

# Texas Farm Fresh

## Texas Grown Fruits and Veggies Flashcard Activity

This activity is appropriate for Grade 6-12 students. The purpose of this activity is to familiarize students with a variety of fruits and vegetables grown across Texas, and inform them of their uses in foods, as well as benefits attained from eating them.

This activity is intended to be a group, individual, and/or class activity.

To prepare flashcards for students:

1. Print flashcard pages double-sided
2. Optional: laminate cards
3. Bind pages together (e.g., hole punch and binder ring)



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# Texas Farm Fresh

## Harvest of the Month

1. January – Ruby Red Grapefruit
2. February – Red Leaf Lettuce
3. March – Button Mushrooms
4. April – Broccoli\*
5. May – Blueberries\*
6. June – Peaches
7. July – Cherry Tomatoes\*
8. August – Red & Yellow Bell Pepper\*
9. September – Watermelon\*
10. October – Gala Apples\*
11. November – Carrots\*
12. December – Spinach

\* - included in the flashcards



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# Apples

Season in Texas: July-November

Did you know?

- Apples are the most popular fruit in the United States
- Gala apples are ranked as the No. 1 apple eaten in the country
- There are about 2,500 different kinds of apples grown in the United States
- Apples contain pectin, a soluble fiber that helps with digestion and lowering “bad” cholesterol



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# Asparagus

Season in Texas: March - April

Did you know?

- It takes three years to pick fully-grown asparagus from the time you plant the seed
- Serve hot off a grill or pan to make these elderly veggies worth the wait
- White asparagus is asparagus that has been grown in the dark to stop chlorophyll from being made by the plant
- In the right growing conditions, asparagus can grow up to 6 inches in one day



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ORGANIC  
RED BEETS  
\$3

Chicago  
WEDD'S BACK  
PANTHERS U S



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# Beets

**Season in Texas: January - March;  
September - November**

## Did you know?

- Beets are a fantastic addition to salads; grate raw beets over a salad for a burst of color
- Beets will stain just about anything
- The main part of the beet that is eaten is the root; you can also eat the greens
- Beets come in more colors than just red; there are also gold, pink and white striped, and white varieties



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# Bell Peppers

Season in Texas: May - June; August - November

## Did you know?

- Bell peppers are a tangy, sweet addition to any salad or stir-fry
- Loaded with vitamins A and C, these peppers are a great food to eat anytime
- Bell peppers start as green, but turn yellow, orange, or red, depending on how long they have been left to ripen
- The longer a bell pepper is left to ripen, the sweeter it becomes



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# Blueberries

Season in Texas: May - July

Did you know?

- Blueberries are a particularly good source of vitamins K and C and manganese
- They are also rich in dietary fiber, which promotes digestive health
- Blueberries are one of the only foods that are naturally blue
- One blueberry bush can grow up to 6,000 berries every year



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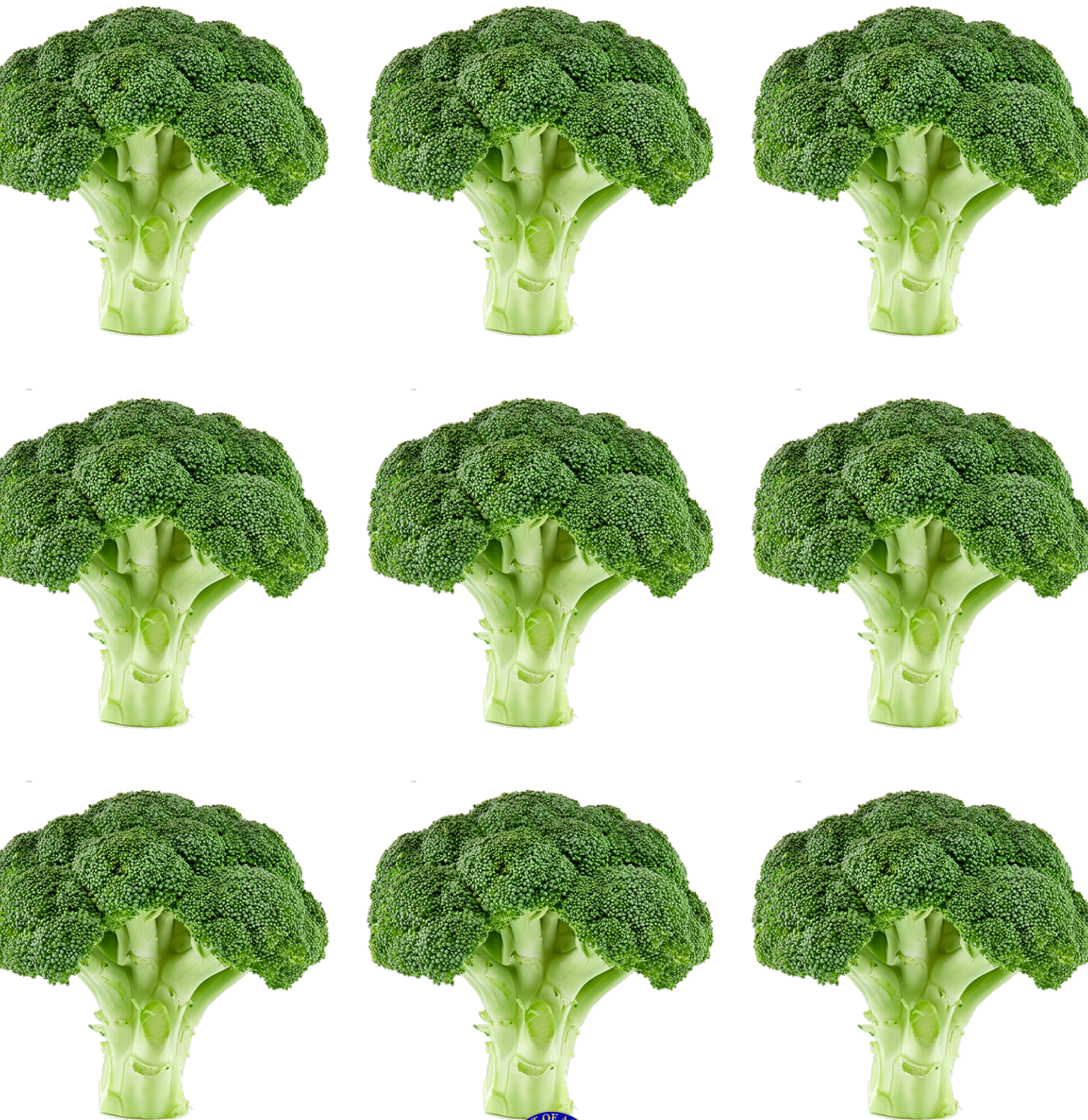
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# Broccoli

Season in Texas: October - May

Did you know?

- Broccoli is loaded with vitamins C and K and folate
- Broccoli is a part of the brassica family, which also includes cabbage, cauliflower, Brussels sprouts, and kale
- Because there are no machines capable of picking broccoli, it must be harvested by hand with a knife
- The crown of a broccoli plant is a large group of flowers that have not bloomed, hence the name floret



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# Cabbage

Season in Texas: Year-round

Did you know?

- Cabbage is very versatile; it can be shredded and eaten raw in salads or slaws, roasted by itself, stir-fried with meat and rice, and even fermented to make sauerkraut
- The largest cabbage grown weighed 138.25 pounds
- Cabbage is high in fiber, vitamins A, B6, C, and K, folate, potassium, manganese, thiamin, calcium, and iron
- Cabbage comes in many varieties, including green, red, and Napa



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# Cantaloupe

**Season in Texas: May – June; August -  
November**

## Did you know?

- Cantaloupe is a good source of vitamins A and C
- Cantaloupe has been found to increase immunity to diseases and to improve skin and gum health
- Cantaloupes grow on a vine and won't ripen any more once picked
- To choose the best cantaloupe, smell it's "belly button"; the stronger the scent, the sweeter the melon



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# Carrots

Season in Texas: August - May

Did you know?

- Carrots are rich in vitamins A, C, and K
- They come in all shapes, sizes, and colors, including orange, yellow, purple, white, and red
- Carrots can be left in the ground over the winter and still be good to eat in the spring
- You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods



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# Cauliflower

Season in Texas: October - May

Did you know?

- Cauliflower comes in different colors: white, green, purple, and orange
- This veggie can be eaten raw, cooked, or grated as a substitute for rice
- White cauliflower doesn't form chlorophyll because its leaves hide the head from the sun
- Cauliflower has more vitamin C than oranges



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# Cucumbers

Season in Texas: April - December

Did you know?

- Cucumbers are 95% water, making them one of the most hydrating fruits
- Cucumbers are considered a fruit because they have seeds on the inside
- Cucumbers grow on vines, which can produce between 25-125 fruits each
- Cucumbers can be eaten raw, cooked, and pickled



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# Green Beans

Season in Texas: May – June; October -  
November

## Did you know?

- Green beans are sometimes called snap beans or string beans
- Native Americans grew green beans with corn so the beans could use the corn stalks as a climbing pole
- There are two types of green beans: bush beans grow to 1-2 feet tall and don't need support as they grow, pole beans can grow to 10 feet tall and need support to grow upright
- Snap beans come in a variety of colors, including green, yellow, purple, and speckled



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# Onions

**Season in Texas: March - September**

**Did you know?**

- Onions make you cry when you cut them because they release a compound that turns into sulfuric acid; chilling onions before cutting them deactivates the sulfur
- Different varieties of onion have different levels of mildness and sweetness
- Texas A&M has an onion breeding program and has developed many types of sweet onion
- Onions are one of the oldest vegetables, with record of their use going back to the beginning of human history



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# Oranges

Season in Texas: September - April

Did you know?

- Oranges are a good source of vitamin C and fiber
- Like cantaloupes, oranges won't ripen once they're picked
- There are more than 600 varieties of oranges across the world
- In Texas, oranges grow best in the Rio Grande Valley



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# Peanuts

Season in Texas: September - October

Did you know?

- Though widely considered to be a nut, peanuts are actually a member of the legume family, which also includes beans, lentils, and peas
- Peanuts grow underground
- Americans eat enough peanut butter each year to coat the bottom of the Grand Canyon
- Peanuts are a good source of protein and other nutrients, including magnesium, manganese, and vitamins B and E



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# Pomegranates

Season in Texas: October - December

Did you know?

- Pomegranates are full of small, edible seeds
- Pomegranate trees can live for over 200 years
- Pomegranates are high in vitamin C and folic acid
- Different varieties of pomegranates have different colors: dark red, purple, or black



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# Strawberries

Season in Texas: April - June

Did you know?

- Strawberries are a hybrid fruit created in France in the 1750s from two species of the plant genus *Fragaria*
- On average, each strawberry has 200 seeds
- The flavor of a strawberry is determined by things like the weather and the ripeness when it's picked
- The fear of strawberries is called fragariaphobia



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# Sweet Potatoes

Season in Texas: August - May

Did you know?

- Sweet potatoes are a root vegetable common on many Thanksgiving tables
- Sweet potatoes are rich in beta-carotene, also known as vitamin A
- Sweet potatoes and yams are different vegetables – a yam is a starchy tuber, while a sweet potato is a high-fiber root vegetable
- Sweet potatoes have one of the highest nutrient levels in vegetables



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# Tomatoes

Season in Texas: April - December

Did you know?

- Tomatoes are absolutely bursting with antioxidants
- Tomatoes are rich in vitamins A, C, and K, potassium, and manganese
- People used to believe tomatoes were poisonous; though the fruit is edible, the leaves, stems, and flowers **are** poisonous and shouldn't be eaten
- Tomatoes are technically a berry



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# Watermelon

Season in Texas: May - October

Did you know?

- Watermelon is actually around 92% water
- For a sweet summer treat high in vitamins A, C, and lycopene, watermelon can't be beat
- When choosing a watermelon, look for a yellowish spot on the bottom, which means the melon is ripe
- You can eat the entire watermelon; some people make sweet pickles out of the rind



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