



EDIBLE PLANT GAME INTRODUCTION

Fruits & Vegetable Slides

Almonds



Almonds grow on trees and may be eaten roasted or raw. They are a good source of protein. California is the world's largest producer of almonds!

Artichoke



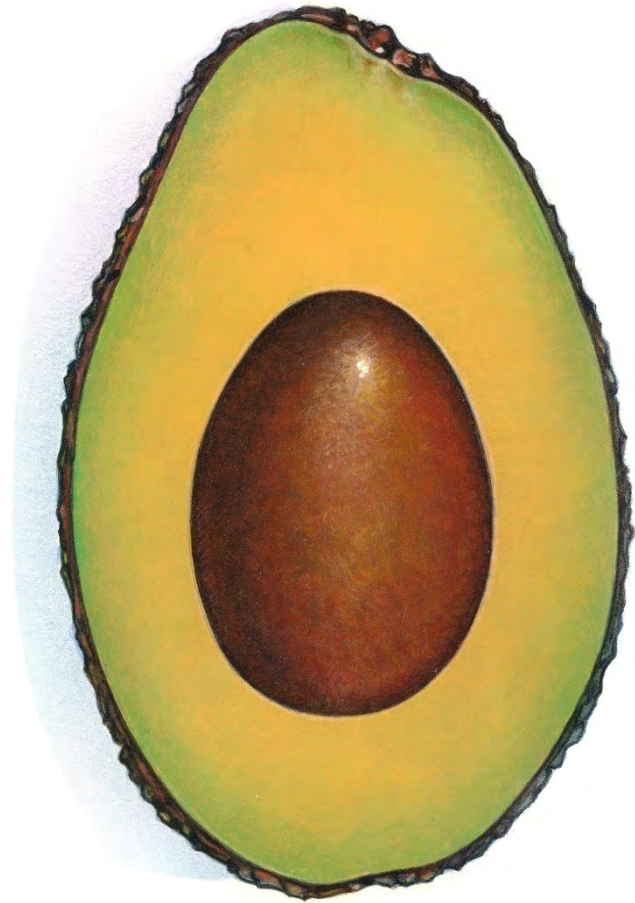
California produces most of the artichokes that are eaten in the U.S. We eat the green leaves of the edible artichoke flower.

Asparagus



The name asparagus means “sprout” in Greek. It is a delicious source of vitamin A and C.

Avocado



When mashed up, avocados make a tasty guacamole dip for chips or topping for tacos.

Brussels Sprouts



Brussels Sprouts look like baby cabbages and are a good source of Vitamin C

Carrot

Carrots make a great snack and are an excellent source of Vitamin A.



Cauliflower



Cauliflower is a white flower that is tasty when eaten raw or when cooked.

Celery



Celery stems make a healthy snack when eaten with a little peanut butter or cream cheese.

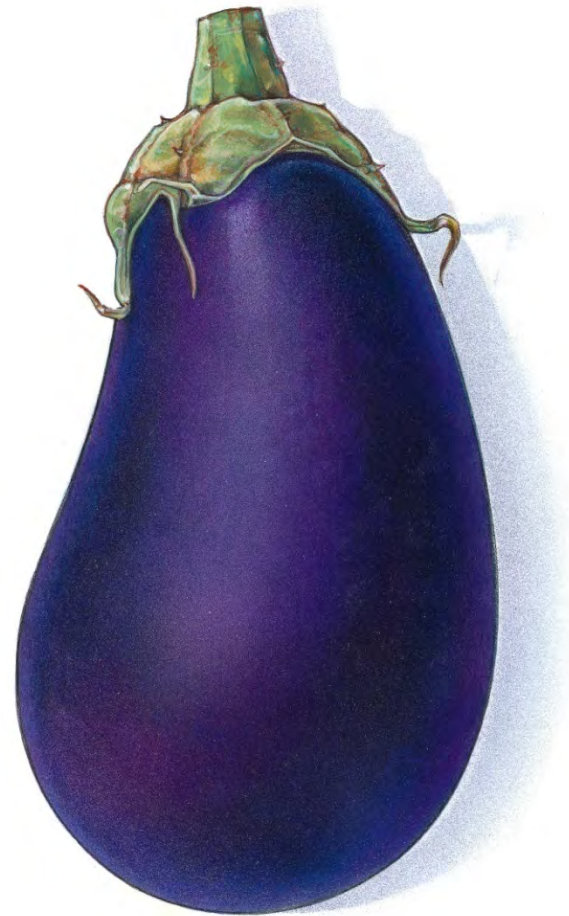
Cotton



Cotton is harvested to make fabric for clothing.

Eggplant

Eggplants are beautifully colored vegetables rich in Vitamin C, Calcium, and Potassium.



Garlic



California produces 90% of the garlic in the United States. Garlic is used to season many recipes and has been used throughout history as a medicinal cure for many ailments. During WWII penicillin was scarce and garlic was used to disinfect wounds.

Grapes

Grapes grow on vines and come in many varieties. Dried grapes are called raisins.



Herbs



Herb gardens are easy to grow in small containers in your yard or in a sunny window. Herbs like cilantro, basil, and thyme can be used in everyday cooking.

Lettuce



There are many different types of lettuce to try in your salad. One type that you may be familiar with is iceberg lettuce.

Kiwifruit

Kiwifruit are rich in Vitamin C. They have a brown furry skin with a center that is bright green with black seeds. Kiwis grow on vines.



Lemon



Lemons are a sour citrus fruit used in many recipes and are also a good source of Vitamin C.

Mushrooms



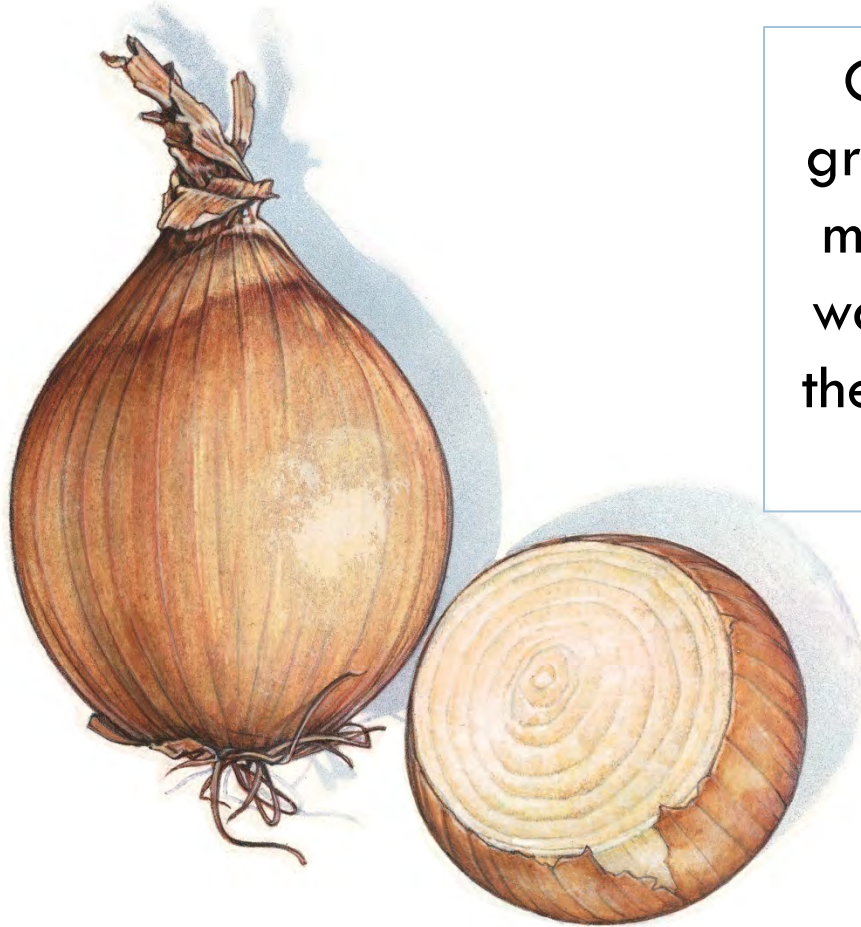
Mushrooms are grown in the dark and are a type of fungi. They are often used as pizza toppings and in omelets. Mushrooms have many health benefits but some are poisonous, so never pick and eat mushrooms you find.

Olive

Olives are a black or green fruit that can be cut up and served on pizzas or smashed to make cooking oil.

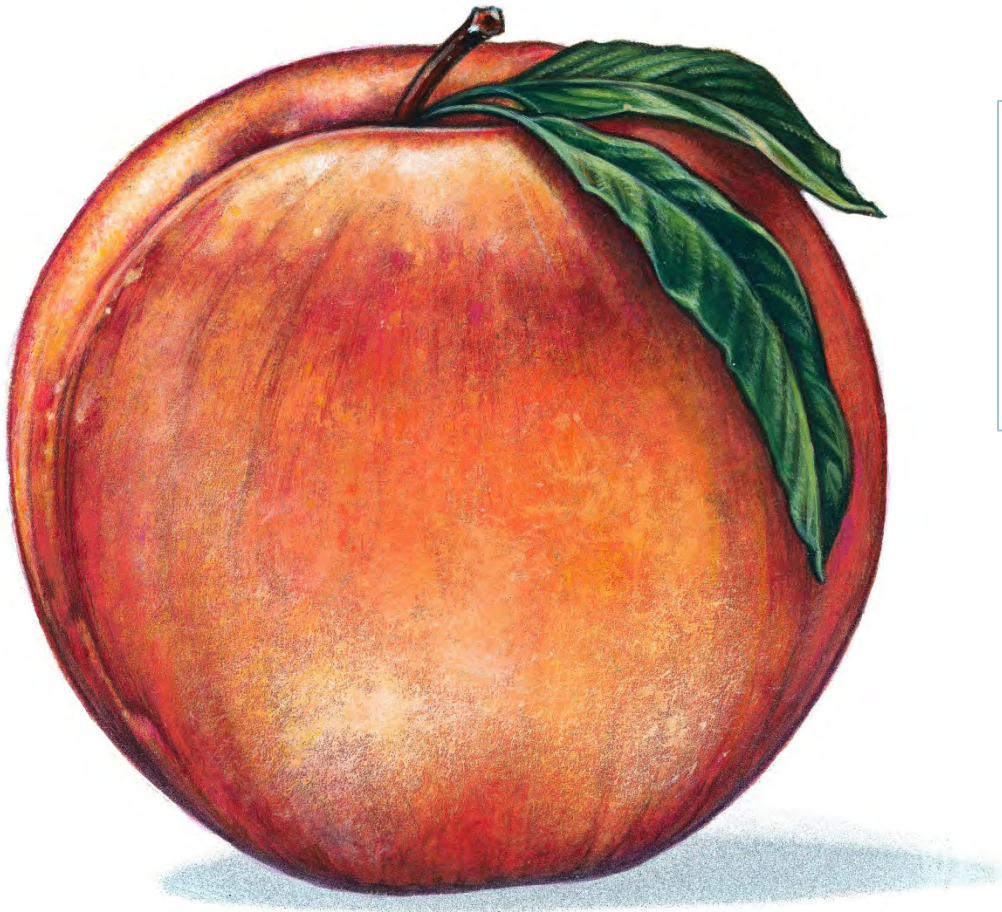


Onion



Onion bulbs grow under ground. They add flavor to many recipes. To minimize watery eyes, cool onions in the fridge or wear goggles when cutting.

Peach



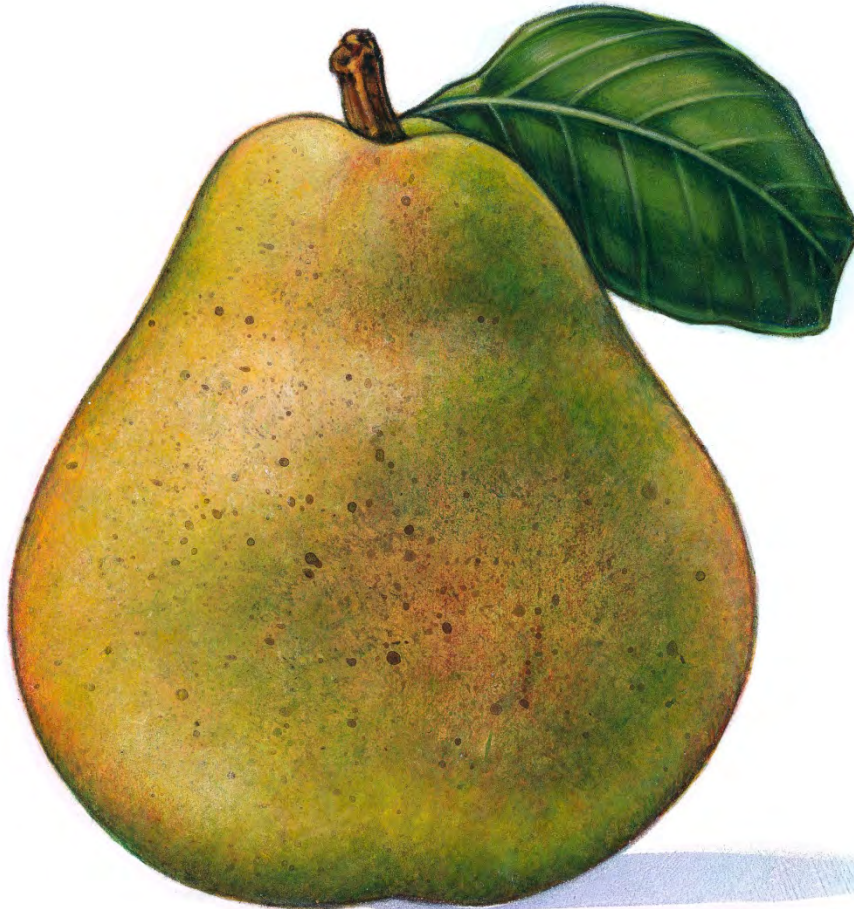
Peaches have fuzzy yellow skin and are juicy and sweet when eaten fresh or canned.

Parsnip



Parsnips are root vegetables that look like large white carrots. They are sweet tasting when cooked.

Pear



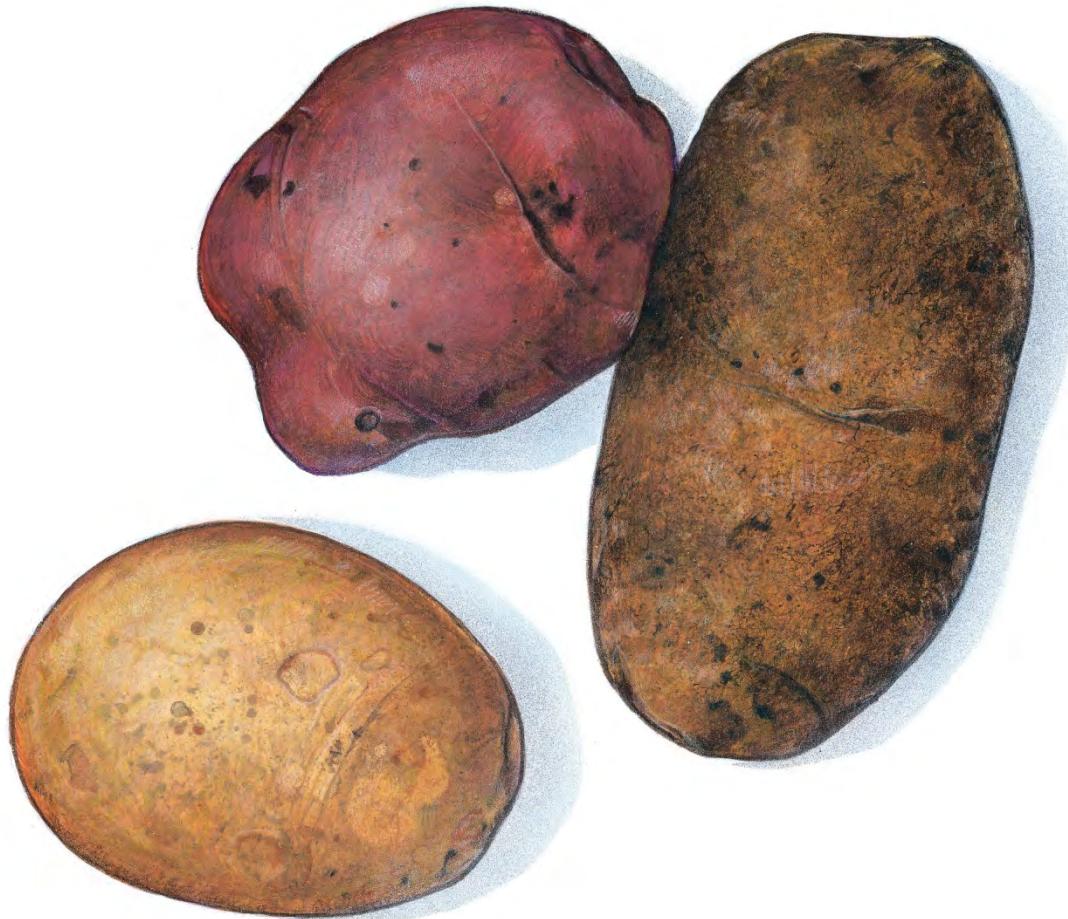
Pear trees produce a tasty fruit that is rich in fiber. The fruit has a slightly gritty texture.

Pomegranate



Pomegranates are full of tiny red, edible seeds that supply a good source of Vitamin C.

Potato



Potatoes are underground stems called tubers that come in Red, Russet and White varieties.

Pumpkin



Pumpkins are a type of squash grown for Jack O' Lanterns at Halloween and pies at Thanksgiving

Rice



Rice seeds are planted by airplanes dropping seeds as they fly over flooded rice fields. Water is drained from the fields just before harvest.

Silage



Silage is a livestock feed made of fermented grass crops like clover, alfalfa, and corn.

Spinach

Spinach is tasty in salads and omelets and is a great source of Vitamin A. Popeye eats a lot of spinach!



Strawberry

Strawberries have their seeds on the outside of their fruit. They are a good source of Vitamin C.



Tomato



Tomatoes are used in many recipes. They can be found in a sauce on your pizza or in your spaghetti and are a good source of Vitamin C

Wheat



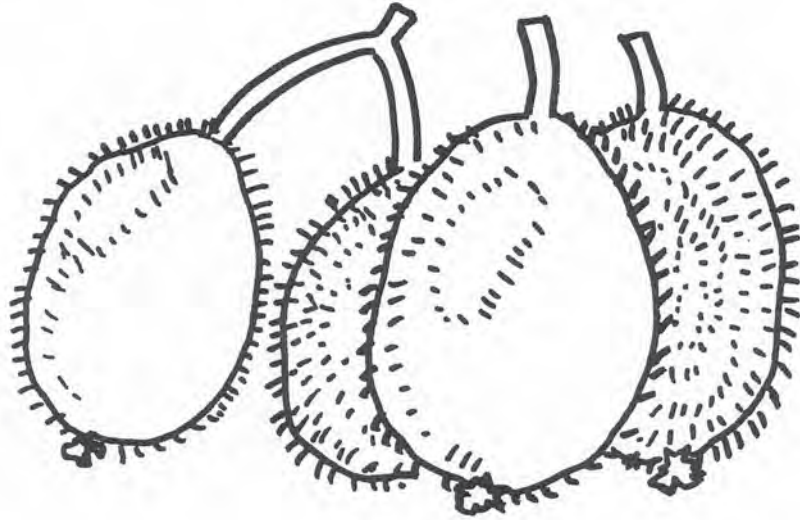
Wheat is a grain used to make breads and pastries.

Watermelon



Watermelon is a great way to rehydrate on a hot summer day. Watermelon may have black seeds or be seedless.

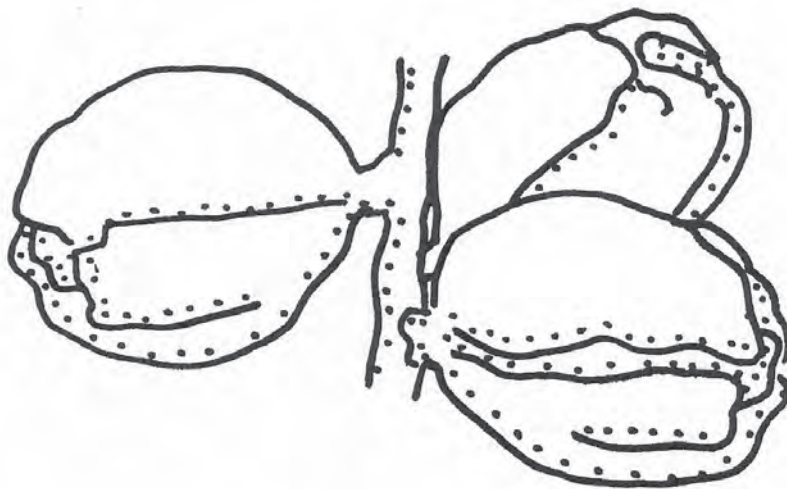
I AM A KIWIFRUIT



Who looks like a baby cabbage and is a good source of Vitamin C?



I AM A BRUSSELS SPROUT



Who is the top producing agricultural state in the U.S.?

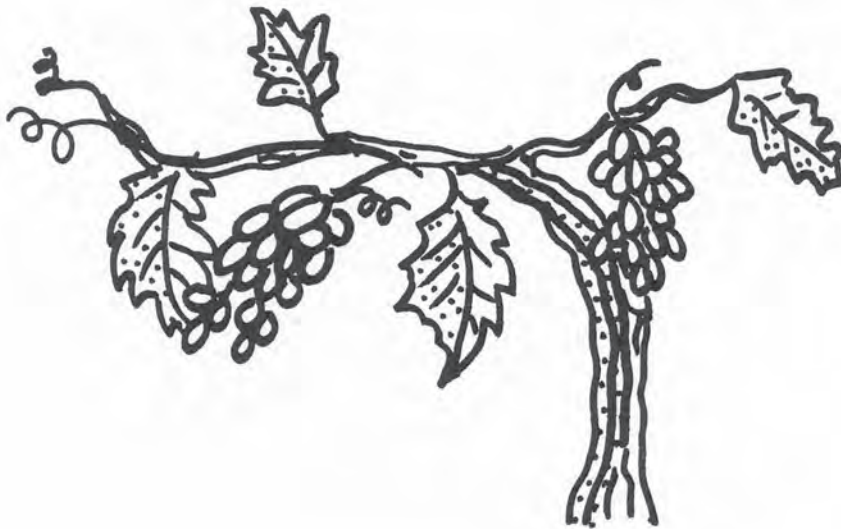
I AM CALIFORNIA



Who is the fruit that can be dried to make raisins?

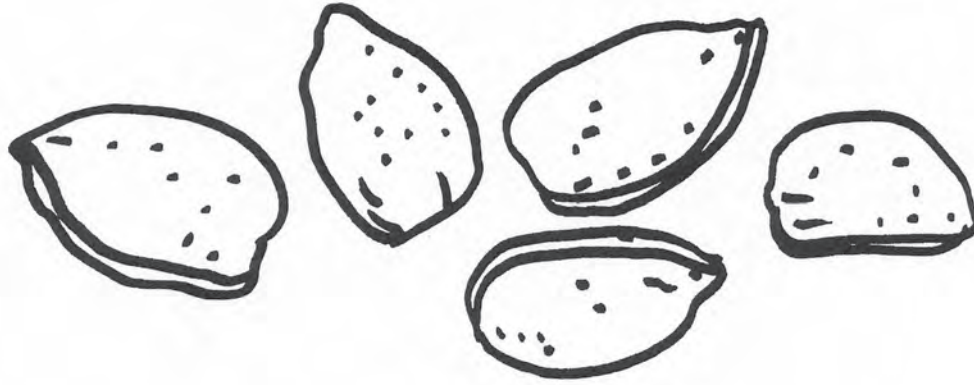


I AM GRAPES



Who is the nut that may be eaten roasted or raw?
California is the world's top producer of these nuts.

I AM AN ALMOND



You should fill half of your plate with fruits and _____?

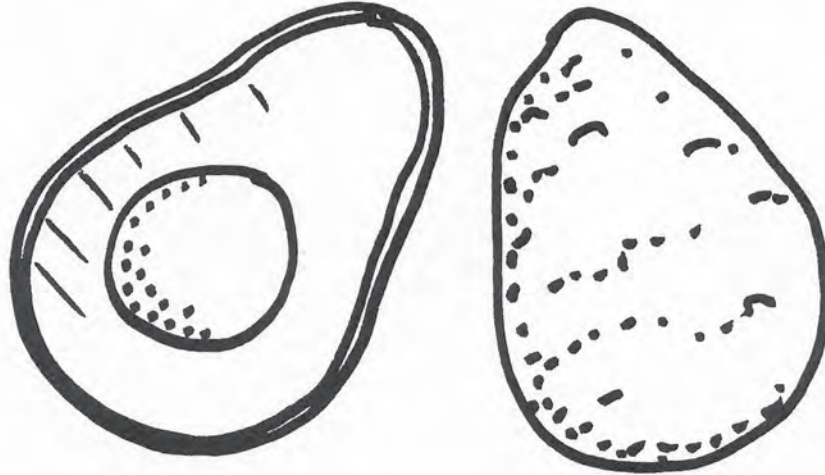


I AM VEGETABLES



Who is a green fruit that when mashed up makes a tasty dip for chips and topping for tacos?

I AM AN AVOCADO



Who is a type of squash grown for Jack O' Lanterns
at Halloween and pies at Thanksgiving?



I AM A PUMPKIN



Who is a red fruit that is used in pizza and spaghetti sauces
and is a good source of Vitamin C?

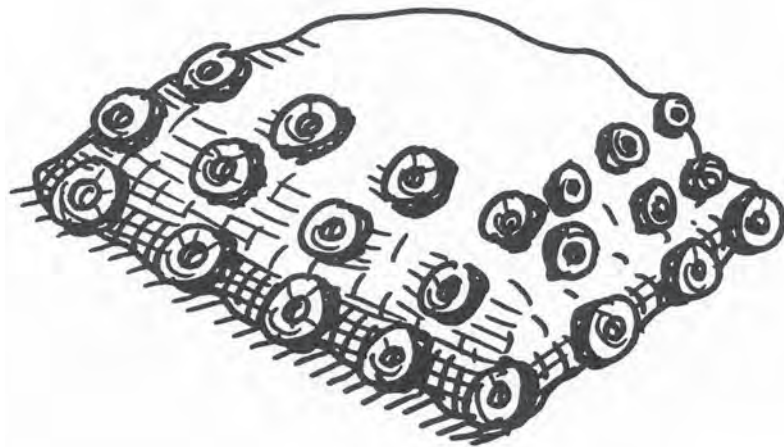
I AM A TOMATO



Who is a livestock feed made of fermented grass crops like clover, alfalfa, and corn ?



I AM SILAGE



Who is a plant that makes fabric for clothes?

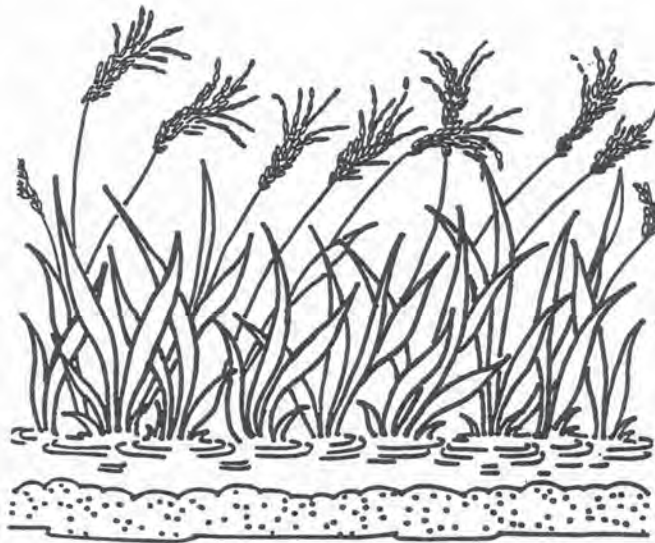
I AM COTTON



Who is a grain that is planted by dropping seeds from airplanes that fly over flooded fields?

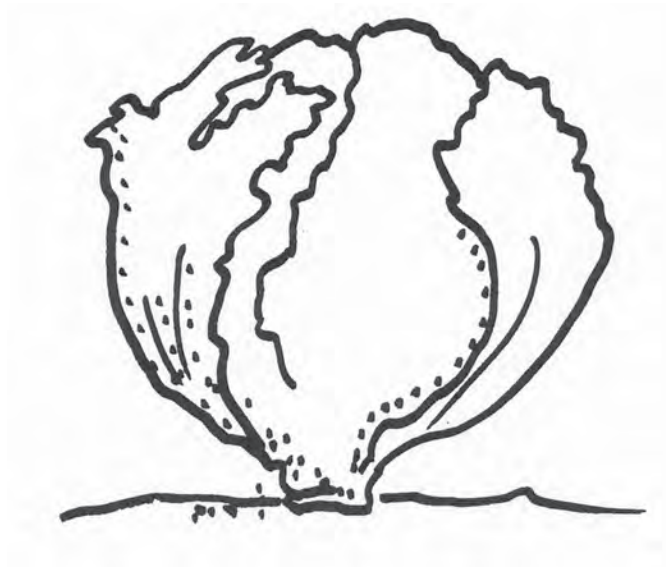


I AM RICE



Who is the type of salad green that has a very cold name?

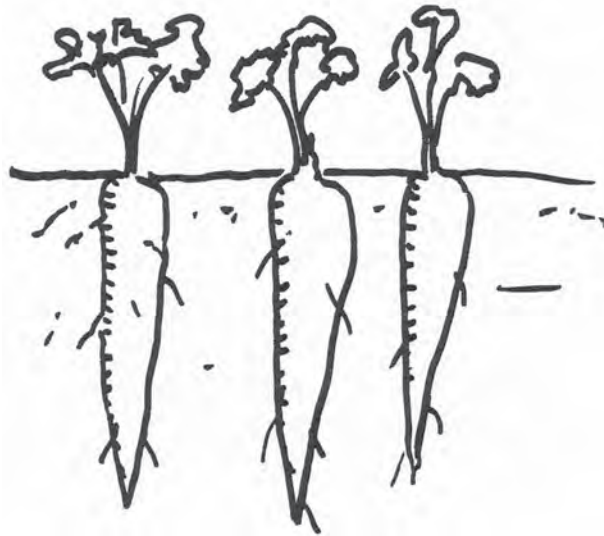
I AM ICEBERG LETTUCE



Who is an orange root that is full of Vitamin A?



I AM A CARROT



Who is a white flower that people eat?

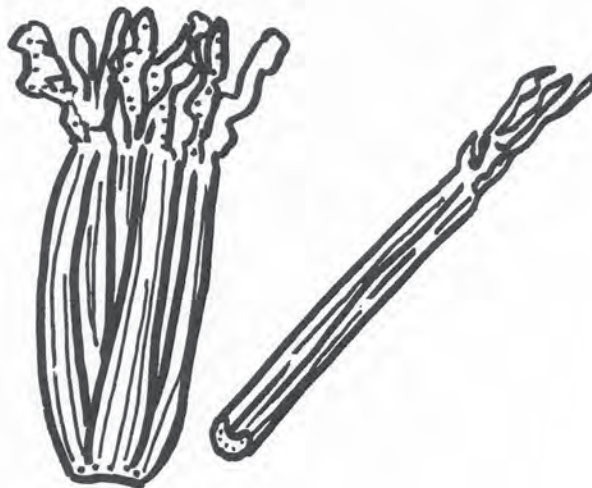
I AM CAULIFLOWER



Who is a green stem that is sometimes eaten
with peanut butter or cream cheese?

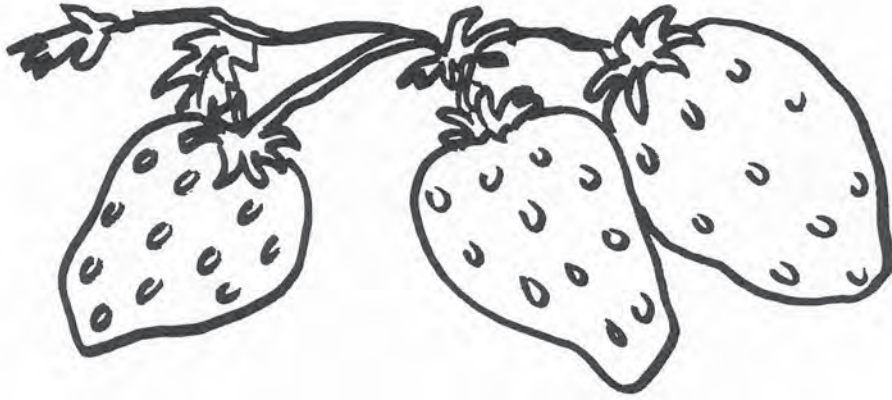


I AM CELERY



Who is a red fruit that is a good source of Vitamin C
with lots of tiny seeds on its outside?

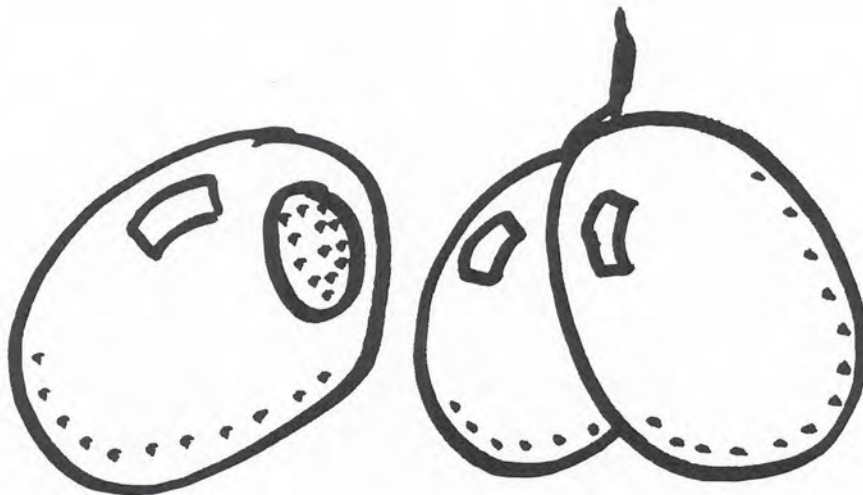
I AM A STRAWBERRY



Who is a black or green fruit that is sometimes put on pizzas and is used to make cooking oil?

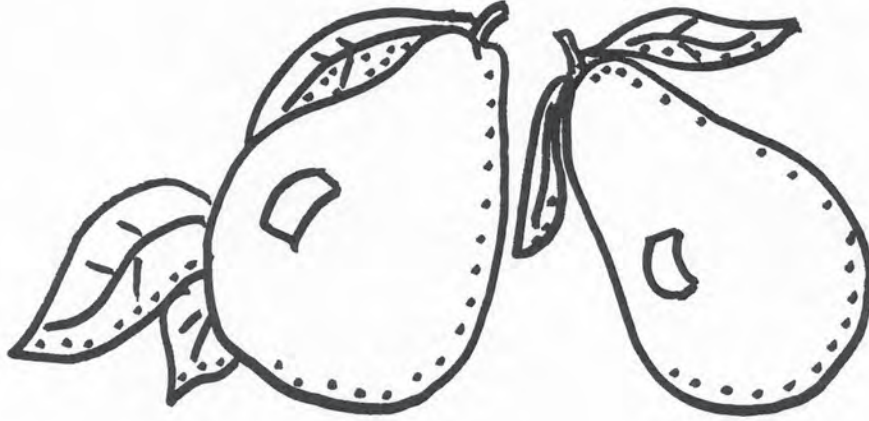


I AM AN OLIVE



Who is a yellow, green, or brown tree fruit that is high in fiber and has a slightly gritty texture?

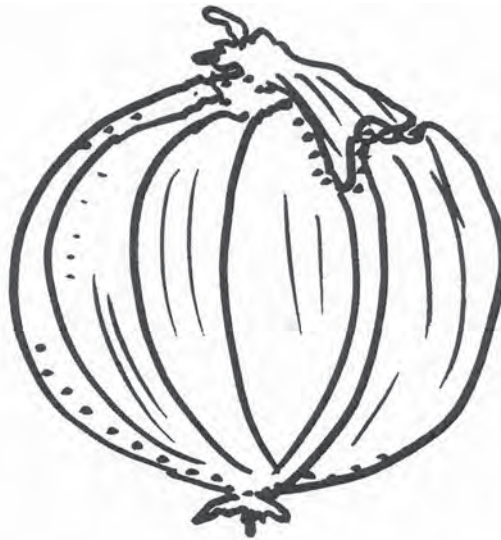
I AM A PEAR



Who is a bulb that grows underground and makes
your eyes water when you cut it?



I AM AN ONION



Who is a green, edible flower with spiky ends?
California is a leading producer of these vegetables.

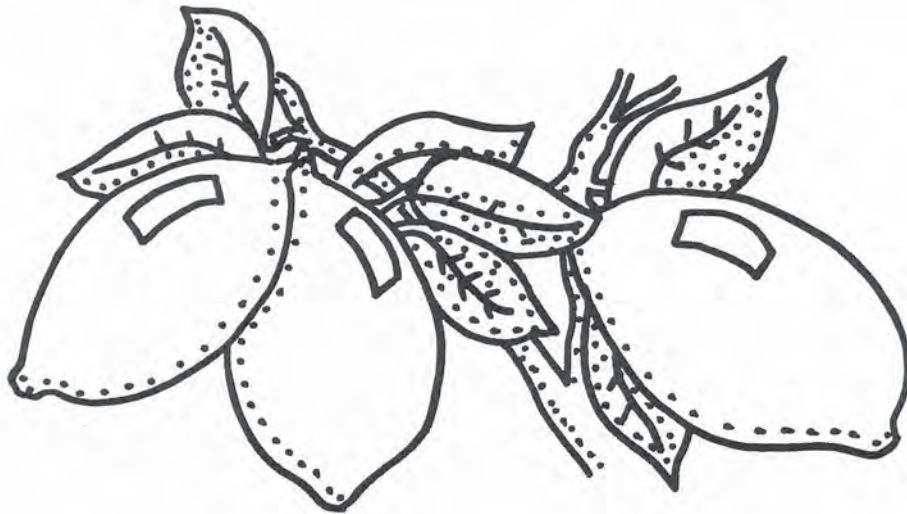
I AM AN ARTICHOKE



Who is a sour yellow citrus fruit?



I AM A LEMON



Who is a grain used to make most breads in the United States?

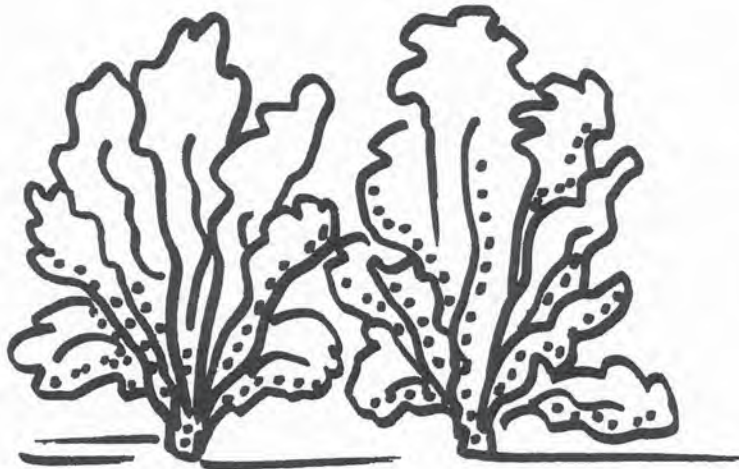
I AM WHEAT



Who is a leaf that is often added to salads for a source of Vitamin A?

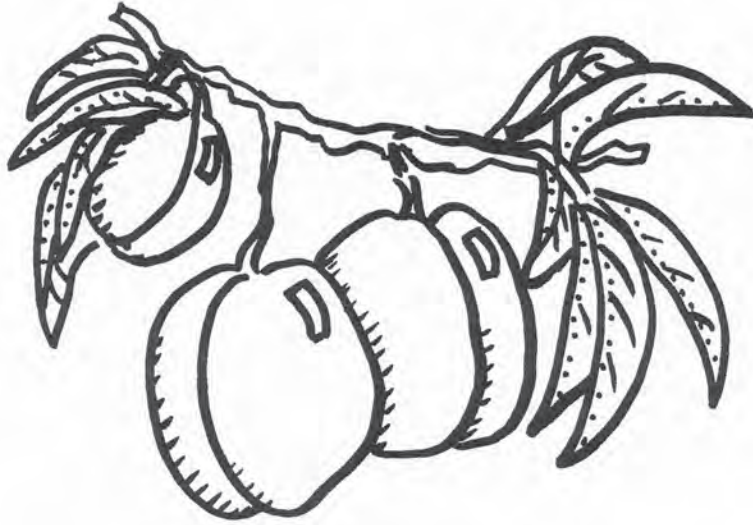


I AM SPINACH



Who is a fuzzy fruit with yellow to pink skin that can be eaten fresh or canned?

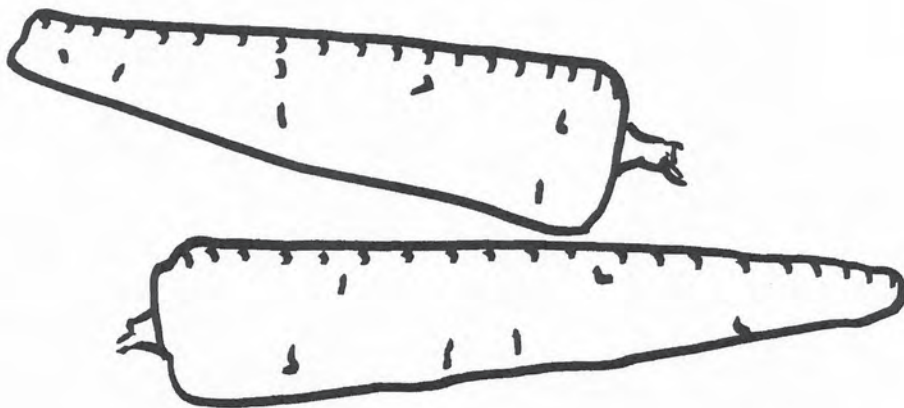
I AM A PEACH



Who is a white root vegetable that looks something like a carrot?

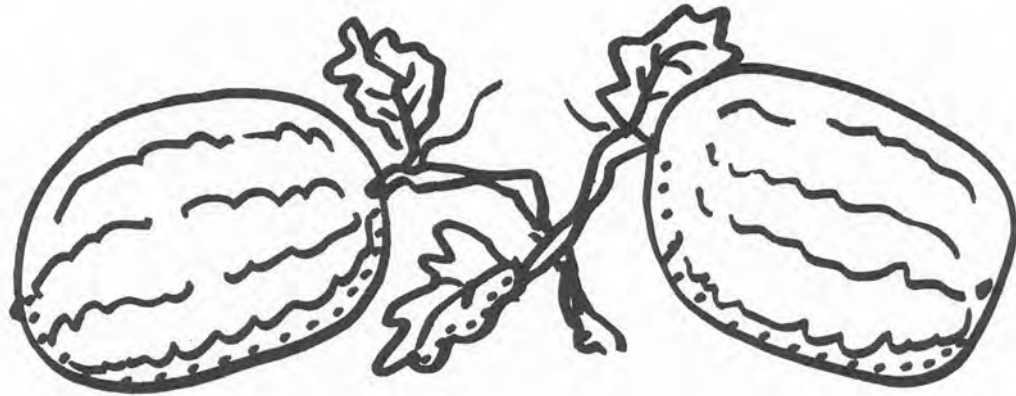


I AM A PARSNIP



Who is a pink to red melon with black seeds?
Sometimes these melons can be seedless.

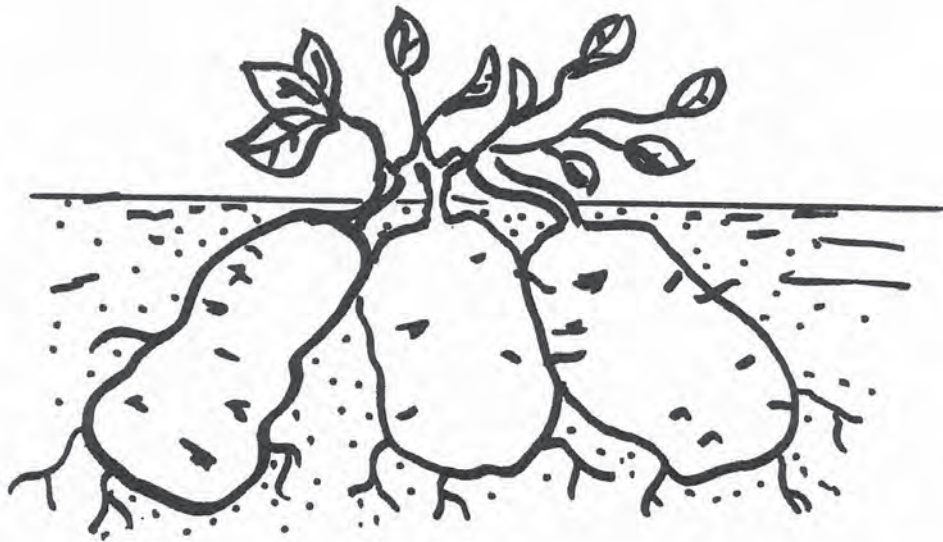
I AM A WATERMELON



Who is an underground stem called a tuber that comes in many varieties, including russet, red, and Yukon Gold?



I AM A POTATO



Who is a brown, furry skinned fruit with green flesh and black seeds?