ALABAMA FOODS

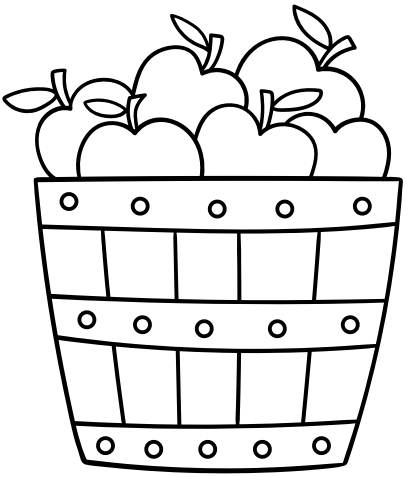


ACTIVITY BOOK

Aa

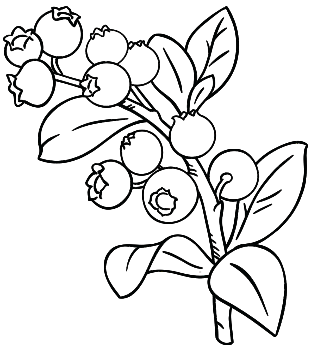
Apples are a member of the rose family.

They are a good source of vitamin C and fiber.



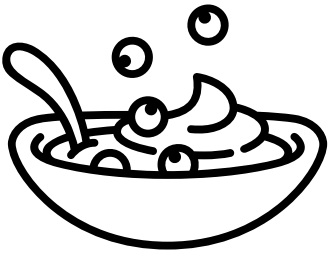
When do apples cry?

APPLES



Bb

BLUEBERRIES

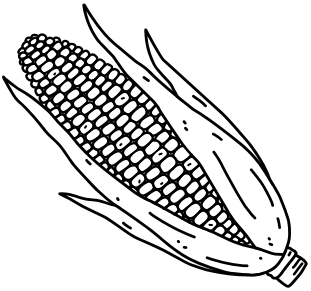


Blueberries are a good source of magnesium, which helps keep bones strong.

They make a great topping for yogurt or cereal!

Answer: When they are peeling sad!

Cc



CORN

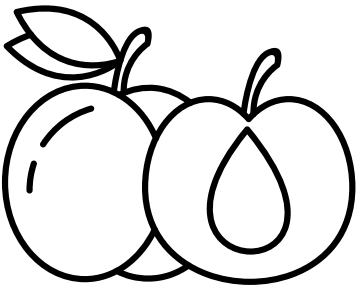
The average ear of corn has 800 kernels, arranged in 16 rows.

Corn provides carbohydrates for energy and fiber for healthy digestion.

Why did the farmer clean his corn?

Dd

DAMSON PLUMS

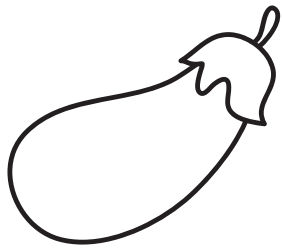


Damson plums are more tart than regular plums, which makes them perfect for making jellies and jams.

Damson plums are high in vitamins A, C, and E. These vitamins help keep your body strong and healthy!

Answer: Because of the cobb-webs!

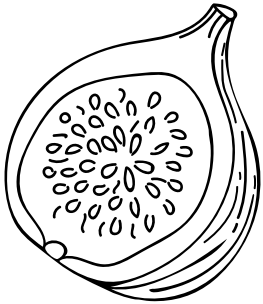
Ee



EGGPLANT

Eggplants are not vegetables, they are really berries!

Eggplants were given their name because in the past they were small and white like eggs.



Ff

FIGS

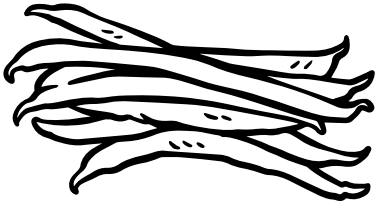
Figs are not really fruit. They are flowers that are turned inside out with hundreds of tiny, edible flowers inside.

Figs are a good source of calcium, which helps keep bones strong!



Answer: Figs the doorbell, it's broken!

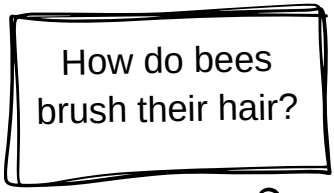
Gg



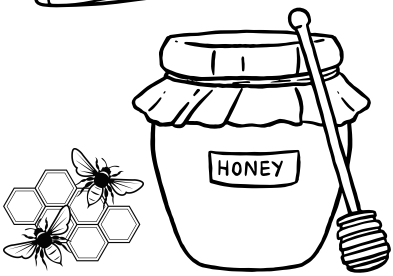
GREEN BEANS

Green beans, also called snap beans and string beans, are high in vitamin K.

Green beans are popular with home gardeners because they are fairly easy to grow.



Hh



HONEY

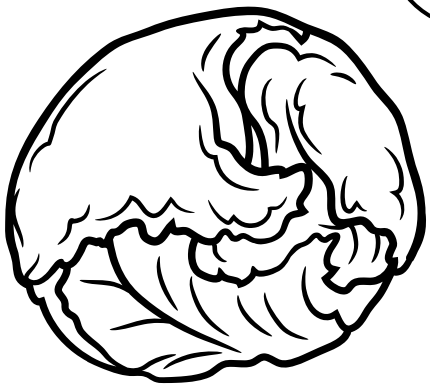
Alabama honey is known for its light color and delicate flavor, especially the cotton honey produced from cotton blossoms.

One bee would need to fly about 90,000 miles – three times around the globe – to make one pound of honey, but each bee makes less than one teaspoon of honey in their lifetime.

Answer: They use a honeycomb!

Ii

ICEBERG LETTUCE



Iceberg lettuce got its name because it was covered with ice during shipping in the 1920s.

Iceberg lettuce is a good source of vitamins K, A, and folate and stays fresh longer than many other lettuce varieties.

Knock Knock!
Who's there?
Lettuce!
Lettuce, Who?



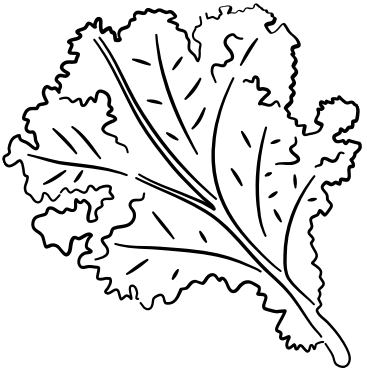
JALAPEÑO

Jj

Jalapeños range from mild to hot. If you remove the seeds and white parts inside (veins), the pepper will be less spicy.

Answer: Lettuce in and find out!

Kk



Kale grows best in cold weather - the colder the weather, the sweeter the kale tastes.

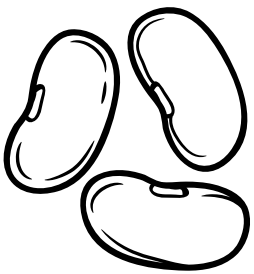
KALE

Kale is a good source of vitamins and minerals that help protect your eyes and skin.

What do you call beans that have been in the sun too long?

Ll

LIMA BEANS



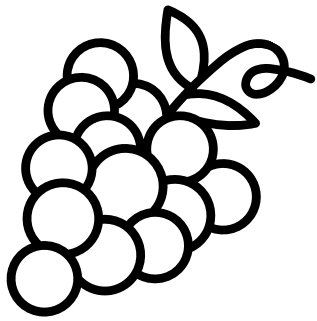
Lima beans are sometimes called “butter beans” due to their buttery taste after cooking.

Lima beans must be cooked before eating. They can be found canned, frozen or dried.

Answer: Baked beans!

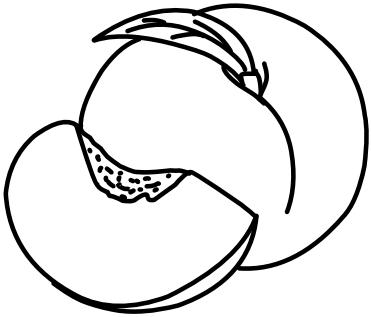
Mm

MUSCADINES



Muscadines are strong grapes with tough skins.

Muscadines are native to Alabama. They love warm, humid weather.



Nn

NECTARINES

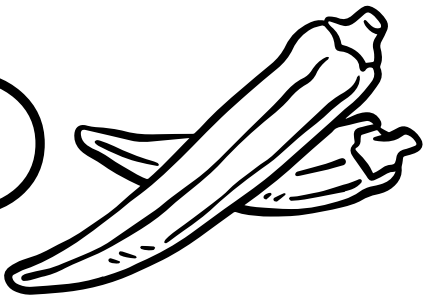
What is a giraffe's favorite fruit?

Nectarines are sweet and slightly tangy. They can be eaten raw, baked, roasted, or pickled.

They are similar to peaches in flavor, but they have smooth skin. Nectarines can be used instead of peaches in most recipes.

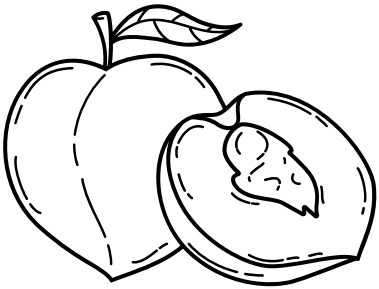
Answer: Nectarines!

Oo



OKRA

Okra is green and fuzzy. The pods contain rows of edible seeds that release a sticky liquid when chopped and cooked.



Pp

PEACH

Peaches are sweet and juicy. They need plenty of sunshine to grow.

Why did the peach pull over?

Peach fuzz helps protect the fruit by keeping extra moisture from reaching the delicate skin and keeping bugs away.

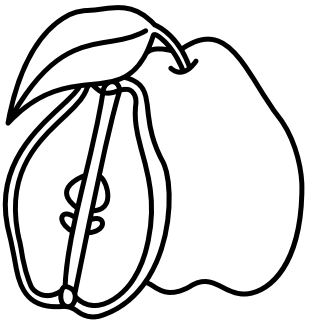
Answer: It needed to make a pit-stop!

Qq

QUINCES

A quince is similar to an apple or pear, but they are usually too hard to eat raw.

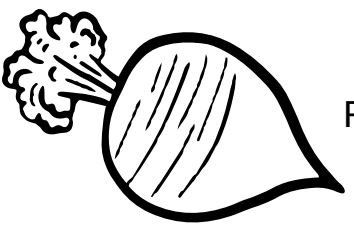
Cooked quinces are soft and sweet. They can be used in jams, jellies, and marmalades.



What did one rutabaga say to the other?

Rr

RUTABAGAS



Rutabagas are a hybrid of two other vegetables: cabbage and turnips.

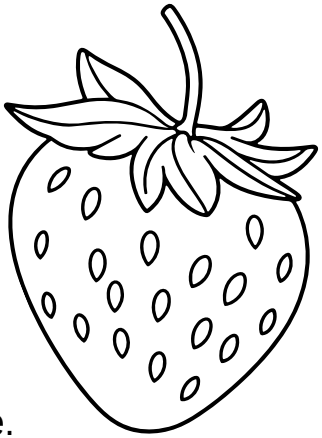
The rutabagas' roots and green leaves are edible. Farmers feed rutabaga roots to farm animals during winter and let them graze on the leaves in fields during other seasons.

Answer: Nothing! Rutabagas can't talk!

Ss

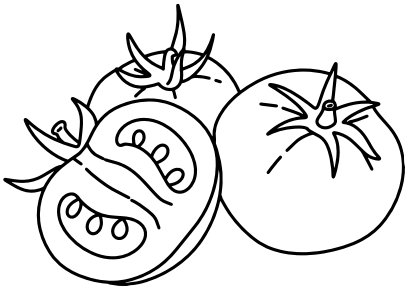
What is a scarecrow's favorite fruit?

STRAWBERRIES



Strawberries are one of the world's most popular fruits. They have more vitamin C per serving than oranges.

Each strawberry has about 200 tiny seeds on the outside.



Tt

TOMATOES

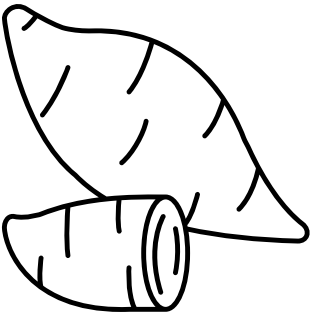
Tomatoes are actually a fruit because they have seeds and grow from a flowering plant.

The heaviest tomato ever picked weighed over 7 pounds.

Answer: Straw-berries!

Uu

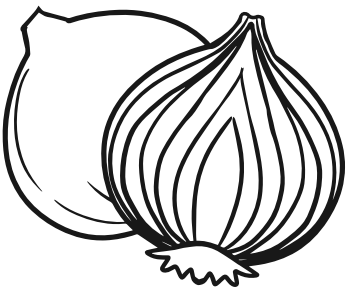
UBE



Ube is a type of yam, which are starchy plants with edible underground parts called tubers.

What do you call a potato with glasses?

Ube is an invasive species in Alabama because it grows so well that it can harm the local plants and environment.



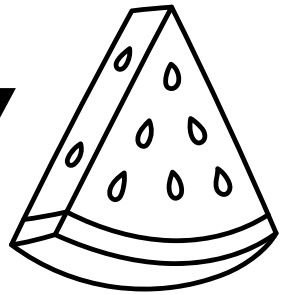
Vv

VIDALIA ONIONS

Vidalia onions are known for being sweet and mild. This makes them a favorite for eating raw in salads or on sandwiches.

Answer: A spec-tater!

Ww



WATERMELON

Watermelons are 92% water, so eating them in the summer can help keep you hydrated.

Watermelons can grow with our without seeds. They are in the gourd family with squash and cucumbers.

When do you “Go” on Red and “Stop” on Green?



Xx

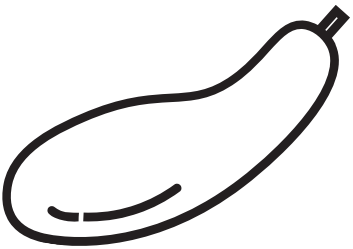
XIGUA

Xigua is pronounced “she-gwah” and is a Chinese name for watermelon.

Xigua can be used to refer to both red and yellow varieties of watermelon.

Answer: When you are eating a watermelon!

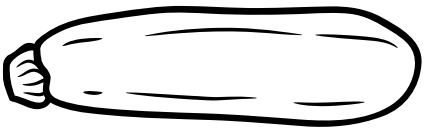
Yy



YELLOW SQUASH

Yellow squash is a type of summer squash that is rich in vitamins and minerals.

They are picked young so the outer skin (rind) is still soft enough to eat.



ZUCCHINI

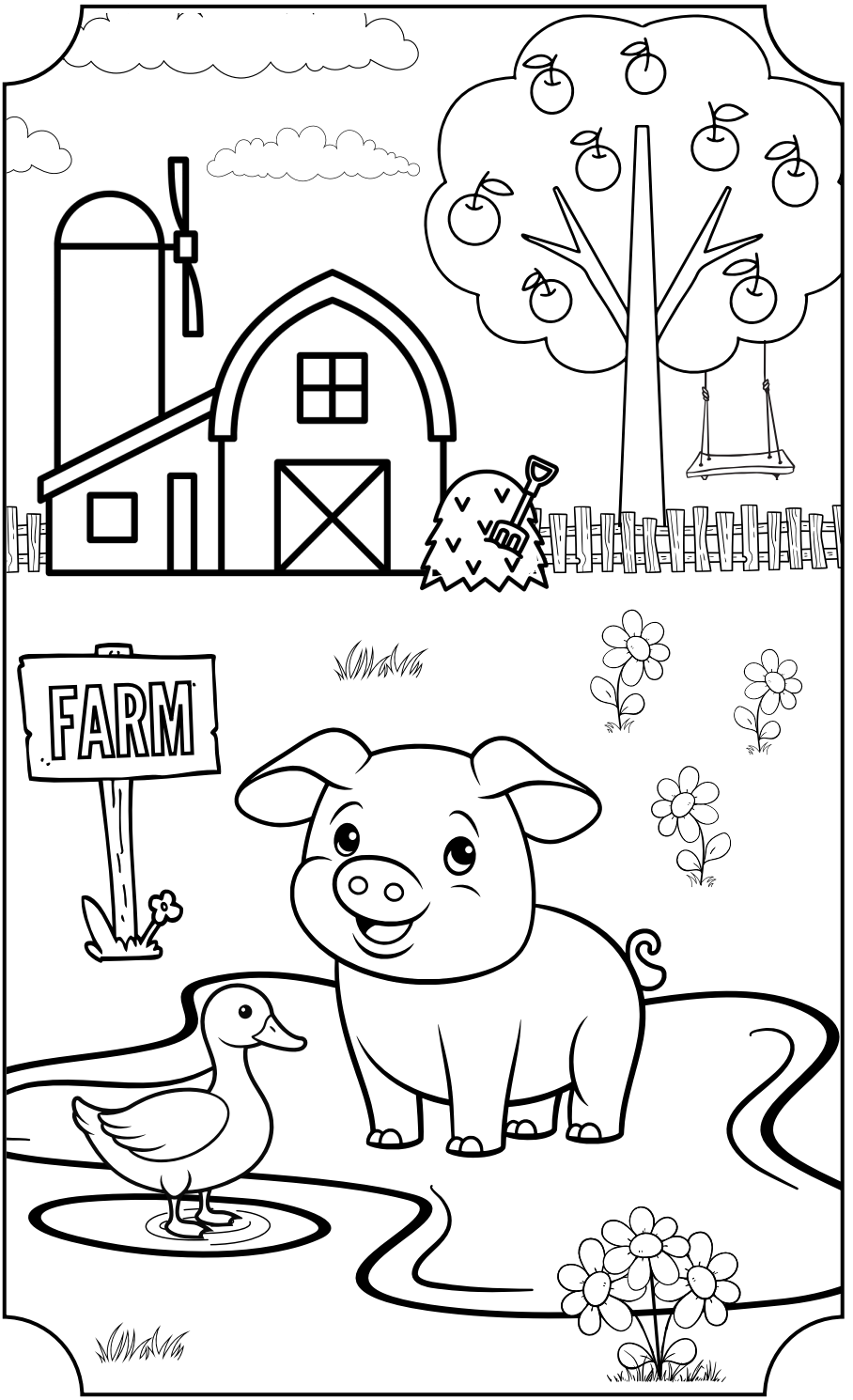
Zz

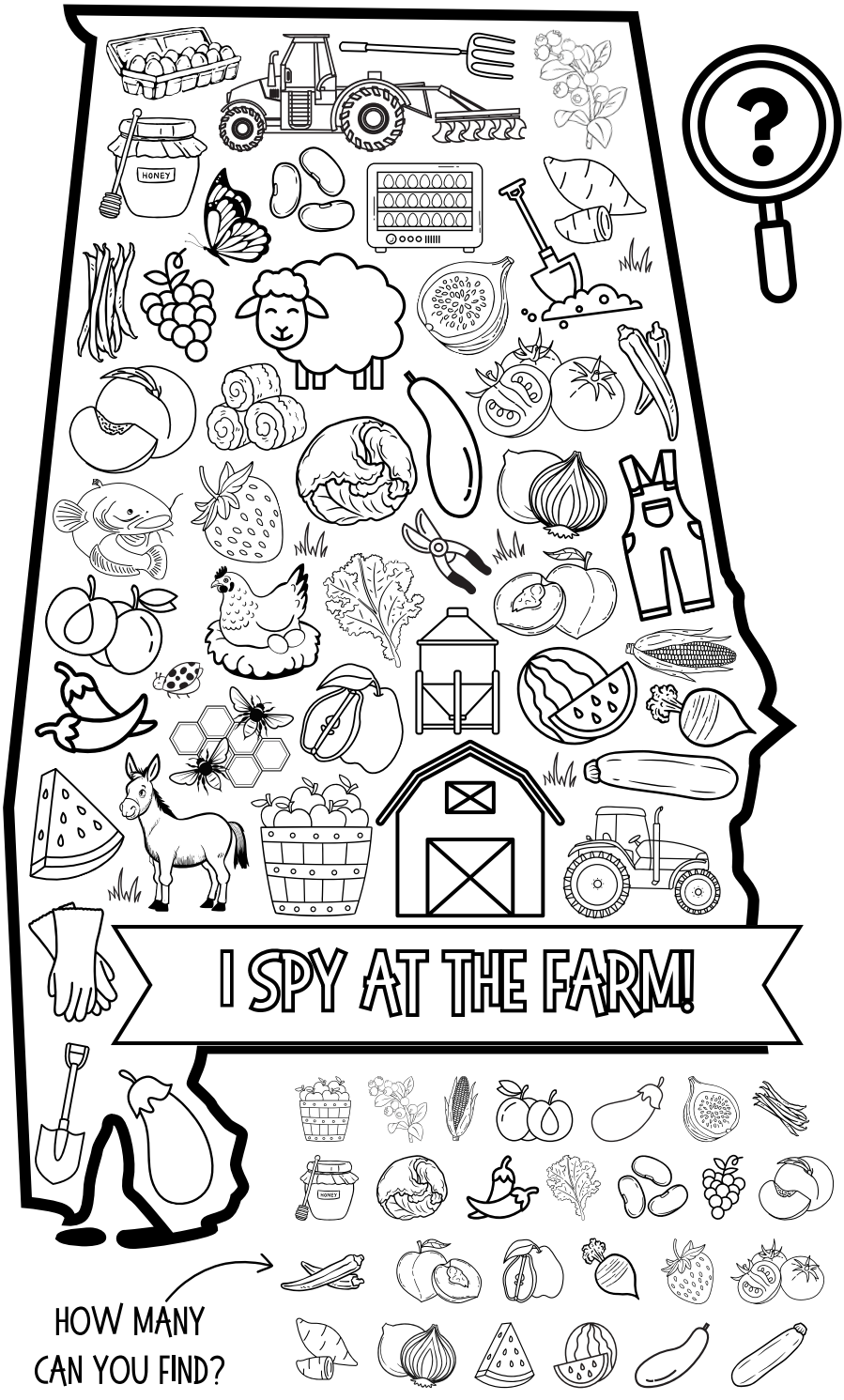
What is a zucchini's favorite game?

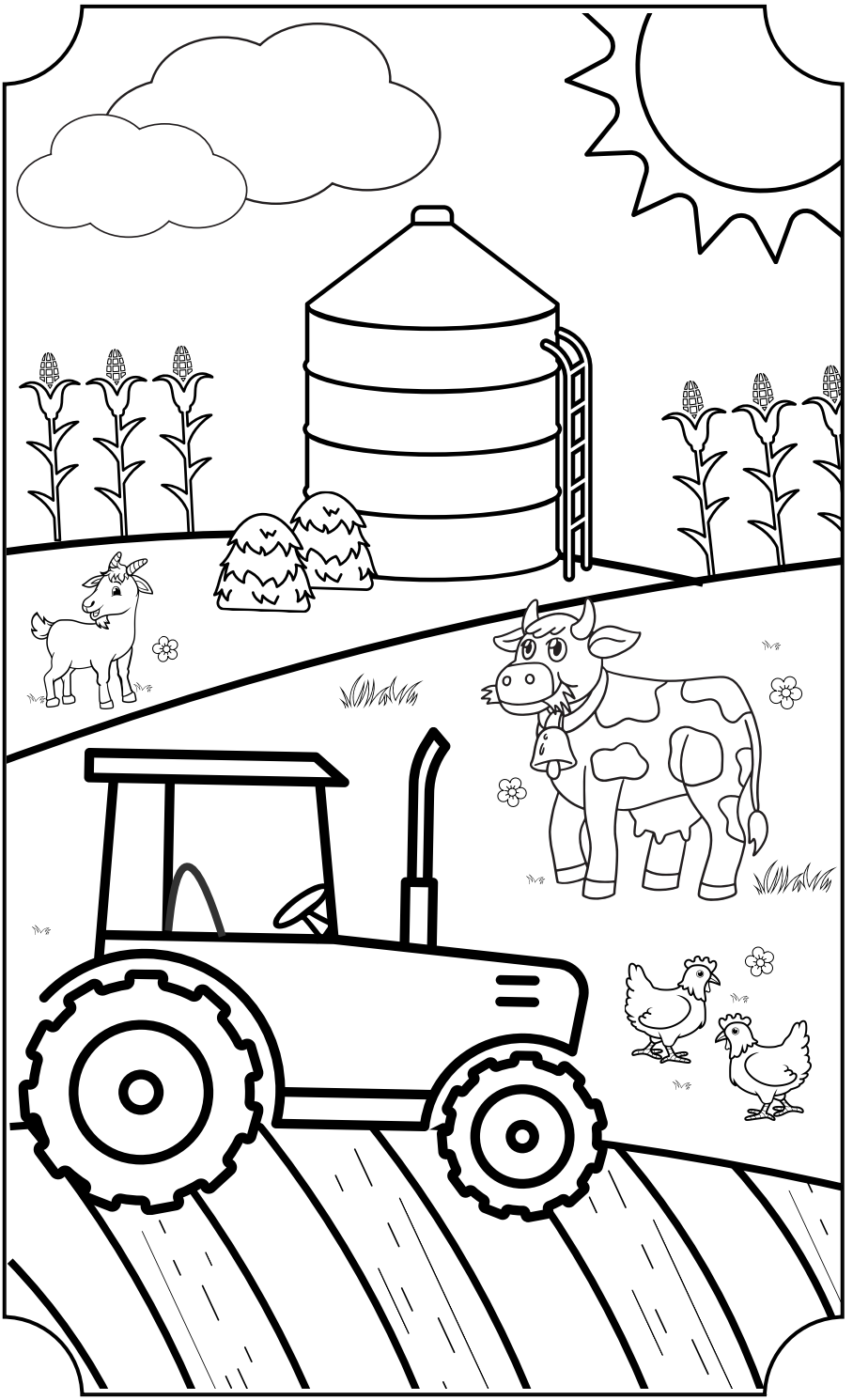
Zucchini comes in different shapes, from long and narrow to short and round.

Zucchini is so plentiful in home gardens that there is an 'official night' for getting rid of it: National Sneak Some Zucchini On To Your Neighbor's Porch Night (August 8).

Answer: Squash!


FARM


HONEY
I SPY AT THE FARM!
HOW MANY
CAN YOU FIND?



WORD SEARCH

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

CORN **PEACHES** **EGGPLANT** **BLUEBERRIES**

FIGS **APPLES** **RUTABAGAS** **STRAWBERRIES**

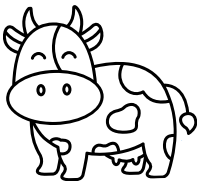
KALE **XIGUA** **TOMATOES** **WATERMELON**

OKRA **QUINCES** **ZUCCHINI** **MUSCADINES**

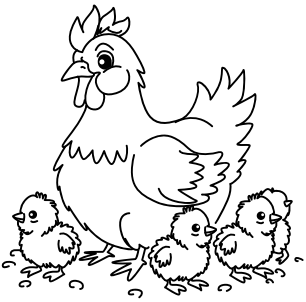
UBE **HONEY** **JALAPEÑOS** **NECTARINES**

GREEN BEANS **DAMSON PLUMS** **ICEBERG LETTUCE**

LIMA BEANS **VIDALIA ONIONS** **YELLOW SQUASH**



START



Help the Chicken and her babies get back to the farm!

FINISH







For more information about state programs that encourage buying and eating Alabama-grown fruits and vegetables, visit:

sweetgrownalabama.org
alabamapartnershipforchildren.org
alabamahkhf.org
alabamafarmtoece.org
alabamapublichealth.gov/npa

This institution is an equal opportunity provider.

This publication was supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $2,826,882.00 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.