Thursday 12/1
Watermelon Radishes

Tuesday 12/6
Red Beet

Wednesday 12/7
Strawberries

Thursday 12/8
Named for their bell-like shape
Red Bell Peppers

This month we are eating food grown in California. California has an ideal climate for growing fruits and vegetables. There are over 122,500 farmers in California.

Tuesday 12/13
Watermelon

Green peppers turn red as they sit on the plant. Why does nature do that?
(hint)

Wednesday 12/14
Red Grapes

IF YOU FREEZE GRAPES WITH LIME JUICE AND SUGAR IT TASTES LIKE SOUR PATCH KIDS!

Thursday 12/15
Romanesco
Watermelons can have up to 800 seeds!

Radishes and beets are root vegetables. Meaning, the part we eat is the root. Similar to potatoes.

Fun Facts about Strawberries
1. Strawberries are related to roses
2. There are 103 different types
3. Strawberries are 91% water
4. Strawberries can help you think

Watermelon

Radish
- Originated in China, these beautiful vegetables have been grown for centuries.
- Named for their resemblance to a watermelon!

Red Beet
- You can drink the juice from beets. Beet juice can lower blood pressure.

Strawberries

Red Grapes
- Have strong antioxidants that help keep your heart healthy!

Romanesco
- Grows in a spiral pattern called fractals. Learn more!
- Related to broccoli and cauliflower but has a nutty flavor. It was first discovered in Italy.

Traditional plant breeding, smart farming and a lot of help from bees!