



# Texas Farm Fresh Fridays

## **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. Cut pages in half to separate cards
3. Optional: laminate cards
4. Bind pages together (e.g., hole punch and binder ring)

# Apples

Season in Texas: July-November

Did you know? Apples are the most popular fruit in the United States! Red Delicious apples are ranked as the No. 1 apple grown in the country.

# 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!



# Beets

Season in Texas: September-November; January-March  
Beets are a fantastic addition to salads! Grate raw beets over a salad for a burst of color. Be careful, though, as beets will stain just about anything!

# 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 big peppers are a great food to eat anytime!



# Blueberries

Season in Texas: May-July

Did you know? Blueberries are a very good source of vitamin K, vitamin C and manganese! They are also rich in dietary fiber that promotes digestive health.

# Broccoli

Season in Texas: October-May

Don't be frightened by this little green floret! Did you know that broccoli is loaded with vitamins K and C, and folate, so next time you're eating a meal break off a few pieces and enjoy a mightily healthy addition to your day!



# Cabbage

Season in Texas: Year-Round

Did you know? Cabbage is a versatile veggie! Cruciferous cabbage can be shredded raw into your salads, stir-fried with meat and rice, or even pickled to make sauerkraut!

# Cantaloupe

Season in Texas: May-June; August-November

Did you know? Cantaloupes are a wonderful source of vitamins C and A, and have been found to lower risk of developing issues such as metabolic syndrome.





# Carrots

Season in Texas: August-May

Did you know? Carrots are rich in vitamins A, C, and K and come in all shapes, sizes, as well as colors. Orange, yellow, purple, white, and red varieties are available to enjoy!

# Cauliflower

Season in Texas: October-May

Did you know? Cauliflower comes in different colors: white, green, purple, and even orange! This veggie can be snacked on raw, or even cooked and grated as a substitute for rice!



# Cucumbers

Season in Texas: April-December

If you're having trouble drinking enough water throughout the day, snack on cucumbers! Made of up to 95% water, cucumbers make a healthy, refreshing snack to beat the Texas heat!

# Green Beans

Season in Texas: May-June; October-November

There's nothing better than a side of fresh, Texas green beans on your plate! These funky little beans can be steamed and made into an easy addition to a balanced diet.



# Onions

Season in Texas: March-September

Did you know? The reason you cry in the kitchen isn't actually because chopping onions is an emotional experience; it's because they contain a chemical irritant that causes your tear ducts to release tears!

# Oranges

Season in Texas: September-April

Did you know? Oranges are not only a great source of vitamin C, but fiber as well. Enjoy oranges whole instead of juiced, for a tangy, vibrant snack!



# Peanuts

Season in Texas: September-October

Did you know? Though peanuts are considered by many to be the best known “nut”, they are actually a member of the legume family! The legume family reunion photo also contains beans, lentils, and peas!

# Pomegranates

Season in Texas: October-December

Did you know? Pomegranates are full of small, edible seeds, and are typically retrieved by hitting the outside of the shell so they fall out.





# 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*! Enjoy these FrankenFruits at their best during the hot, Texas summer!

# Sweet Potatoes

Season in Texas: August-May

Did you know? Sweet potatoes are a root vegetable common on many Thanksgiving tables. Enjoy these as a delicious substitute for conventional potatoes!



# Tomatoes

Season in Texas: April-December

Did you know? Tomatoes are absolutely bursting with antioxidants! Rich in vitamins A, C, and K, potassium and manganese, enjoy your Texas tomatoes in salads, as a topping, or straight out of the garden!

# Watermelon

Season in Texas: May-October

Did you know? Watermelon is actually around 92% water! This sweet, summer treat is a great source of vitamins A, C and the antioxidant lycopene, and is a fantastic, healthy snack to enjoy to beat the heat!



