



**Fruits and vegetables that are grown locally in your community are picked at their peak of freshness and flavor. This means they may also contain more nutrients!**

**Some vegetables commonly grown in a garden such as tomatoes, green beans, squash, and cucumbers are technically considered a fruit because they have seeds. They don't have a sweet taste like other fruit but are indeed a fruit.**



**Did you know that in a garden, some fruits and vegetables start out as flowers? Pumpkins start out as BIG yellow flowers that look like miniature horns!**

**Fruit and vegetables grow best during specific growing seasons and if eaten at the peak of their growing season, will be fresher, taste better and have more nutrients. Most vegetables need warm Spring and Summer weather to grow well and some vegetables like spinach, lettuce, carrots and turnips grow best in cold winter weather.**





# FUN FACTS



**You don't need a big backyard to plant a garden. Plants will grow in pots placed inside on a windowsill, outside on a patio, balcony, or even a rooftop! If you want to start small, try planting herbs like basil and mint.**

**Do you know of a place where you can buy all of the colors of the rainbow and meet a real farmer? Go to a local farmers market to see all of the rainbow colors of fruits and vegetables and talk to the farmer who grew them!**



**Honeybees do more than just make honey. They carry pollen from plant to plant, which help the plants to grow and produce foods such as fruits, vegetables, nuts, and grains**

**Did you know you can eat every part of some vegetables? The stem, root, leaves, and even the flowers of vegetables such as radishes and turnips are 100% edible.**

