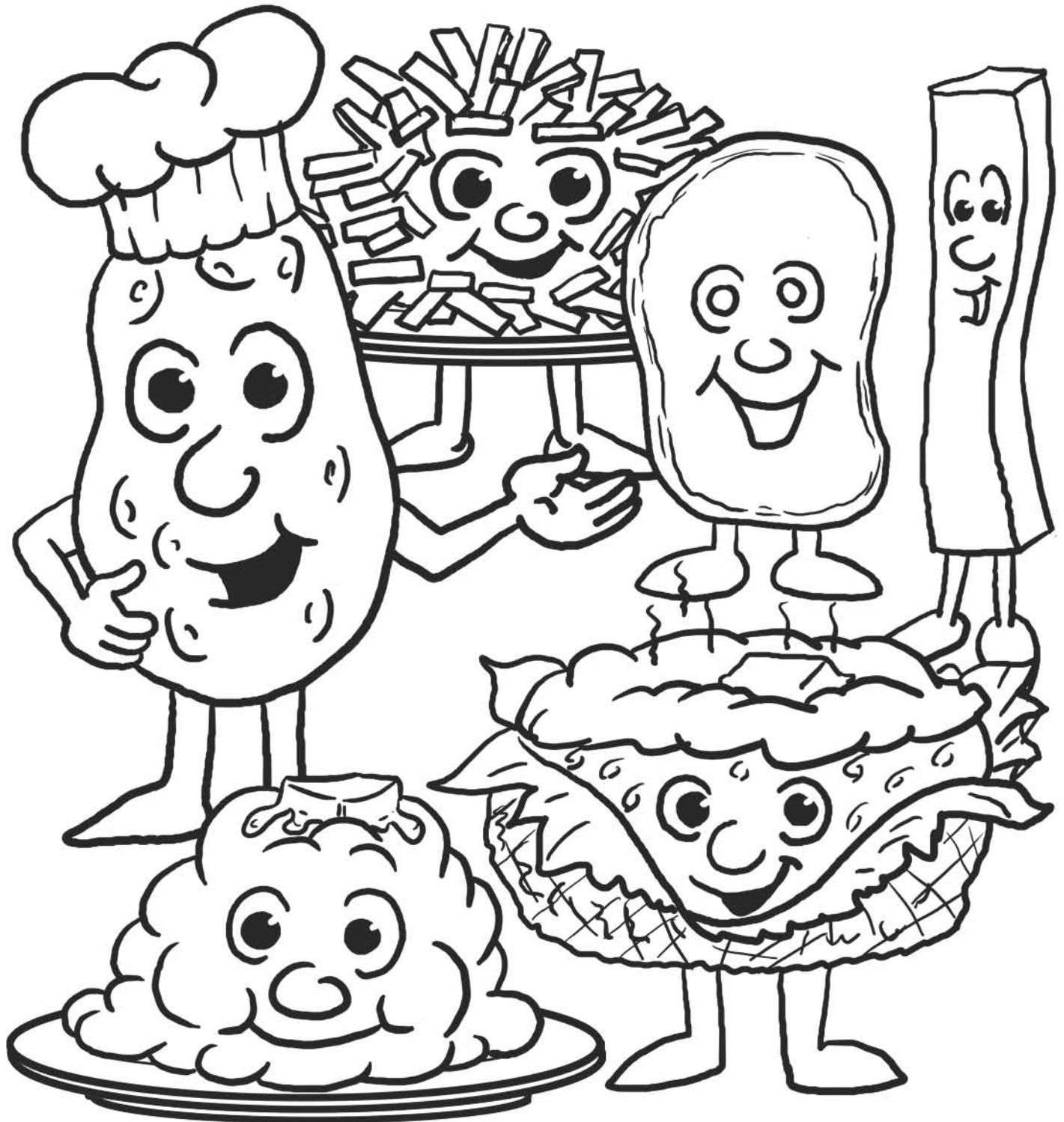
# P is for Pineapple

P is for pineapple. It is not a pine or an apple, but is a sweet- tasting fruit. Many people use it as a sign of welcome. You might see it on top of a ham or a cake, or even on pizza.



# P is for Potato

What can be either hash browns, chips, baked or mashed? The answer is potatoes! They grow underground and can be red, white, yellow, or purple. Potatoes are served for breakfast, lunch, dinner and as snacks.





# P is for Pumpkin

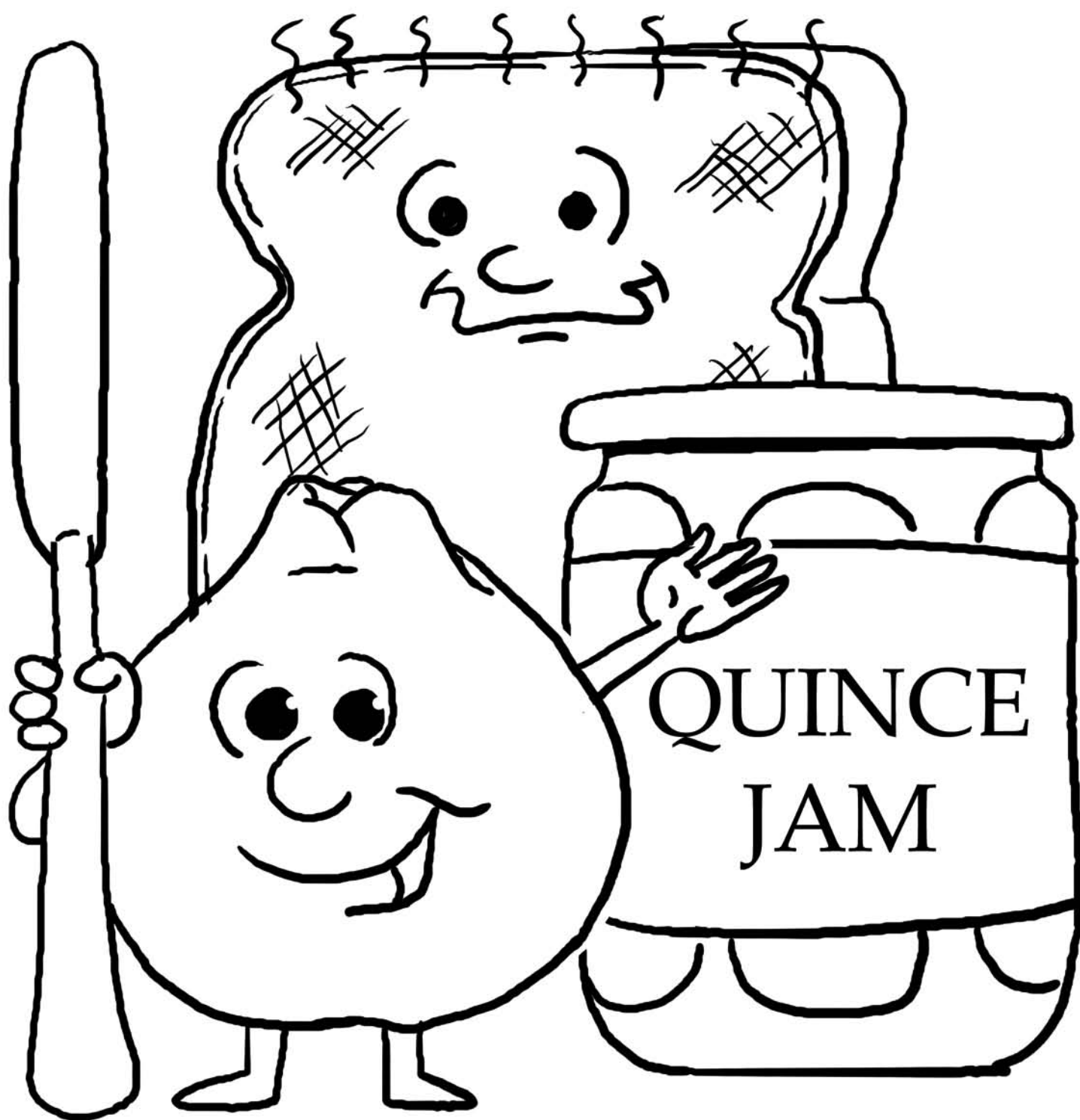
Pumpkin is a fruit that you can have great fun with as well as eat. It is fun to put scary faces on them for Halloween and even more fun when you get to eat pumpkin pie. Pumpkins can be huge. They can weigh up to 800 pounds or more. Or they can be so small you can hold them in the palm of your hand. They can be orange or white like a ghost.





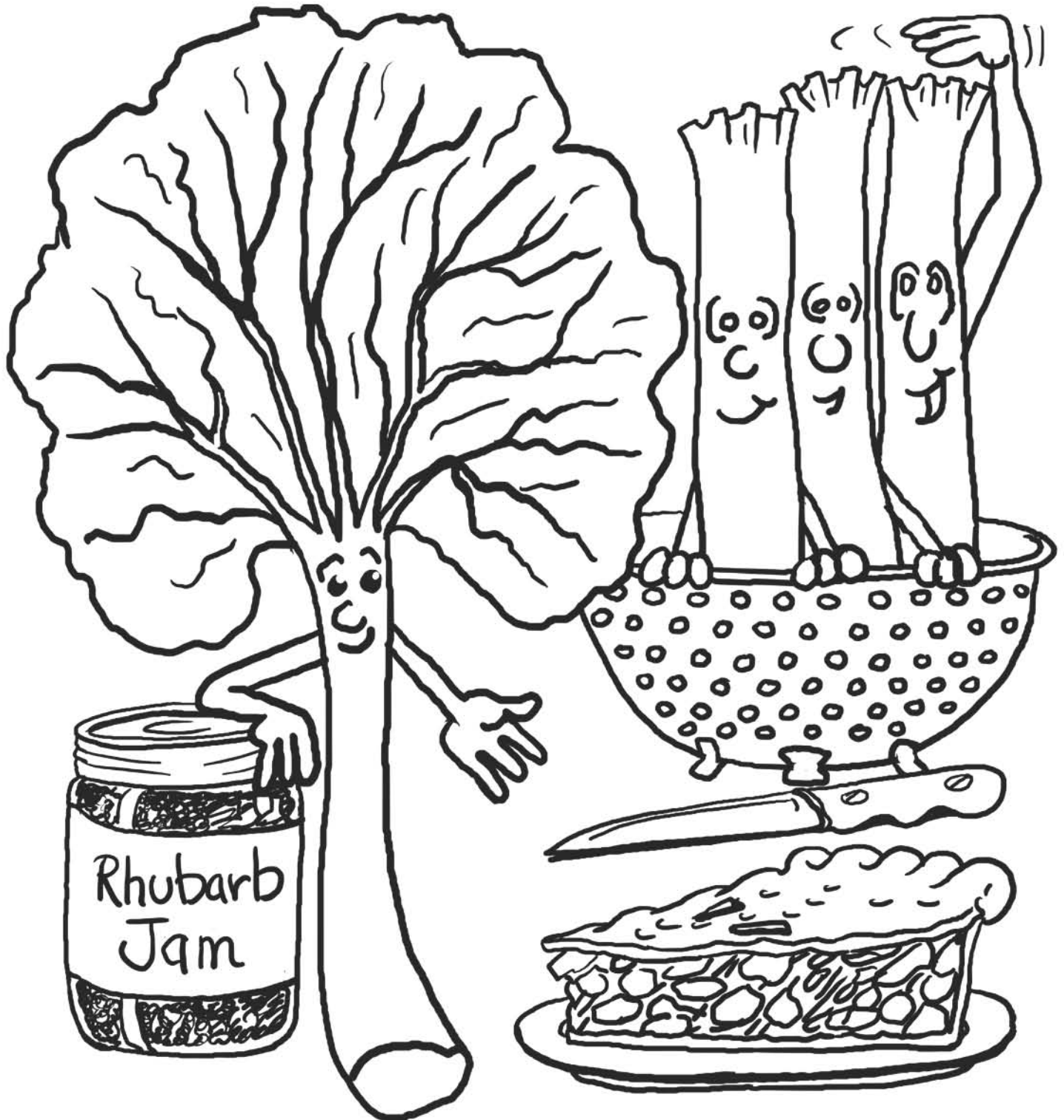
# Q is for Quince

Q is for the mouth-puckering Quince - a fruit that looks like a small greenish-yellow pear. It is very sour and dry. Quince is a favorite in Middle Eastern and Mediterranean countries. In the U.S., it is often used to make jams and jellies. Try it on toast.



# R is for Rhubarb

Rhubarb pie and rhubarb jam is made from the stalks that hold up the leaves. The stalks are bright red and very sour. When cooked, they can be really good. Be careful! When eating rhubarb from the garden, don't eat the leaves. They might make you sick!



# R is for Rutabaga

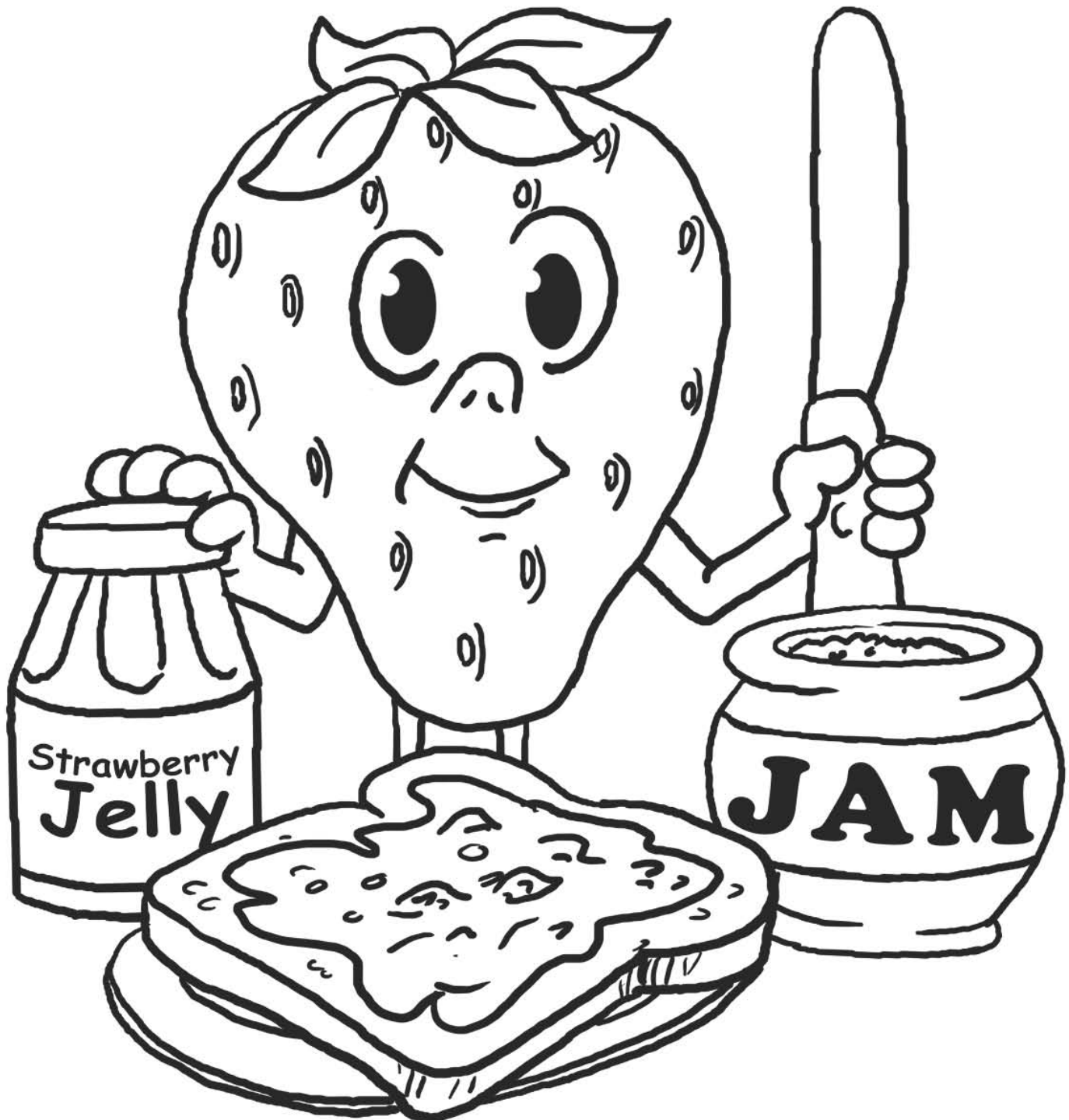
What do you get when you combine a turnip and a cabbage plant - it's a rutabaga! It is a root vegetable. It looks like a great big brown ball. It can be eaten after taking the skin off. You can eat it raw, in salads, baked, or boiled. Before there were pumpkins, rutabagas were hallowed out and carved with faces and made into lanterns for Halloween.





# S is for Strawberry

S is for strawberry. These yummy, sweet berries are great for eating right from the garden or can be used in pies. They also can be made into jams and jellies for peanut butter and jelly sandwiches.



# S is for Sweet Corn

Nothing says summer like corn on the cob! A sweet corn plant produces only one or two ears. Sweet corn can be yellow, white or can have both colors of kernels on the same ear.



# T is for Tomatillo

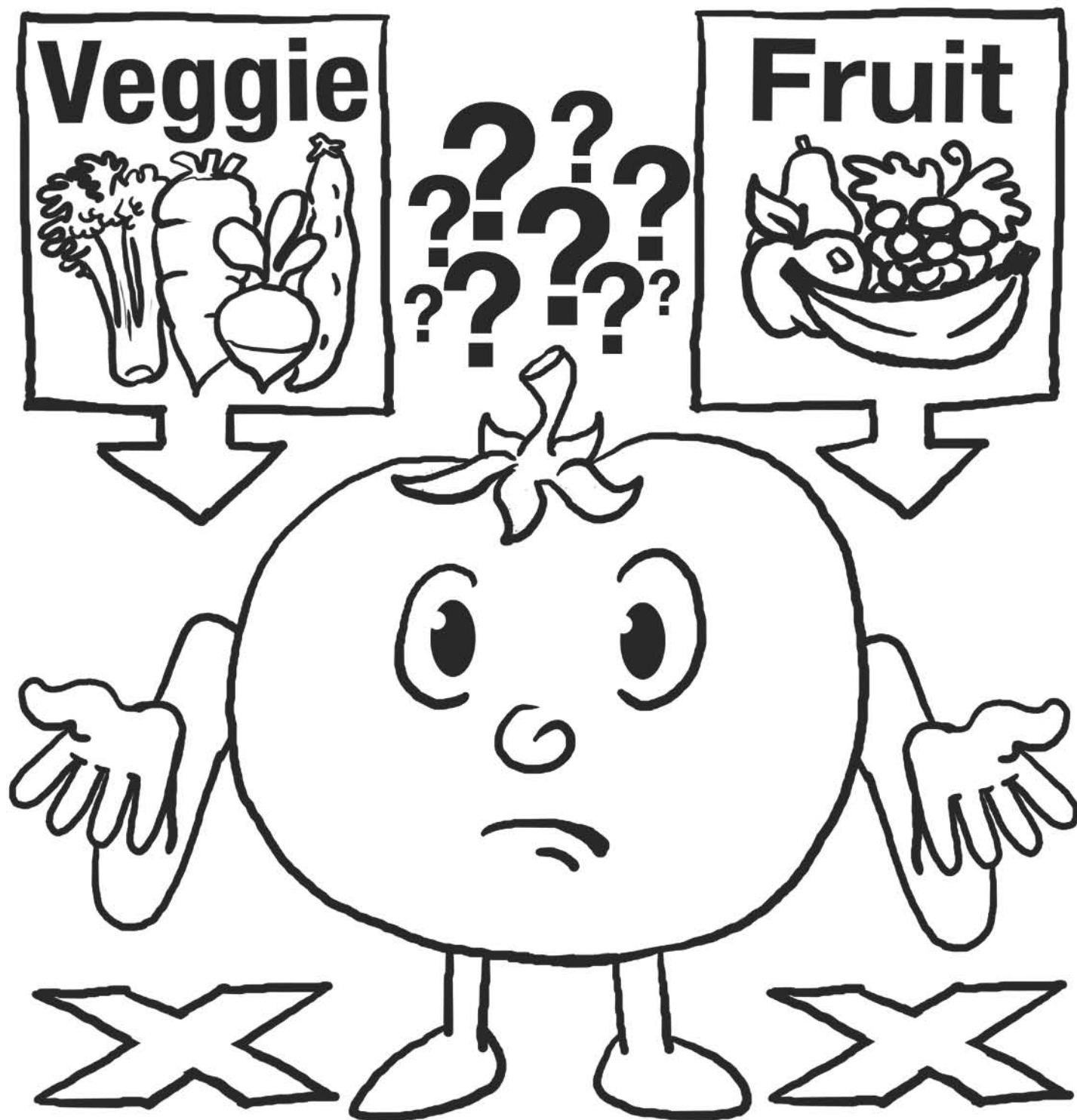
Tomatillo is a very popular fruit in Mexico. It looks like a small green tomato wrapped up in a brown paper bag. It makes great salsa for dipping corn chips.





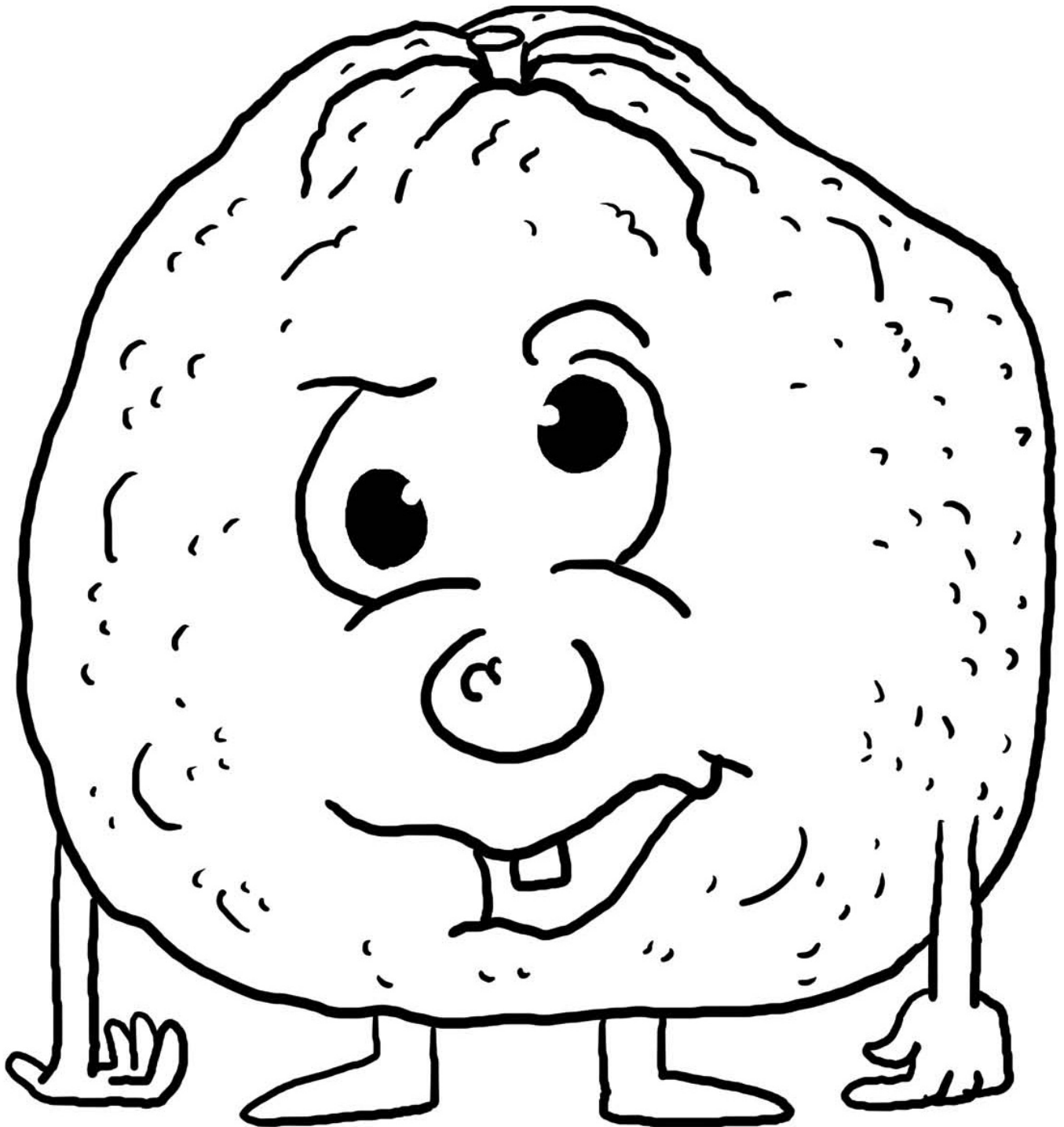
# T is for Tomato

Tomatoes are one of the first things everyone tries to grow. They can be red, yellow, orange, green, pink or dark, dark red. Is a tomato a vegetable or a fruit? It's a fruit! Have you ever tried fried green tomatoes? They are very popular in the southern United States.



# U is for Ugli

Ugli is really ugly. It's puffy, sagging skin makes it look like a shriveled up grapefruit. On the inside, it is truly yummy. The inside is pinkish orange, sweeter than a grapefruit. It is easy to peel and the fruit pulls apart into nice neat sections that are almost seedless. Let's hear it for ugli fruit.



# V is for Vegetable Spaghetti Squash

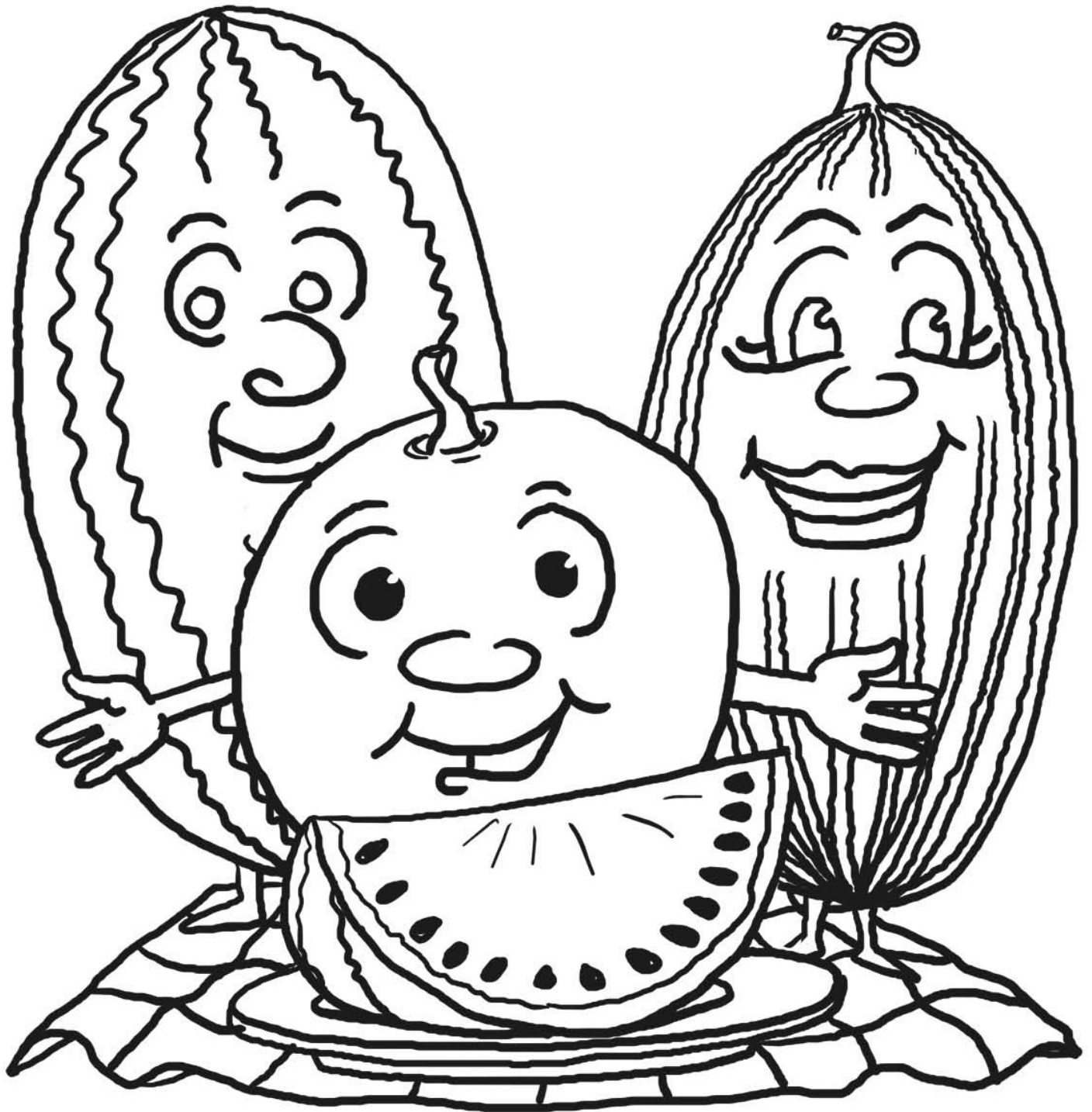
Vegetable spaghetti squash is short, yellow, and oval shaped. When cooked, and cut open, the insides come out as long strings that look like spaghetti. It can actually be served with spaghetti sauce or chilled and served with salad dressing.





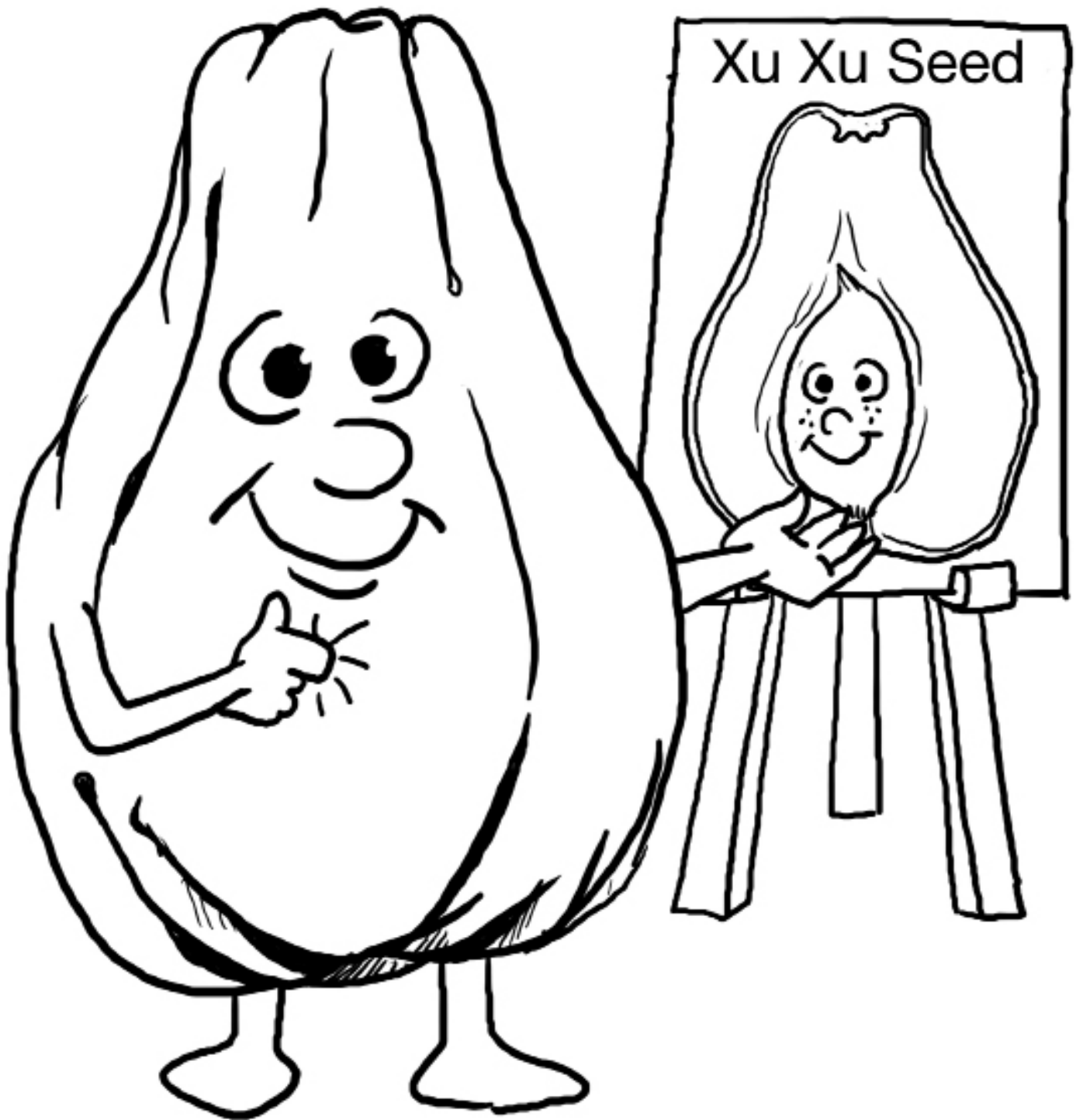
# W is for Watermelon

W is for watermelon - a summertime favorite at picnics and beach parties. They can be green or striped, round or long and oval. If you look inside, it might be yellow, orange, red, or white. They all taste the same! Some have seeds and some do not. You can eat the whole thing. Seeds can be roasted, and the rind pickled.



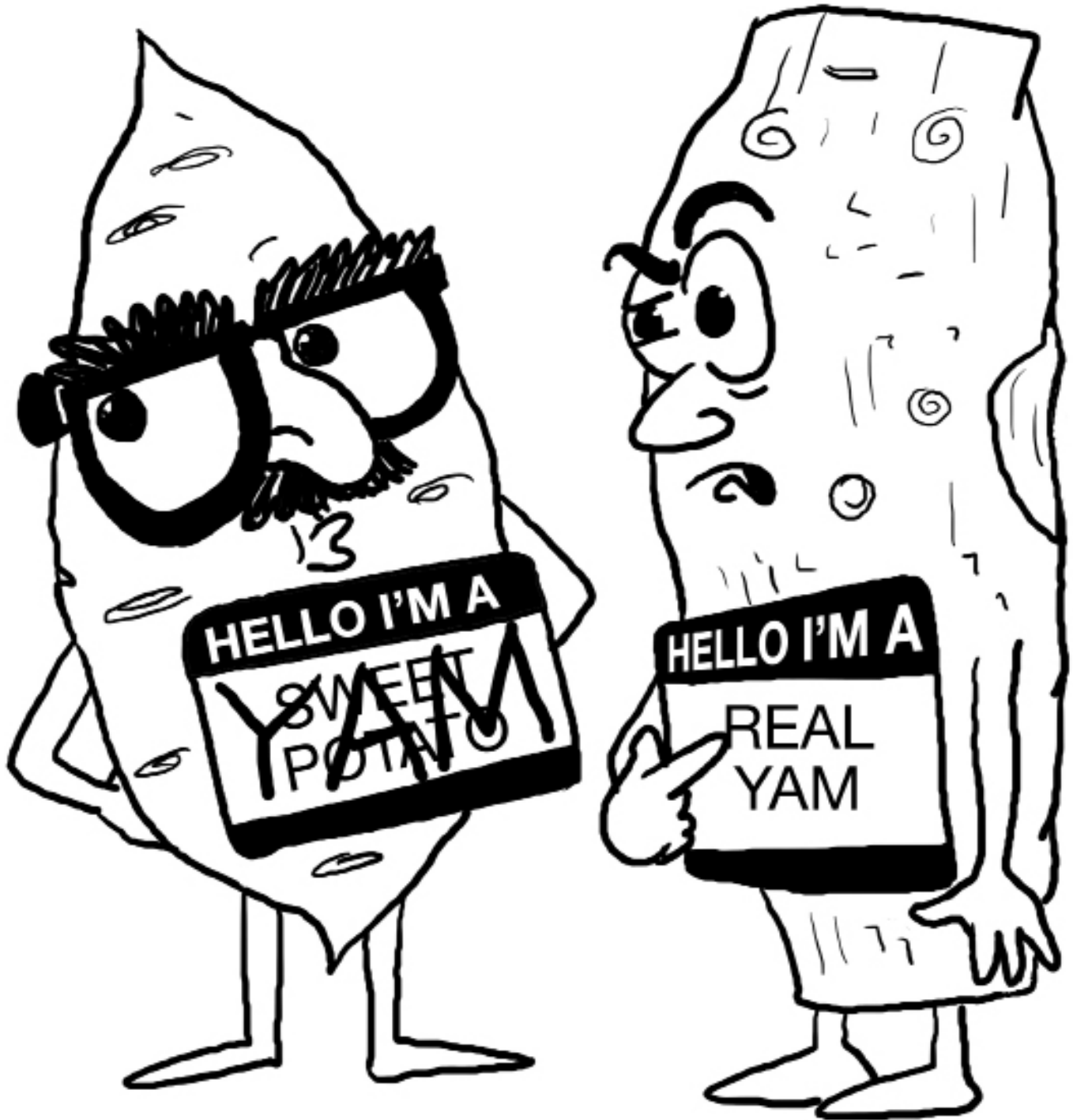
# X is for Xuxu

I bet you think there is not an X. You are wrong. X is for xuxu also called chayote (rhymes with coyote) squash a popular, tropical squash. It has one big seed like an avocado. It is often used cooked and can be pickled, fried, stuffed or boiled. It looks like a wrinkled green pear. See if you can find it in your store.



# Y is for Yams

Y is for Yams. It is a sweet, root vegetable grown in Africa, the Caribbean, and South America. Only a few true yams make it to the American market through specialty food stores. The next time you see yams for sale in your grocery store you can almost be certain it's not a true yam but a sweet potato. A true yam is the tuber of a tropical vine and not at all related to a sweet potato.





# Z is for Zucchini

Z is for Zucchini. It looks like a green cucumber with ridges. It is a summer squash with a thin fragile skin. When you go to buy it, handle it gently. It is eaten raw or cooked and can be baked into bread. It is very easy to grow in the garden.

