

ALABAMA FOODS



A-Z

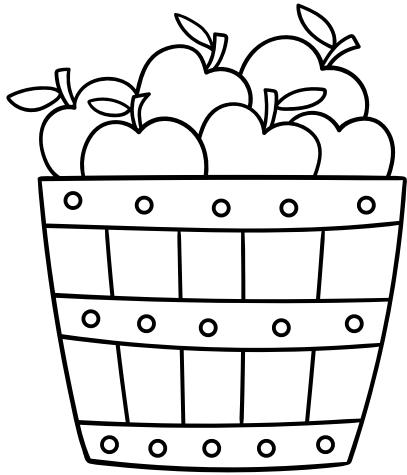
ACTIVITY BOOK

Aa

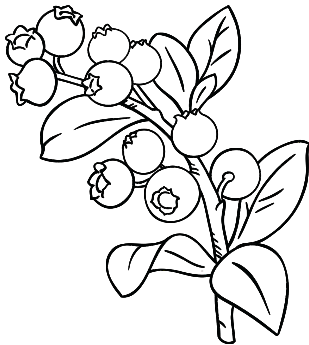
Apples are a member
of the rose family.

They are a good source
of vitamin C and fiber.

When do apples cry?



APPLES

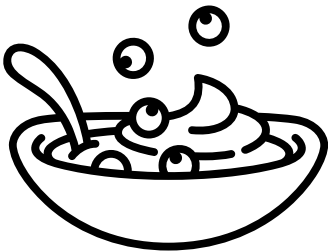


Bb

BLUEBERRIES

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

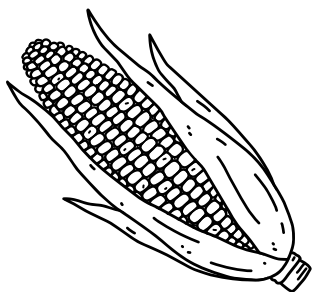
They make a great topping
for yogurt or cereal!



Cc

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

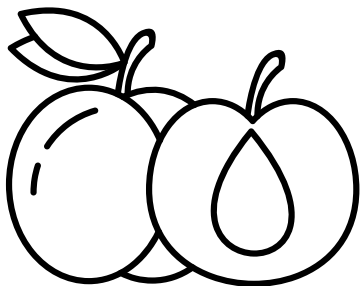
Corn provides carbohydrates for energy and fiber for healthy digestion.



CORN

Why did the farmer clean his corn?

DAMSON PLUMS



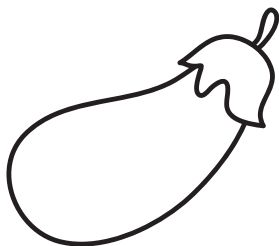
Dd

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!

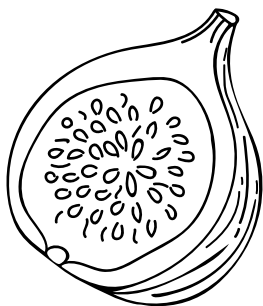
Ee

Eggplants are not vegetables, they are really berries!



EGGPLANT

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



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!

Ff

FIGS



Gg

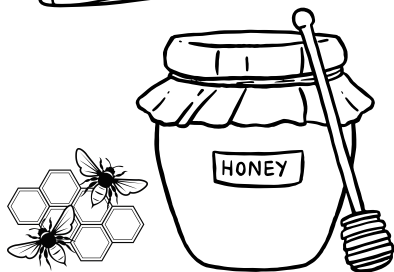


Green beans, also called snap beans and string beans, are high in vitamin K.

GREEN BEANS

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

How do bees
brush their hair?



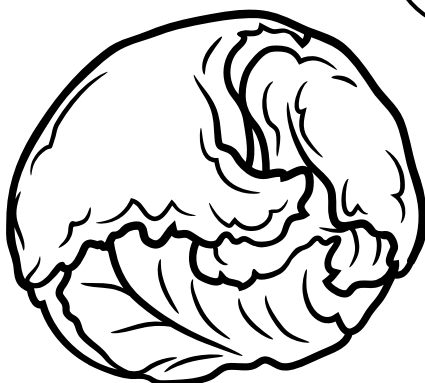
HONEY

Hh

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.

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?

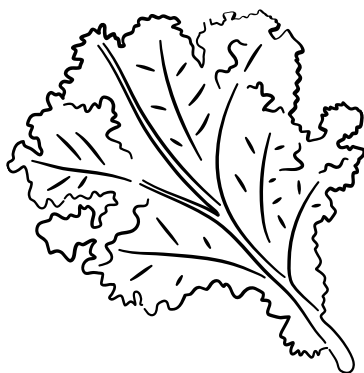
Jj JALAPEÑO



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

Kk

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



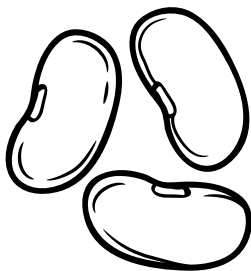
KALE

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?

LI

LIMA BEANS

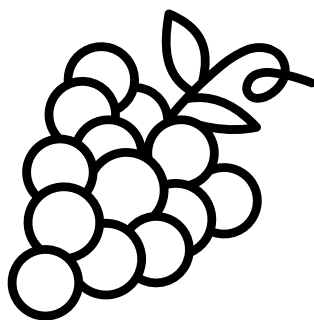


Lima beans are sometimes called “butter beans” due to their buttery taste after cooking.

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

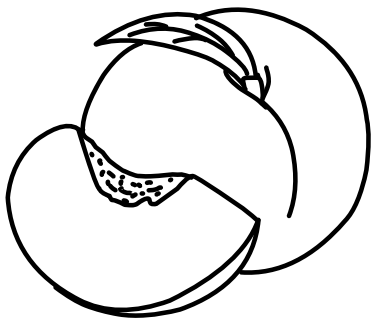
Mm

MUSCADINES



Muscadines are strong grapes with tough skins.

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



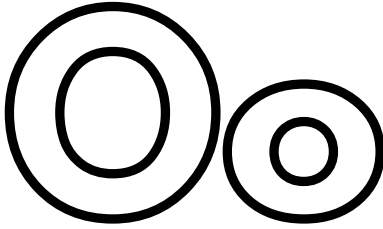
Nn

NECTARINES

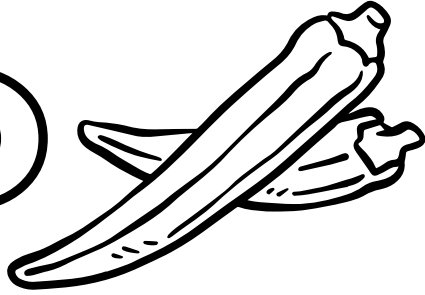
Nectarines are sweet and slightly tangy. They can be eaten raw, baked, roasted, or pickled.

What is a giraffe's favorite fruit?

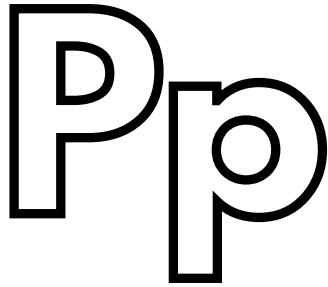
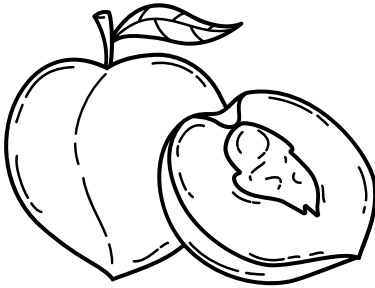
They are similar to peaches in flavor, but they have smooth skin. Nectarines can be used instead of peaches in most recipes.



OKRA

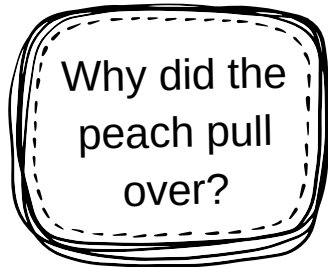


Okra is green and fuzzy. The pods contain rows of edible seeds that release a sticky liquid when chopped and cooked.



PEACH

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



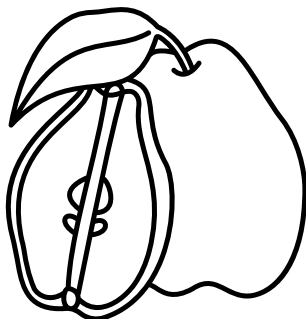
Peach fuzz helps protect the fruit by keeping extra moisture from reaching the delicate skin and keeping bugs away.

Qq

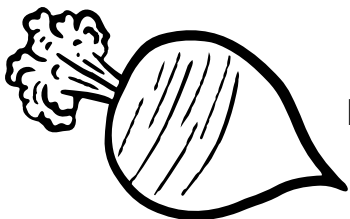
QUINCES

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.

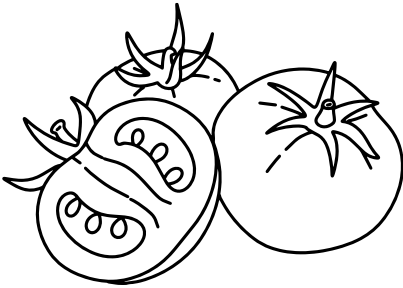
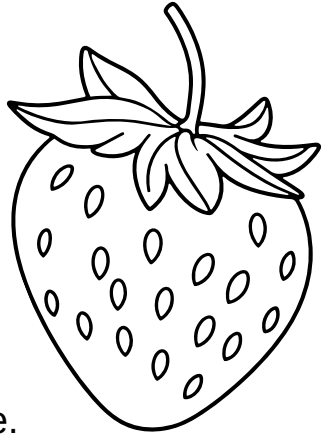
Ss

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

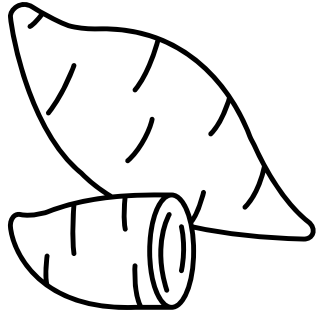
Tomatoes are actually a fruit because they have seeds and grow from a flowering plant.

The heaviest tomato ever picked weighed over 7 pounds.

Uu

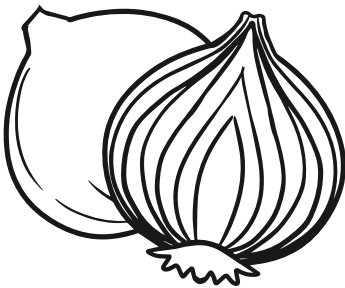
UBE

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.



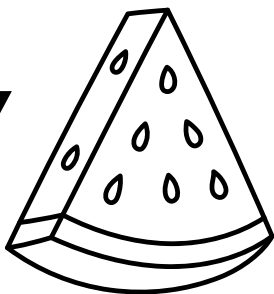
VIDALIA ONIONS

Vv

Vidalia onions are known for being sweet and mild.

This makes them a favorite for eating raw in salads or on sandwiches.

Ww



WATERMELON

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

Watermelons can grow with or 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.

Yy

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



YELLOW SQUASH

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



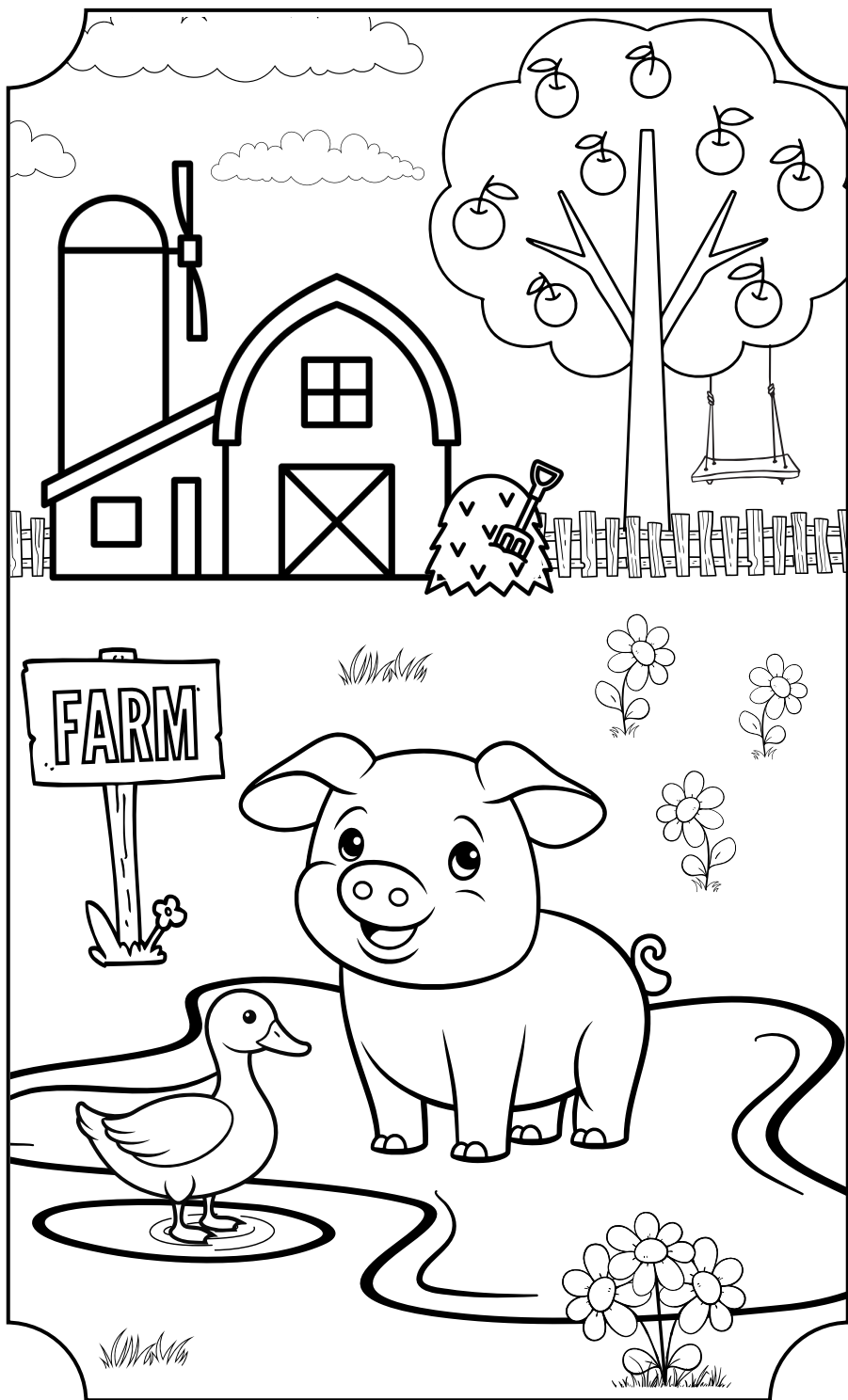
ZUCCHINI

Zz

What is a zucchini's favorite game?

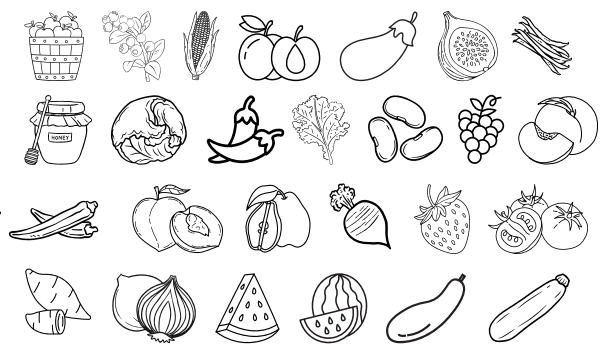
Zucchini comes in different shapes, from long and narrow to short and round.

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).

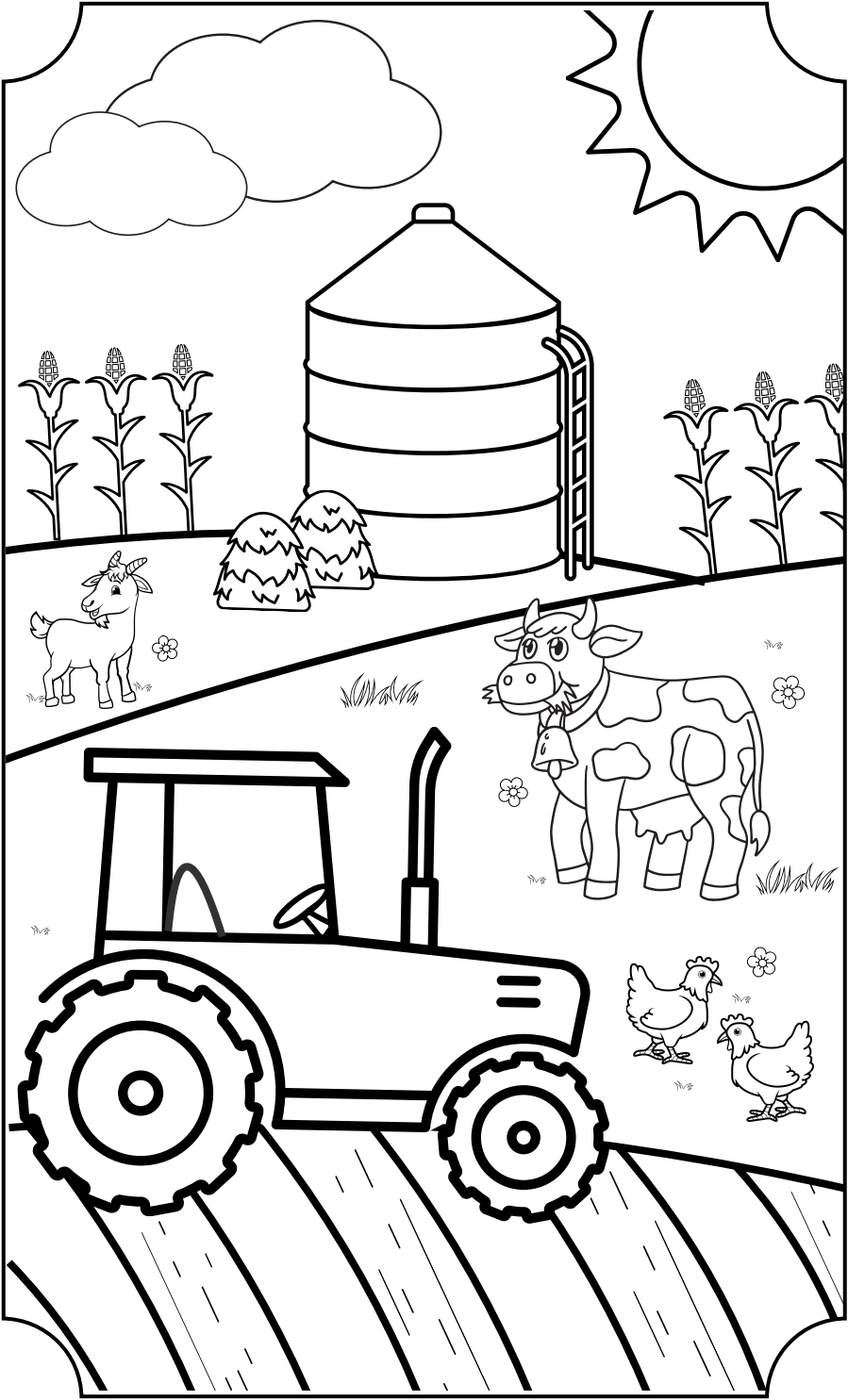




I SPY AT THE FARM!



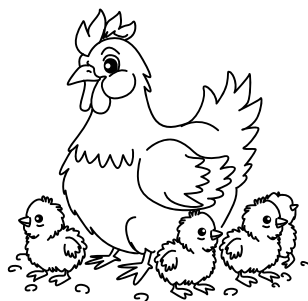
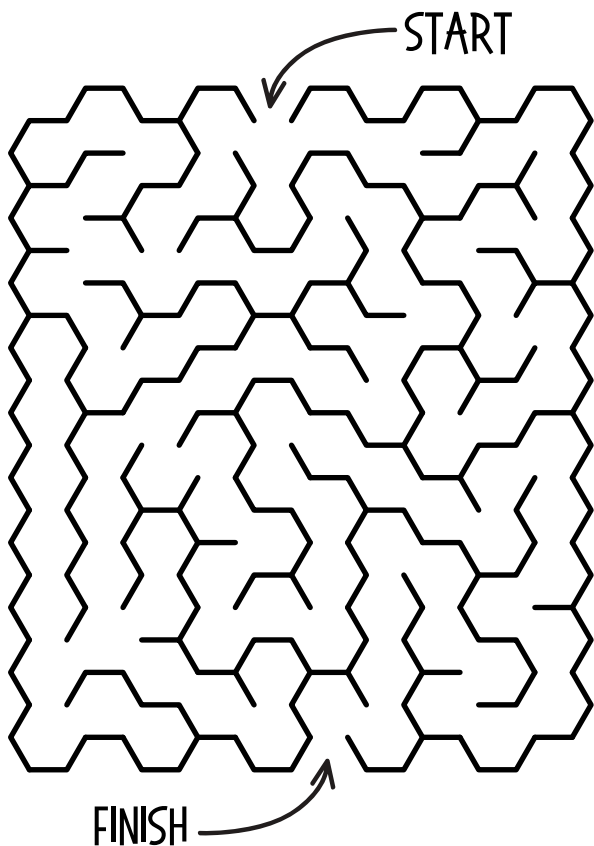
HOW MANY
CAN YOU FIND?



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
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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
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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	



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





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

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