



Hey kids, become a FOOD EXPLORER and check this out!

Arugula



Did you know...?

- Arugula is known as the “garden rocket” because of how quickly it grows.
- Arugula is usually grown near basil and parsley plants because its “spicy” smell and taste repels pests.
- Arugula blooms in the spring and summer. Its flowers attract bees and insects, which are important for pollination.
- Arugula has been around for centuries. It was first harvested in the 6th century B.C.



DELICIOUS AND NUTRITIOUS

Arugula contains phytonutrients that can help protect your health.

A SUPER SNACK IDEA

Make an arugula salad with olive oil, lemon, and parmesan cheese.

ARUGULA HUMOR

What’s a wolf’s favorite vegetable?
Arrooooooogula!!



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Beets



Did you know...?

- In 1975, American astronauts were welcomed into space with a banquet prepared by Russian cosmonauts. They enjoyed beet soup in zero gravity.
- Since the 16th century, beet juice has been used as a natural red hair dye.
- The largest beet recorded was 62.6 lbs!
- In ancient times, beets were used as medicine to treat headaches and toothaches.

DELICIOUS AND NUTRITIOUS

Beets contain a large amount of potassium, which can reduce the risk of cardiovascular disease.

A SUPER SNACK IDEA

Blend a small beet into a banana smoothie.

BEET HUMOR

Did you hear about the vegetable that lowers your blood pressure and increases your brain function?
You can't beet that.



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Celery



Did you know...?



- Smallage is the name for the wild form of celery. It was used for medicine in ancient times.
- The seeds of celery can be used as a spice.
- Celery seeds are so tiny that only one ounce of seed is needed to plant an entire acre of celery.
- The winners of athletic games in ancient Greece were rewarded with a bouquet of celery.
- Celery was first used in Italy in the 16th century.



DELICIOUS AND NUTRITIOUS

Celery is low in calories and is a good source of dietary fiber.

A SUPER SNACK IDEA

Chop celery in half and fill it with peanut, sunflower, or coconut butter. Add dates, raisins, or any topping you like.

CELERY HUMOR

Why did the chef quit?

They cut his celery!



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Fresh Herbs



Did you know...?

- There are close to 3,000 different types of herbs used for medicine, food flavoring, and aroma.
- Common herbs used for cooking include parsley, basil, cilantro, oregano, dill, mint, and thyme.
- Oregano is known as the “pizza herb.” It is a basic ingredient for many Italian dishes.
- Parsley is a natural breath freshener.
- Mint can be used in tea and in sweet and savory dishes. Varieties of mint include spearmint and peppermint.

DELICIOUS AND NUTRITIOUS

Cilantro can help improve your sleep and help settle an upset stomach.

A SUPER SNACK IDEA

Infuse water with basil and watermelon or cucumber and mint for a refreshing, flavorful drink.

HERB HUMOR

What did Herbert say when his guest arrived late?

“Do you have any idea what thyme it is?”



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Garlic



Did you know...?

- A restaurant in Sweden uses garlic in every menu item, including cheesecake and ice cream.
- Egyptian pharaohs gave their pyramid builders garlic to build strength.
- During World War I, British soldiers used garlic to heal wounds faster.
- There are 300 different types of garlic grown around the world.

DELICIOUS AND NUTRITIOUS

Garlic can combat sicknesses such as the common cold and the flu.

A SUPER SNACK IDEA

Add fresh chopped garlic to hummus, bruschetta, or your favorite dip for extra flavor.

GARLIC HUMOR

What does garlic do when it gets hot?

It takes its cloves off.



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Hot Peppers



Did you know...?

- Jalapeño, cayenne, habanero, and chili peppers are all types of hot peppers.
- The seeds of the pepper are not what makes them hot. It is actually the oil from the fleshy part of the pepper.
- Hot peppers were named for their fiery, hot taste.
- Hot peppers were grown by George Washington and Thomas Jefferson.
- Japanese samurai ate hot peppers to prepare themselves for battle.

DELICIOUS AND NUTRITIOUS

Hot peppers can help promote a healthy heart.

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A SUPER SNACK IDEA

Add hot peppers to your eggs in the morning for extra flavor.

HOT PEPPER HUMOR

What does a nosy pepper do?
Get jalapeño business.



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Onions



Did you know...?

- Our eyes water when cutting onions because onions release a natural chemical that irritates our eyes.
- Onions were placed near ancient pharaohs' burial tombs to bring prosperity in the afterlife.
- Onions are the third most popular vegetable in the U.S.
- Onions are related to garlic, shallots, leeks, and chives.
- Onions are an ancient crop that has been grown by civilizations for at least 5,000 years.

DELICIOUS AND NUTRITIOUS

Onions can help your body fight against cancer and heart disease.

A SUPER SNACK IDEA

Add caramelized onions for a great pizza topping.

ONION HUMOR

What kind of ring makes people cry?
An onion ring.



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Plantains



Did you know...?

- Plantains are a member of the banana family. They are starchier and lower in sugar than bananas.
- Dried plantains can be ground into flour.
- Native to India and the Caribbean, plantains serve an important role in many traditional dishes.
- Plantains are not suitable to eat raw unless they are very ripe and turn completely black.



DELICIOUS AND NUTRITIOUS

Plantains are a good source of potassium, which is healthful for your heart.

A SUPER SNACK IDEA

Use plantains in banana bread.

PLANTAIN HUMOR

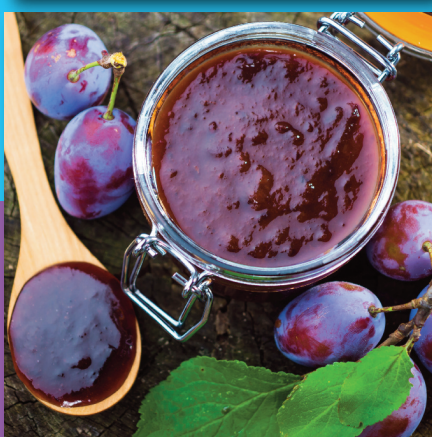
Why do plantains wear sunscreen?

Because they peel!



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Plums



Did you know...?

- Plums are grown on every continent except Antarctica.
- Plums are an ancient fruit, along with olives and grapes.
- Over 140 varieties of plums are sold in the U.S.
- Important to Chinese mythology, the plum tree was associated with wisdom.
- Plums are closely related to peaches, nectarines, and apricots.

DELICIOUS AND NUTRITIOUS

Eating plums may help control your blood sugar.

A SUPER SNACK IDEA

Use plums to make a delicious jam!

PLUM HUMOR

What kind of fruit can fix your sink?
A plum-ber!



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Radishes



Did you know...?

- Radishes are root vegetables, categorized as tap roots.
- Radishes are often used as a salad ingredient.
- In Mexico, during “The Night of the Radishes,” sculptures like the nativity scene are created out of large radishes for a Christmas celebration.
- Radishes have been grown for thousands of years. They came to Massachusetts in 1629.
- Egyptian pyramid builders were given onions, radishes, and garlic as “wages.”

DELICIOUS AND NUTRITIOUS

Radishes are a good source of vitamins A, C and B and are known to help with the digestive system.

A SUPER SNACK IDEA

Sauté radishes in a pan with olive oil and a pinch of salt.

RADISH HUMOR

Why couldn't the radish finish the race?
Because he was just a little beet.



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Turnips



Did you know...?

- Turnips, parsnips, beets, and onions are called root vegetables because their enlarged root is what's eaten.
- Both the root and the green tops of turnips are edible.
- Turnips were carved to scare away evil spirits at Halloween before pumpkins became popular.
- Turnips were consumed in Germany during World War I when meat and potatoes were scarce.
- Turnips grow well in cold winter climates. They taste sweeter when harvested after a frost.

DELICIOUS AND NUTRITIOUS

Turnips are high in fiber and are good for your intestine's health.

A SUPER SNACK IDEA

Puree turnips, carrots, and parsley together to make an alternative to mashed potatoes.

TURNIP HUMOR

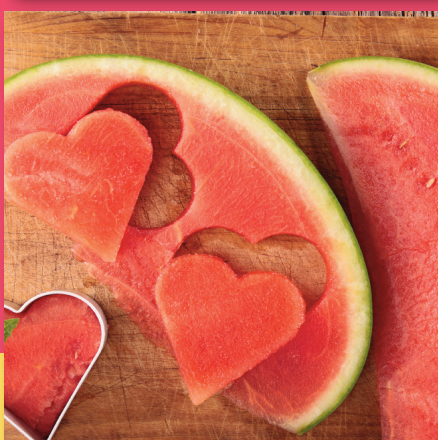
Knock Knock. Who's there? Turnip!
Turnip who?

Turnip the heat, it's cold in here!



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Watermelon



Did you know...?

- Watermelon was first grown in Massachusetts during the 17th century.
- Egyptians grew watermelons nearly 5,000 years ago.
- Watermelons are more than 90% water, which is how they got their name.
- The largest watermelon on record was grown in Tennessee, weighing in at 350.5 pounds.
- A watermelon plant will **not** grow in your stomach if you accidentally swallow a seed.

DELICIOUS AND NUTRITIOUS

Red fruits and vegetables like watermelons can help our memories work.

A SUPER SNACK IDEA

Cut a watermelon into 1-inch-thick slices.
Then use a cookie cutter to cut out fun
shapes for a juicy, great summer snack.

WATERMELON HUMOR

**What did the farmer put on his
boo-boo?**
A watermelon patch!