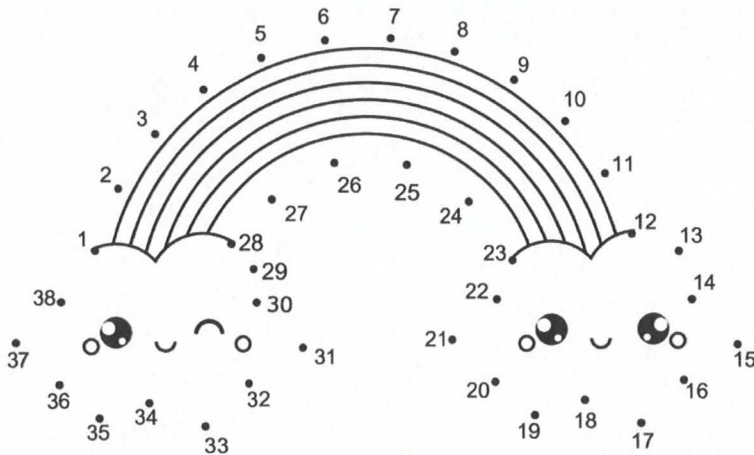


RAINBOW CAULIFLOWER



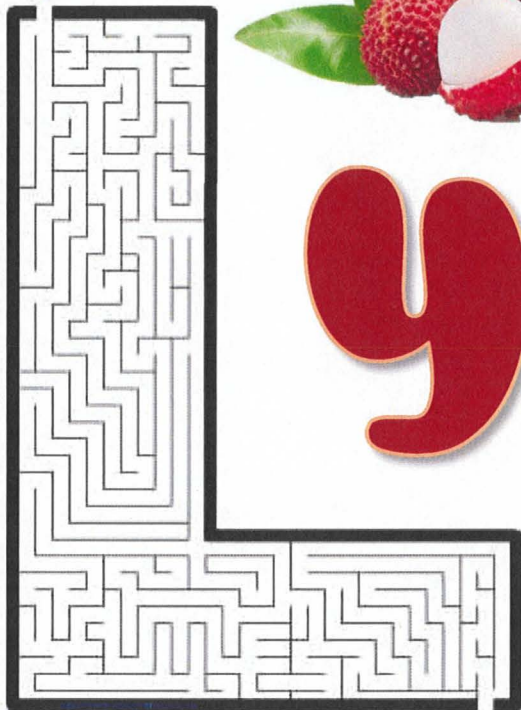
Color the Cauliflower
your favorite color!

Connect the dots!

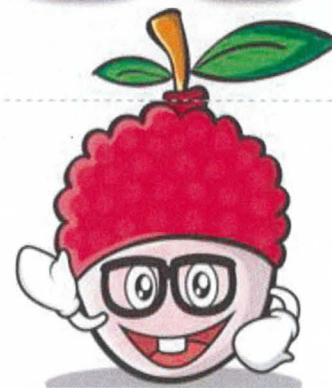
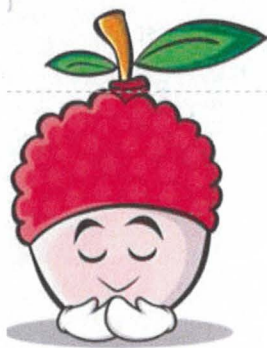


Colored Cauliflower is available in green, purple and orange varieties. Although it may look different than the popular white cauliflower, the taste is just the same: mild, sweet and nutty. The orange and purple cauliflower are higher in antioxidants than regular white cauliflower. Purple cauliflower's true origin is not known, but the purple color is natural. It is the antioxidant anthocyanin that gives it the purple pigment.

Start



LYCHEE

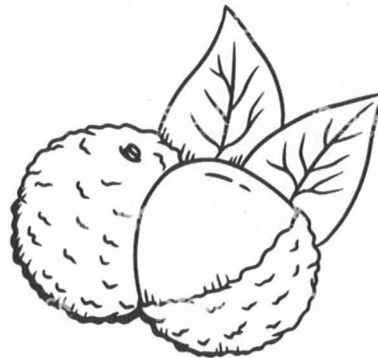


Lychees have been a prized fruit throughout China's history. They are usually round or slightly egg-shaped. When you remove the outside red-to-pink peel, it reveals a translucent ball of sweet flesh, centered by a small brown seed called "the nut".

They are high in Vitamin-C which is GREAT for our immune systems! Lychees grow in clusters on trees and are only around for a short time during the year.



Color the Lychee
your favorite color!



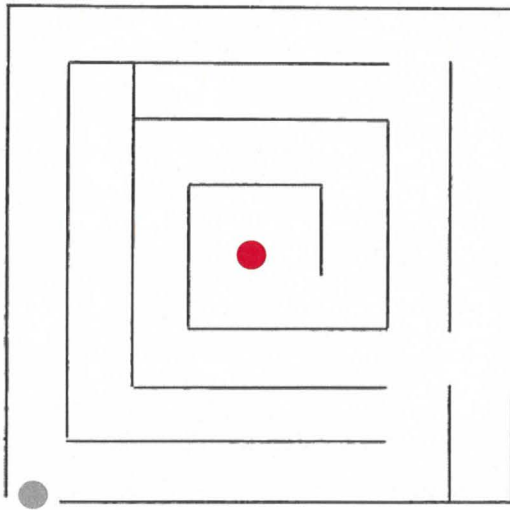
Watermelon Radish

Fun facts about this vibrant veggie:

Also known as Roseheart or Red Meat, the Watermelon Radish is an heirloom Chinese Daikon Radish. It is a member of the Brassica (mustard) family along with Arugula, Broccoli and Turnips.

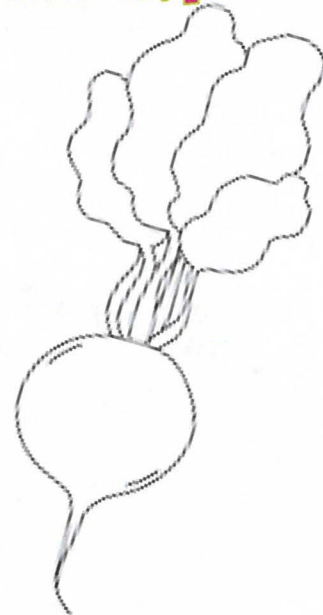
Watermelon Radishes are edible globular roots attached to thin stems and wavy green leaves. Their exteriors are creamy white with pale green shoulders, a sign of the chlorophyll it received from exposure to the sun. Watermelon Radish flesh is white closest to the exterior and becomes bright, circular striations of pink and magenta toward the center.

The flesh is tender crisp, succulent and firm. Its flavor is mild, only slightly peppery with some sweet notes. Depending on when harvested, Watermelon Radishes can range in size from golf ball to soft ball.



Can you find your way
through this maze?

What color am I?

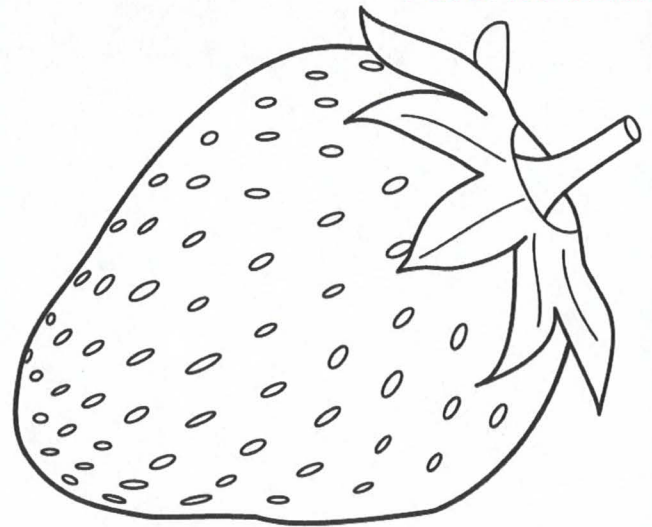


STRAWBERRIES

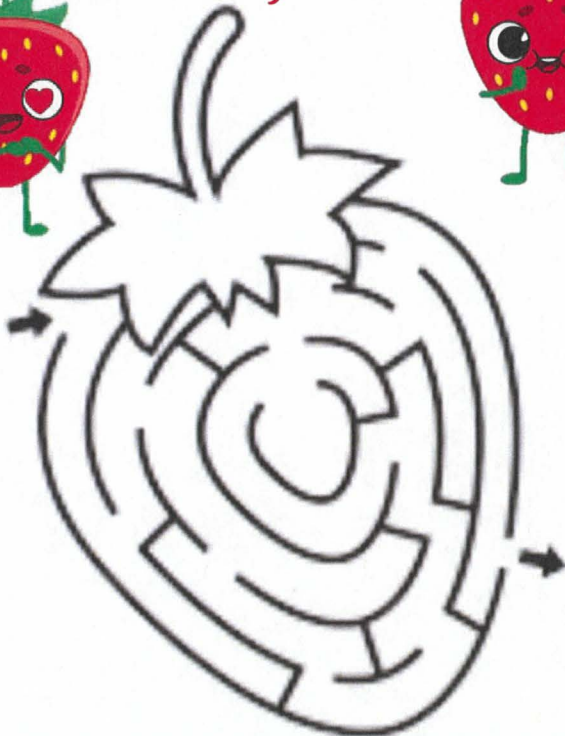
strawberries are not actually a true berry, but rather a greatly enlarged stem end of the plant's flower! There are hundreds of varieties of strawberries, each displaying unique attributes, including flavor profiles, resistance to disease, size, shape and even coloring.



Color the Strawberry your favorite color!



Find your way through the Strawberry Maze!



strawberries are an excellent source of vitamin C and manganese and also contain decent amounts of folate (vitamin B9) and potassium. Strawberries are very rich in antioxidants and plant compounds, which may have benefits for heart health and blood sugar control

BABY CANDY STRIPE BEETS

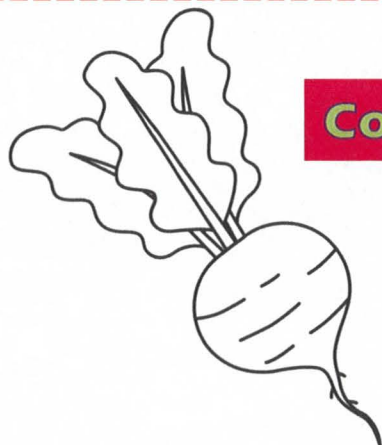


Did You Know?

CANDY STRIPE BEETS HAVE THEIR NAME DUE TO THE COLORFUL FUCHSIA AND WHITE STRIPES FOUND WHEN YOU CUT THE BEETS IN HALF. THE HEARTY MILD FLAVOR OF THESE BEETS ARE NOT AS STRONG AS COMMON LARGE BEETS. BABY BEETS ARE MUCH MORE TENDER AND SWEET THAN REGULAR BEETS.

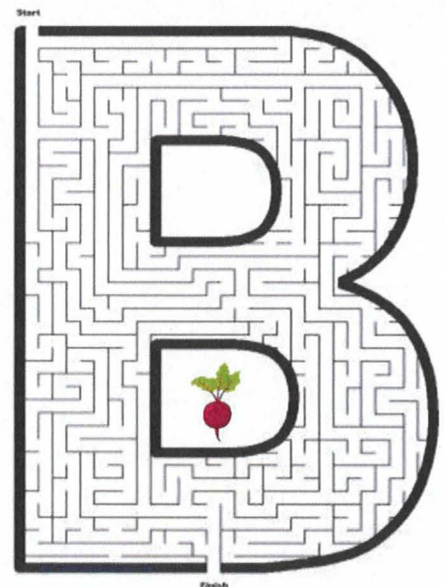
Nutritional Facts :

CANDY STRIPE BEETS ARE AN EXCELLENT SOURCE OF MANGANESE, FOLATE, VITAMIN C, MAGNESIUM, POTASSIUM, AND FIBER.



Color the beet!

Find your way through the maze!



Lemon



Plums

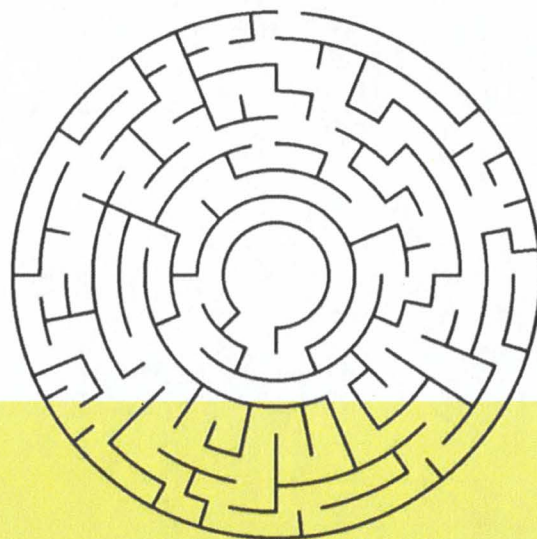
Did You Know?

Plums are part of the stone fruit family. There are many different varieties of Plums. Lemon Plums from Chile are truly a treat to eat. These plums are wildly sweet and juicy, named for their lemony color and tear-drop shape, not their flavor.

Nutritional Facts:

Lemon plums are a very good source of vitamin A and C. They are also a good source of dietary fiber, and potassium!

Can you find your way through the maze?

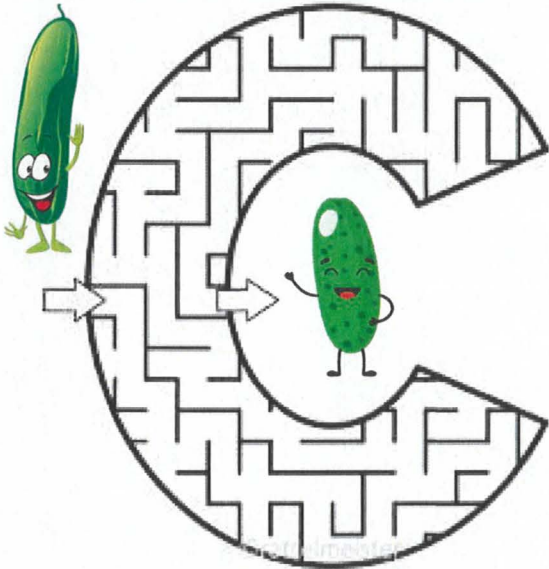


Mini

Cucumber



Help Callie Cucumber find
her friend Cameron!



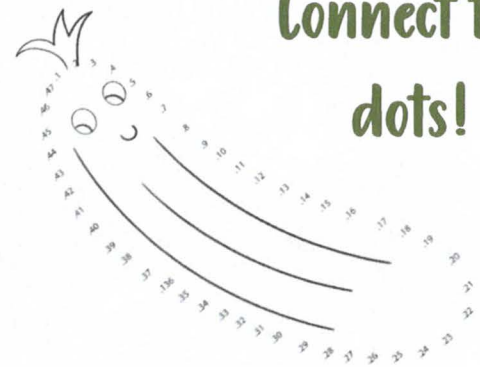
Fun Facts

Mini cucumbers are sweet, slender, straight and have fewer, less noticeable seeds than many other cucumbers. You'll also see them called greenhouse cucumbers, hot house cucumbers, European cucumbers and seedless cucumbers. Mini cucumbers are about a 3-4 inches long and about 1-1/2 to 2 inches in diameter. Technically, they're fruits from the same family as watermelons and pumpkins!

Nutrition Facts

A serving of cucumber, one-half a cup, is about 8 calories. They have small amounts of vitamin K and vitamin A and are about 95% water.

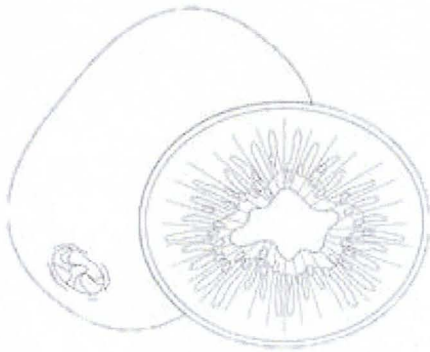
Connect the
dots!



BABY KIWIFRUIT

- Baby Kiwifruit are small berries, just shy of the size and similar in shape to a grape, with a fuzz-free skin.
- The exterior of the fruit is more vibrant than a common Kiwifruit, the color of muted green with hints of purple and brown.
- The Baby Kiwifruit, though almost inherently associated with New Zealand, is native to China and Korea
- Baby Kiwi can be sweet and savory and are high in Vitamin C and Potassium!

COLOR THE BABY KIWIFRUIT!



CAN YOU FIND THESE WORDS?

**BABY
SMALL
BERRIES
SMOOTH
GREEN
SWEET**

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