

# COLORING FLASH CARDS

CUT ALONG  
SOLID LINE ✂️ ↓

← FOLD ALONG  
DOTTED LINE



## BLUE- BERRY

- \* 10 states grow majority of U.S. blueberries (Washington is one of them)
- \* Good source of antioxidants, fiber, and vitamin C



# COLLARD GREENS

- \* part of cabbage family
- \* rich source of Fiber, vitamin C, vitamin A, vitamin K, iron, Calcium
- \* Can be eaten raw or cooked

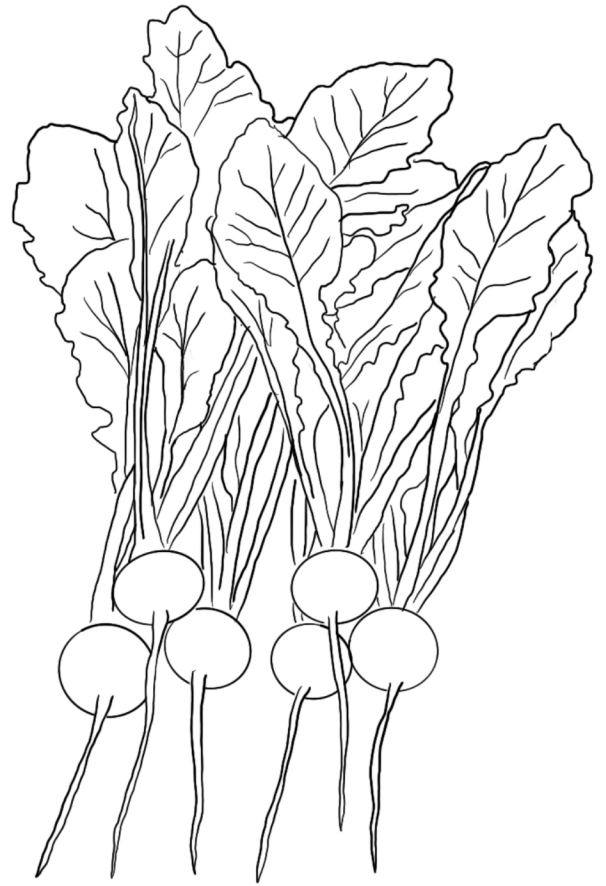


# GARLIC

- \* closely related to onions, shallots, and leeks
- \* The average person eats about 2 pounds of garlic per year
- \* Natural mosquito repellent
- \* Can help regulate blood pressure and lower cholesterol

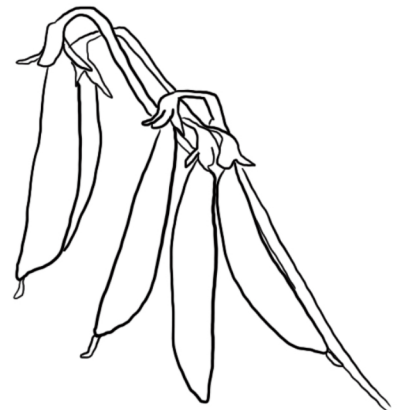
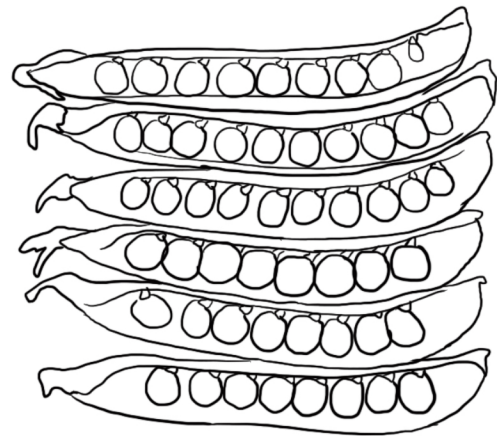
# TURNIP

- \* root vegetable that belongs to mustard family
- \* leaves can be cooked and eaten
- \* good source of fiber, vitamin C, and potassium.



# PEAS

- \* Thought to have originated in Middle Asia and Ethiopia
- \* Excellent source of fiber, proteins, vitamin C, zinc, and iron
- \* Most popular varieties are snow pea, snap pea, and sugar pea





# RADISH

- \* Member of cabbage family
- \* root vegetable that is harvested before they flower
- \* About 7 million tons of radishes are produced yearly
- \* Contains vitamin C



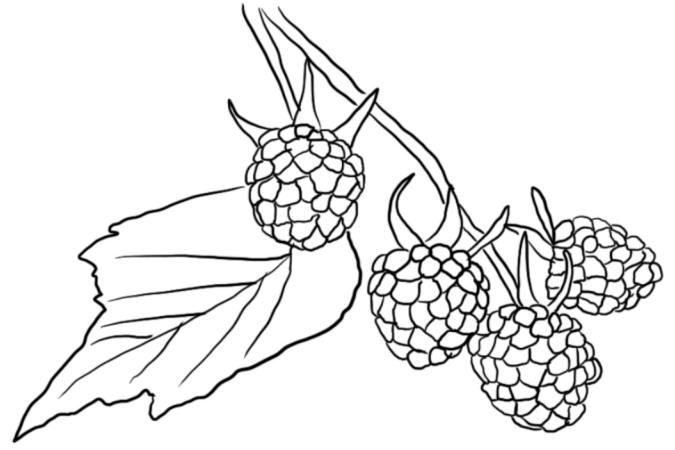
# BOK CHOY

- \* Member of cabbage family
- \* Packed with Vitamin A and Vitamin C
- \* Takes about 2 months from planting to harvest
- \* Good for stir-fries, braising and soups!



# RASP- BERRY

- \* Each raspberry is made up of about 100 individual tiny fruits, called drupelets
- \* Raspberries can be red, purple, golden or even black
- \* Good source of Fiber, vitamin C, vitamin E, and folate



# BROCCOLI

- \* Name comes From Italian word "broccolo" which means "flowering crest of cabbage"
- \* Closely related to brussel sprouts, cauliflower, Cabbage
- \* Good source of vitamin C, vitamin K, folate, potassium, and fiber

