

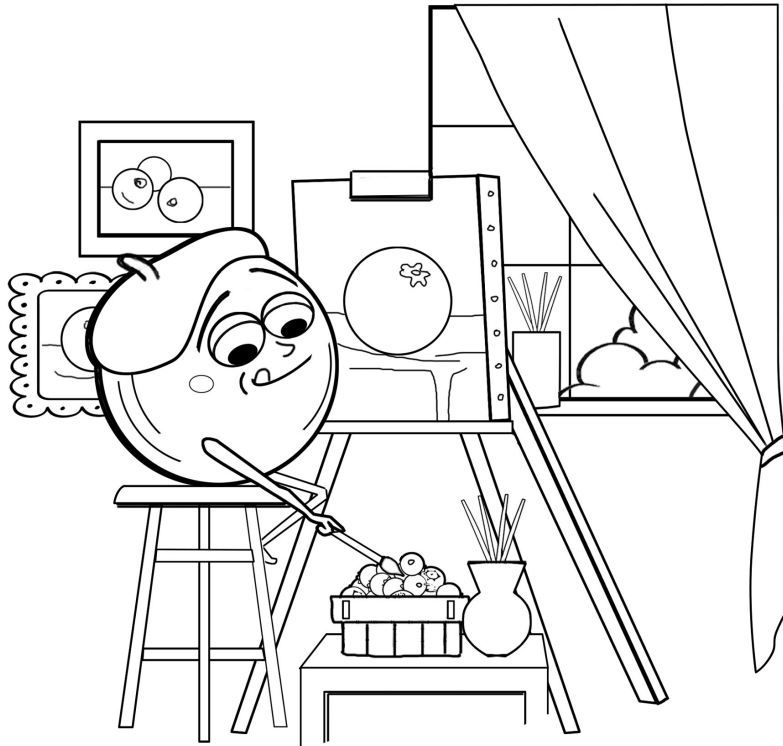
Pick of the PATCH

Fruit & Veggie Activity Book



BLUEBERRIES

For most
fresh direct









**Blueberries are the only food that has a natural
blue color.**

LET'S COUNT FRUITS!

Count and write your answers in the chart below



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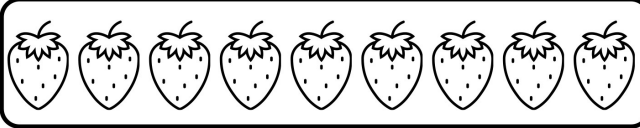
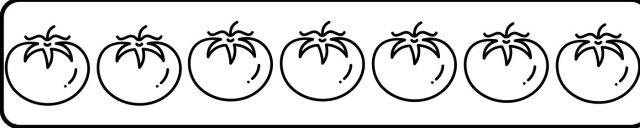
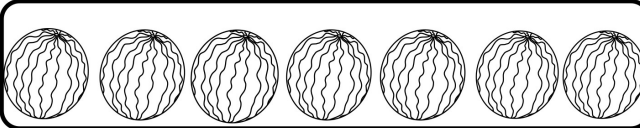

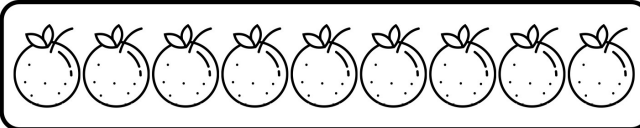
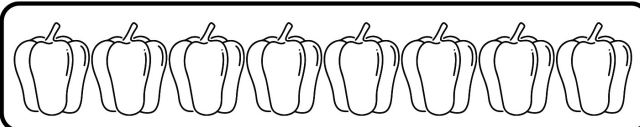
TOMATOES



Tomatoes come in different sizes from a one bite tomato to a tomato as big as a dinner plate.

Count and Color

Color the fruit or veggie based on the given numbers.

5	
3	
7	
6	
9	
8	
4	

GRAPEFRUITS



Grapefruit is the official state fruit of Texas!



Word Scramble

Unscramble the words to match the pictures.



LBEYRUBRE



LBLE RPPEPE



OOMTAT



AGMNO



UCEUMRBC



RPIGUFTARE



ONNIO



TARSRBYREW



VODAOCA



TSRA IFTRU



AEOWLMNTER

MANGOS

Mango^o.org



The mango is known as the "King of Fruits" due to its unique flavor and taste, that have made it popular across the world.



FRUITS & VEGETABLES

WORD SEARCH

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

BLUEBERRY
 TOMATO
 BELL PEPPER
 CUCUMBER

GRAPEFRUIT
 MANGO
 STRAWBERRY
 AVOCADO

ONION
 WATERMELON
 STAR FRUIT



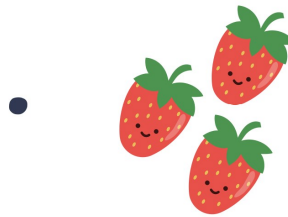
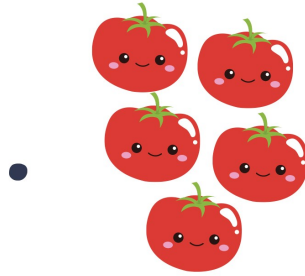
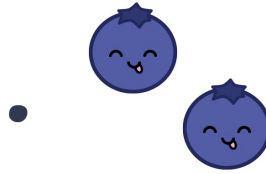
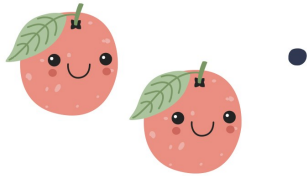
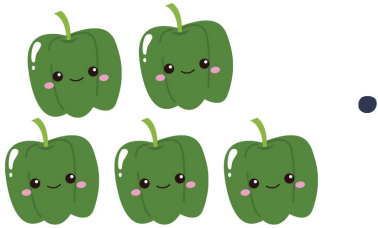
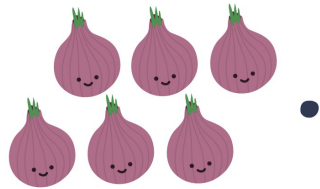
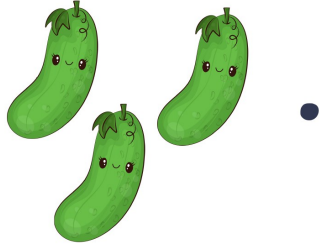
BELL PEPPERS

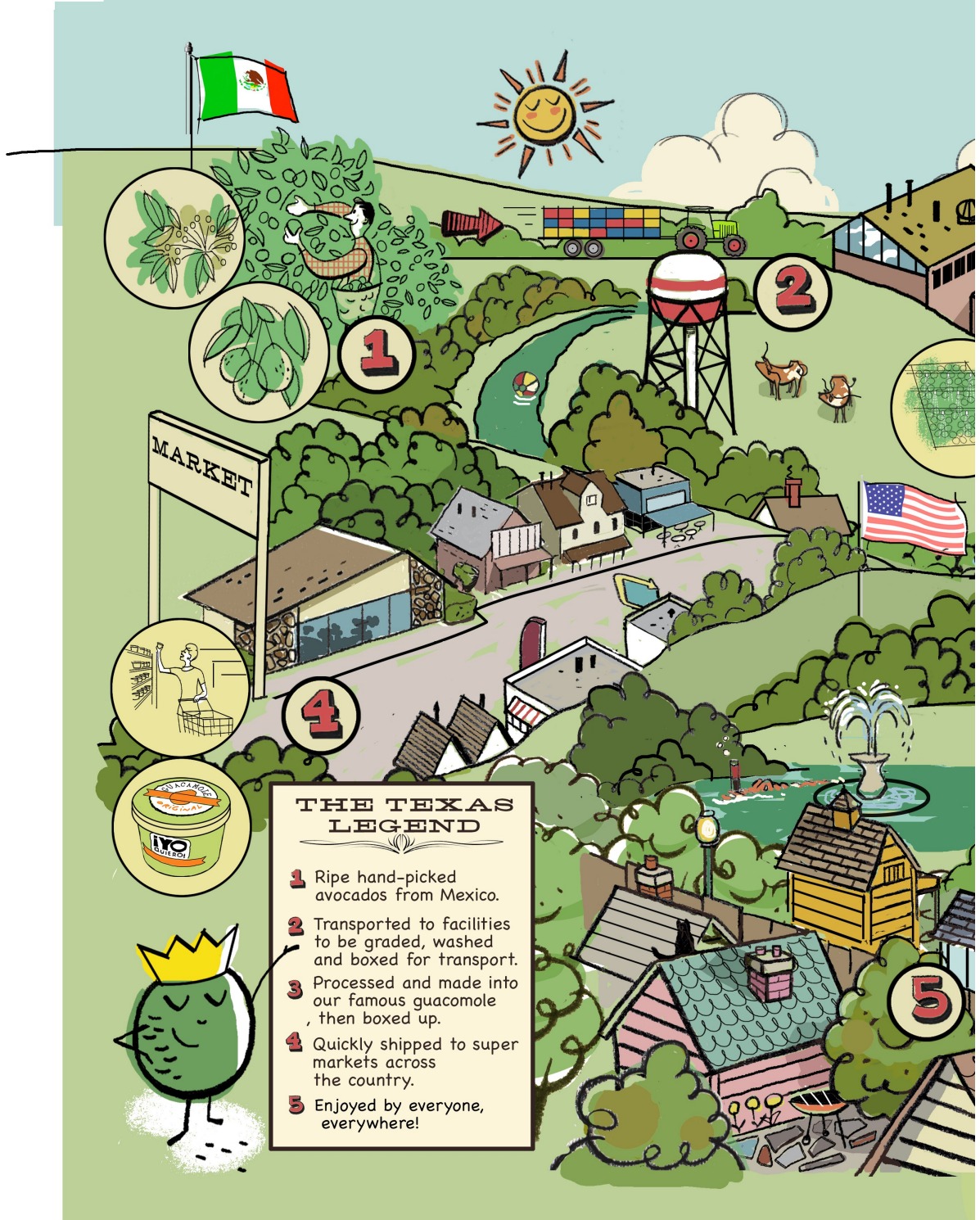


Bell peppers are a fruit because they contain seeds and grow from the flower of the plant.

Count and Match

Draw a line to match groups that have the same number!



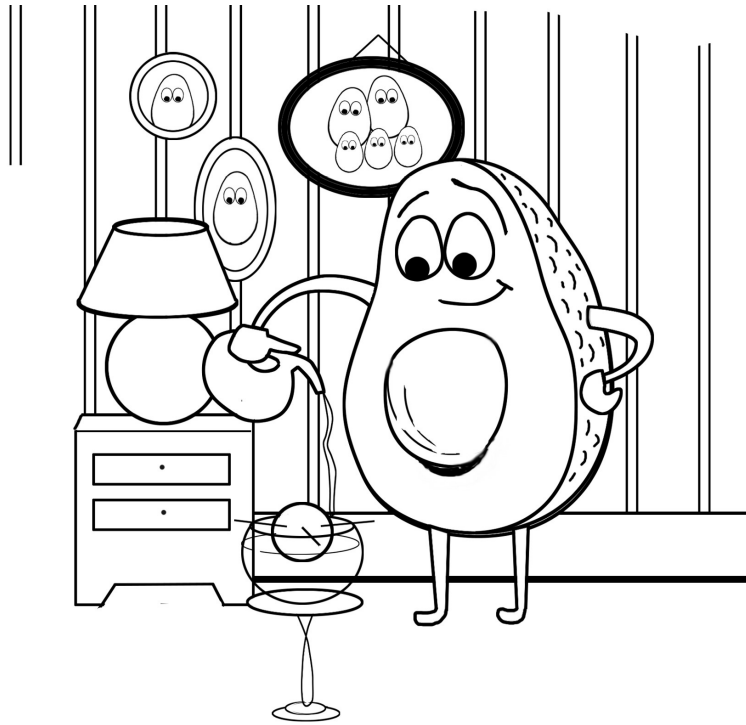


THE TEXAS LEGEND

- 1** Ripe hand-picked avocados from Mexico.
- 2** Transported to facilities to be graded, washed and boxed for transport.
- 3** Processed and made into our famous guacomole, then boxed up.
- 4** Quickly shipped to super markets across the country.
- 5** Enjoyed by everyone, everywhere!



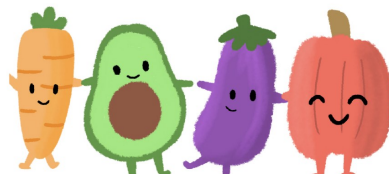
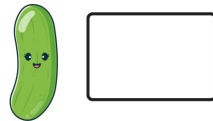
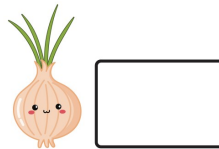
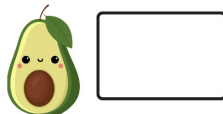
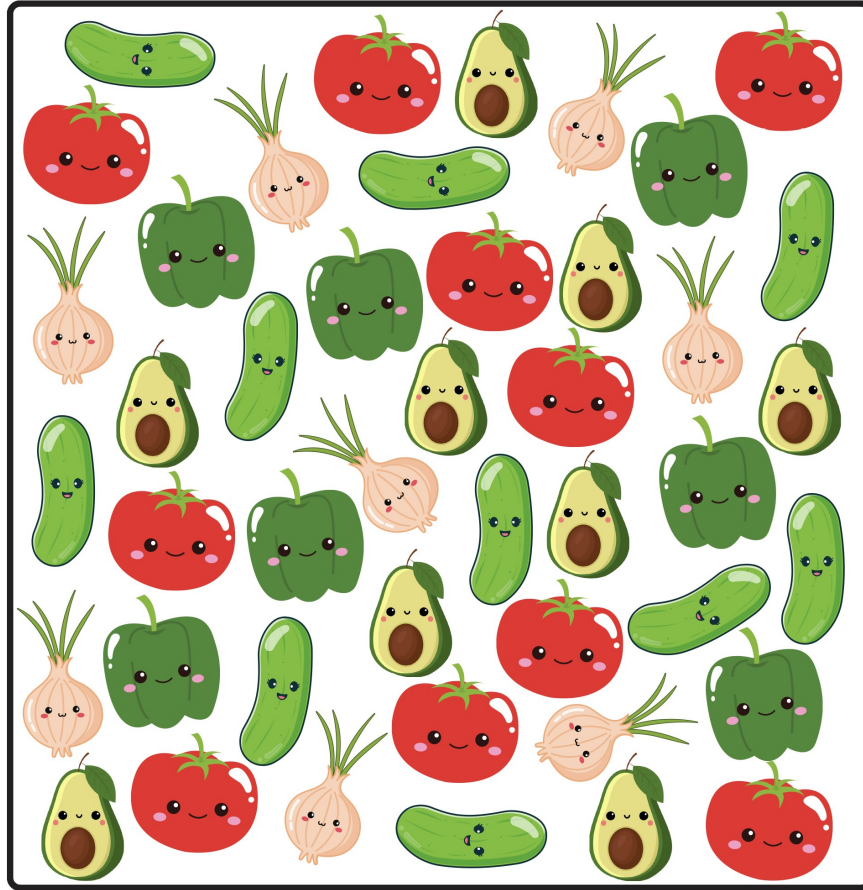
AVOCADOS



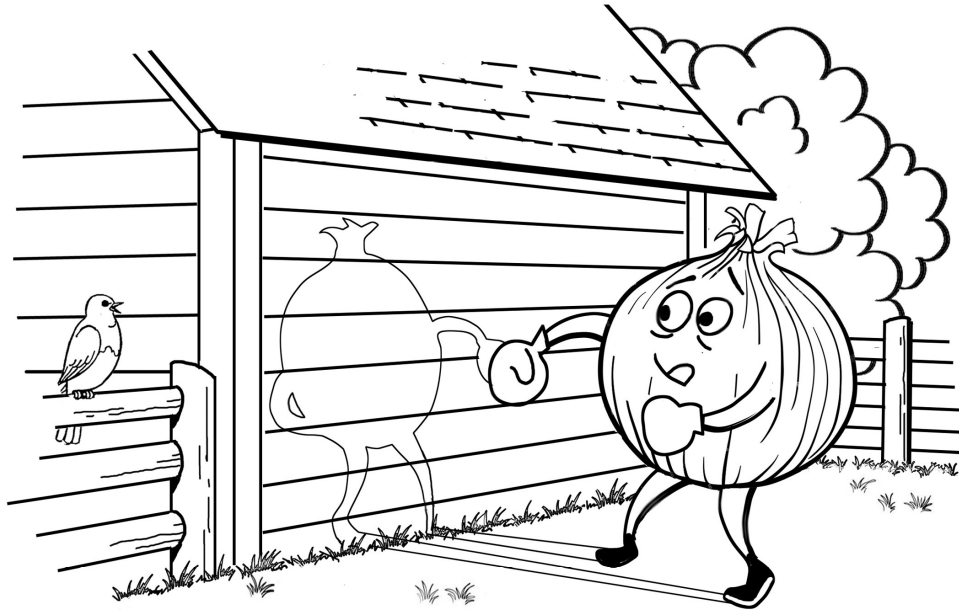
The pit of an avocado can be re-planted and grown in your home as a houseplant, however without ample sunlight, it will never bear any fruit.

LET'S COUNT VEGETABLES!

Count and write your answers in the chart below



Texas
1015 ONIONS

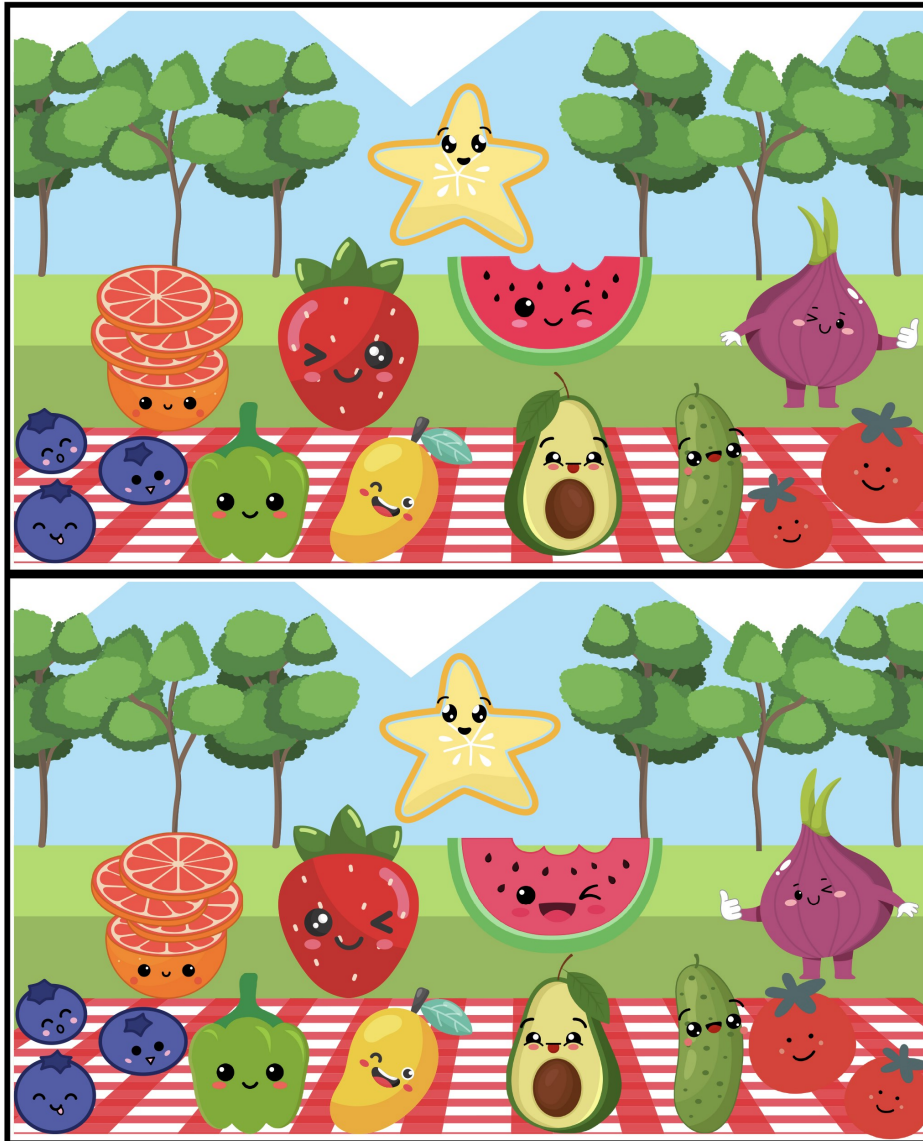


The Texas 1015 onion was released in 1983 and nicknamed the “Million Dollar Baby” because of the enormous expense it took to develop.

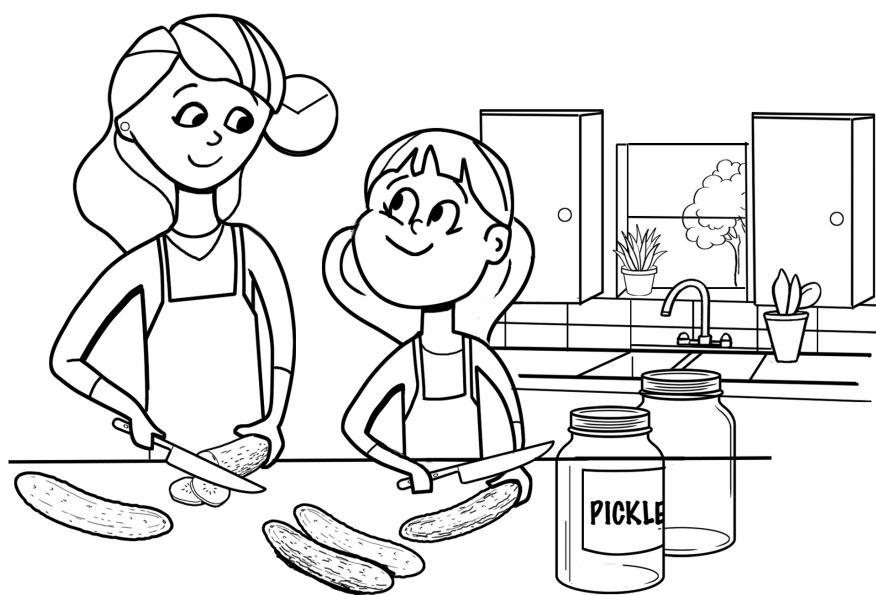
Find Differences



- Find the 7 differences in the pictures below.



CUCUMBERS

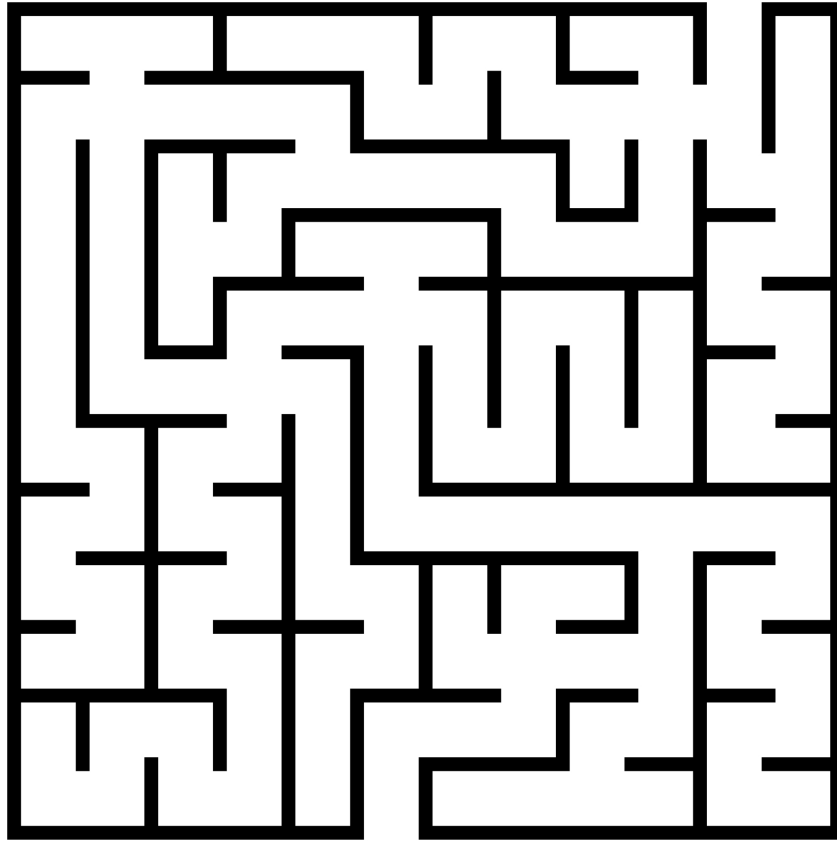


When a cucumber has been packed in a solution of vinegar, water, and spices, you get pickles.



Fruit & Veggie Basket Maze

Help the basket of food make it to the table.



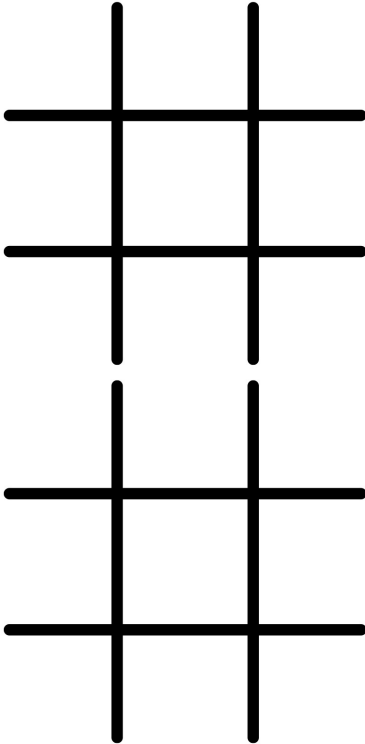
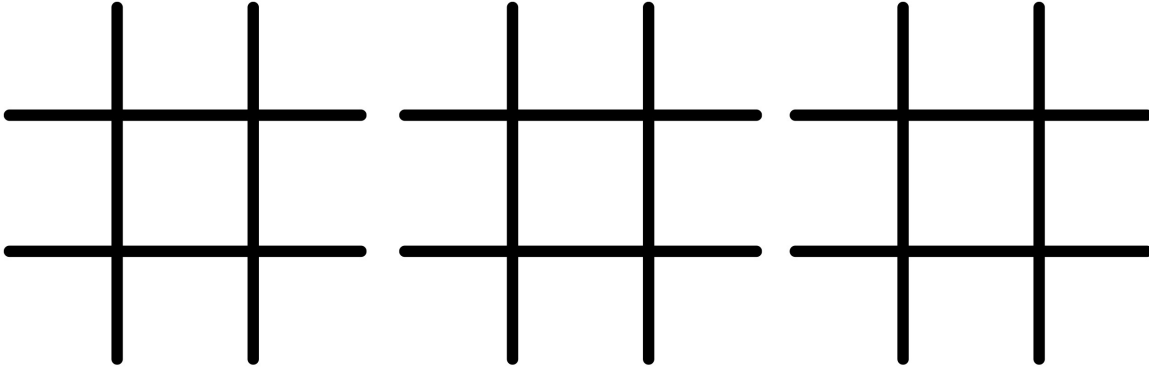
WATERMELONS



Did you know that you can eat every part of the watermelon, even the rind?

Tic Tac Toe

Tic-Tac-Toe game for two. Take turns marking an X or an O, the player with three in a row first wins.



Watermelon Pizza



Serves
4-6 people
Prep Time
40 minutes
Cook Time
none

INGREDIENTS

1 Little Bear Seedless Watermelon

1 cup of Blueberries

1 cup of Strawberries

½ cup Cherries

Sliced Almonds

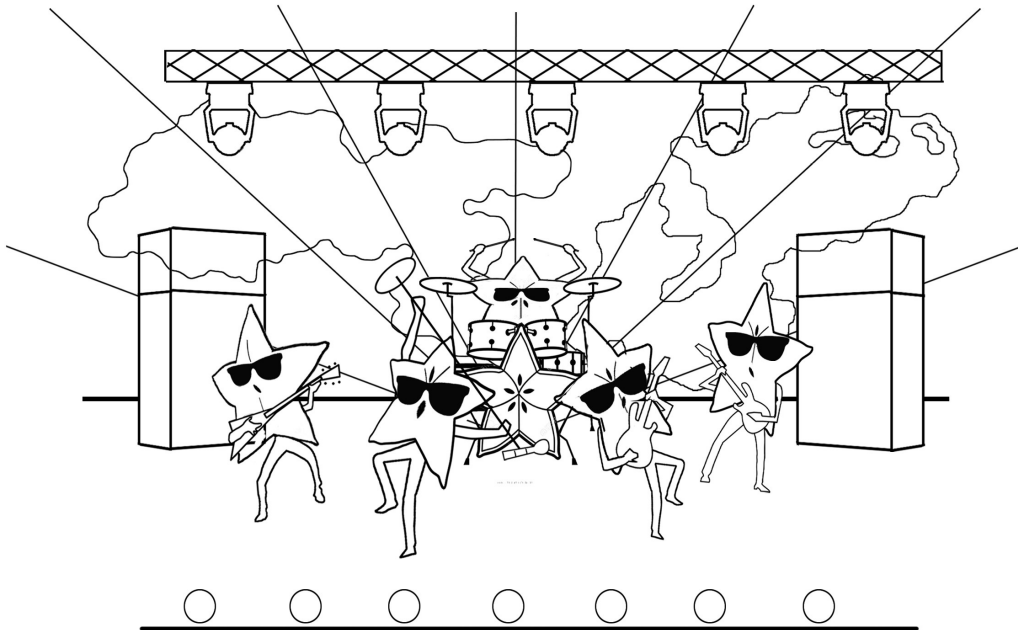
Unsweetened Coconut Flakes

Vanilla Greek Yogurt

PREPARATION

1. Prep your fruit by washing and drying it. After it has fully dried, slice the blueberries, cherries and strawberries into small pieces. These will be used as toppings so you can cut to your desired size. Place the sliced toppings into separate bowls to come back to.
2. After you've prepped your toppings, get your watermelon and slice it into full circles that are a little over an inch thick. They don't have to be perfect. Do your best and cut very carefully. Cut however many circles you would like to use. 2-3 works great for 4-6 people.
3. Lay your circles flat and cut them into individual pizza slices. 8 slices total for each circle cut. Try to keep the slice sizes as even as possible.
4. Once you've cut individual slices you can go in with your greek yogurt and top each slice. You can set this up as a DIY and let children decorate their own starting here at step 8 with the greek yogurt.
5. Once you've topped the watermelon slices with the "sauce" you will continue to add your desired toppings from the bowls.
6. If you want to arrange the slices back into a circle for serving purposes this is the time.

STAR FRUITS



Carambola, also known as star fruit, are tropical fruits that when sliced are the shape of a star.

CRYPTOGRAM

Use the answer key to figure out the secret phrase!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27

A _ _ _ _ _ _ _ _ _ _ _ _ A _ _ _ _

1 16 18 9 12 9 19 6 18 21 9 20 1 14 4

_ _ _ _ _ A _ _ _ _ _

22 5 7 5 20 1 2 12 5 13 15 14 20 8

_ _ _ _ _ _ A _ _

9 14 20 5 25 1 19

HOW TO MAKE STAR FRUIT NACHOS

INGREDIENTS

- 2 star fruits
- 1 cup vanilla yogurt
- small handful dried cranberries
- small handful shredded coconut
- small handful toasted almonds, optional



INSTRUCTIONS

- **Prep the star fruit.** Wash and dry the star fruit. Slice them into thin slices, about 1/4 – 1/2 inch.
- **Layer star fruit on a serving plate.**
- **Top with remaining ingredients.** Drizzle the vanilla yogurt in a circular motion over the star fruit slices. Top with shredded coconut, dried cranberries, toasted almonds, or any other topping you like.

And that's it, now you're ready to enjoy this simple and wholesome snack!



TEXAS
EST. 1942
International
Produce Association



iYO
I WANT
QUIERO!
GUACAMOLE QUESO SALSA

Delina
Fresh



Delicious
Naturally



Frutura.

THE FUTURE OF FRUIT

ALC
ALLEN LUND COMPANY
Transportation Brokers



Mango
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