



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!

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- 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!

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- 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!

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- 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!

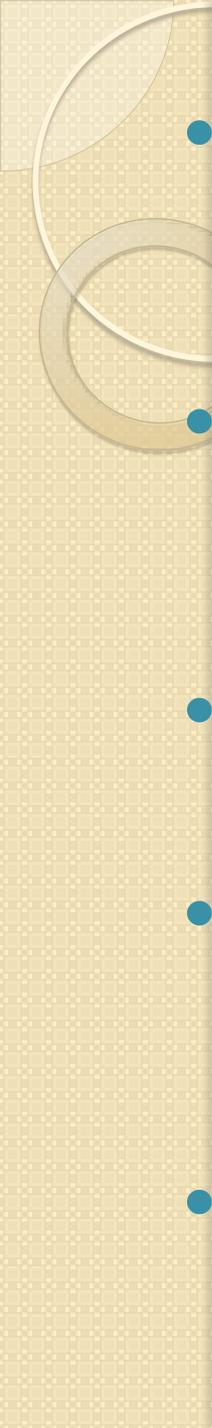


CACTUS!

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- 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!

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- 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

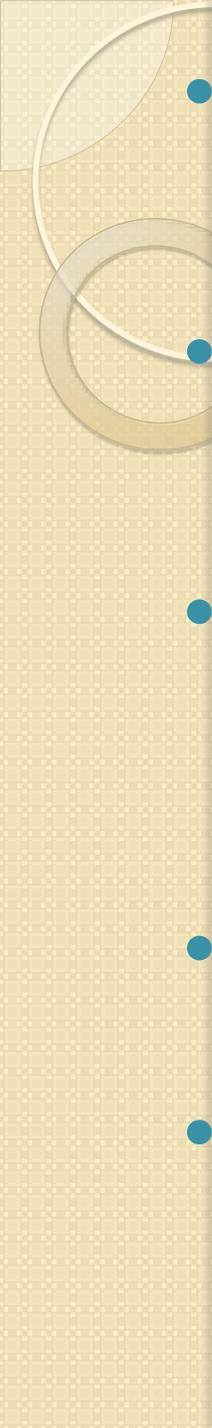


UGLY FRUIT!

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- 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!

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- 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”

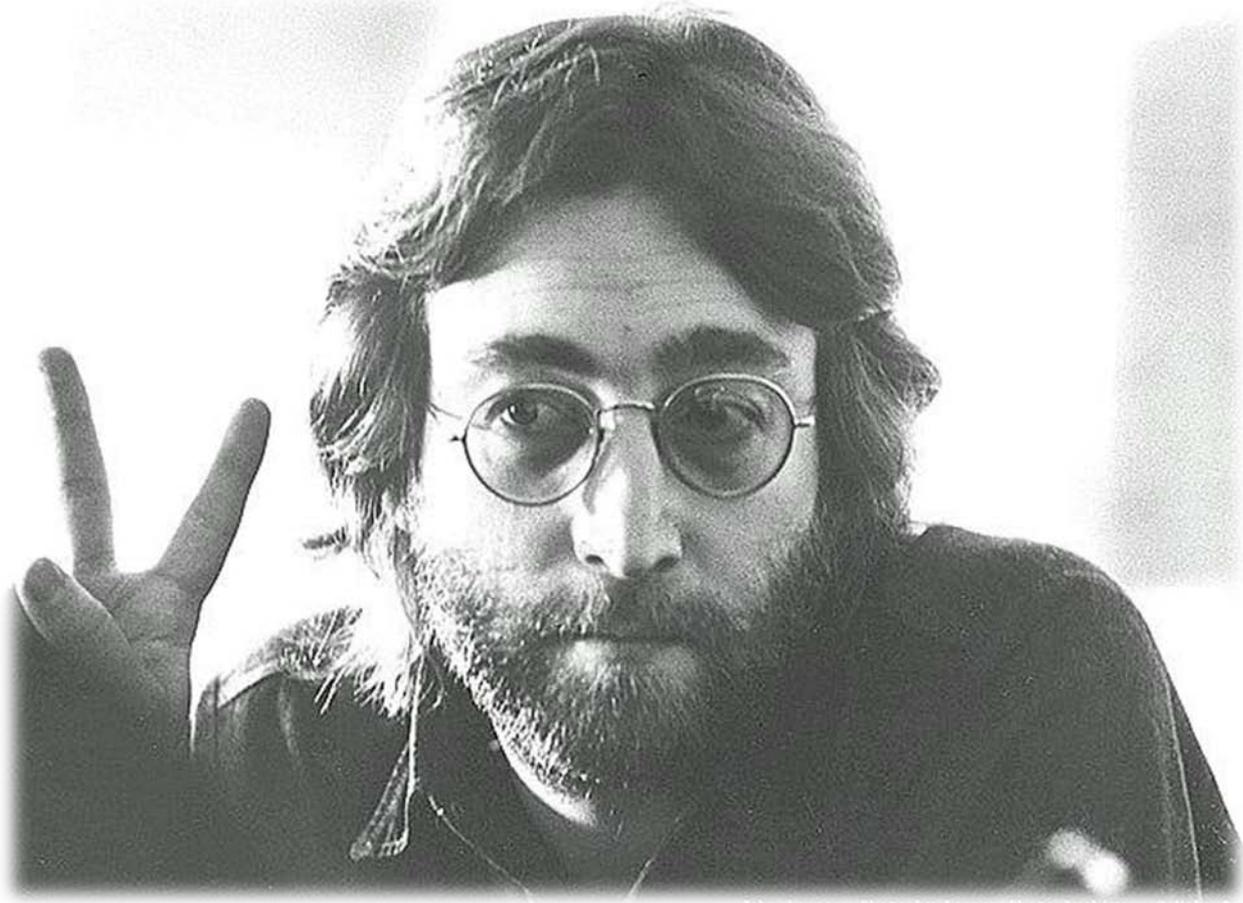


Onions!



Bonus Question

Name the artist *and* song title of the last quote about onions



John Lennon's Jealous Guy