Fresh Fruit and Vegetable Program

Game Time!
I am packed with Vitamin C, however I am not typically eaten out of hand.

I was originally grown on the Indian subcontinent and popularized in Europe around the time of the Crusades.

Today I am grown in Florida, the Southwest, and California.

I was required to be on all British naval ships to prevent scurvy.

I rhyme with, well... rhyme.
LIMES!
I am one of mankind’s oldest fruits

And although considered a fruit, I am actually a flower inverted into myself

I am a great substitute for fat in recipes

More than likely you will find me dried

Don’t confuse me with Sir Isaac Newton
FIGS!
• I am one of the most popular vegetables eaten by Americans

• There are thousands of varieties of me

• I am an excellent source of Vitamins A and C

• Although considered a vegetable, I am actually a fruit

• I starred in a movie once, I was fried and green
Tomatoes!
In my edible form, I am known as “nopales”

I am characterized by my fleshy, oval leaves

My taste is similar to that of slightly tart green beans, asparagus, or green peppers

I am very popular in Mexico and other dry, hot climates

Watch out for my prickly areas!
CACTUS!
I was originally cultivated in South America and later migrated to Mexico.

Today, California is the largest producer of me in the U.S.

I am high in fiber, Vitamins B6, C, and E, potassium, magnesium, and folate.

Ounce for ounce, I contain 60% more potassium than a banana.

European sailors once used me as butter.

I am an excellent source of the good-for-you, monounsaturated fat.
Avocado!
- My outside is usually discolored, pot-marked, and odd-shaped

- My inside has a sweet, citrus taste that can be easily peeled and contains no seeds

- I am native to Jamaica

- I am said to have the taste of tangerines, grapefruit, and oranges all wrapped up in one

- Just don’t call me by my name… it hurts my feelings
UGLI FRUIT!
I was first developed in Sicily and was known to both the Romans and the Greeks but was not grown in the United States until the early twentieth century.

I am actually a flower bud and a close relative to the thistle.

Castroville, California claims to be the “me” capital of the world.

In 1947, Marilyn Monroe was the “Me” Queen and inspired more people to eat me that year than any other year in history.

Please, don’t break my “heart”
Artichokes!
I am one of the few foods that does not spoil during the winter months.

I come in a variety of colors, shapes, and sizes and can be eaten raw or cooked.

Ancient Egyptians believed I symbolized eternity because of my spherical shape and concentric rings.

Eating parsley will get rid of me.

“I’m sorry that I hurt you, I didn’t mean to make you cry”
Bonus Question

Name the artist and song title of the last quote about onions
John Lennon’s Jealous Guy