

1



Cook eggplant and use in place of meat in recipes.

**EGGPLANT**

2



Use Okinawan sweet potato instead of potatoes to make french fries.

**OKINAWAN  
SWEET POTATO**

3



Slice up purple cabbage to add great color and flavor to any salad!

**PURPLE  
CABBAGE**

4



Putting an onion in the fridge until cold can prevent your eyes from watering when you cut it!

**PURPLE  
ONION**

5



Peel off the skin of the taro, steam the taro until soft, and mash to make your own poi!

**TARO**

6



The name "pepper" was given by Christopher Columbus when he bought the plant back to Europe.

**PURPLE  
BELLPEPPER**

7



Add purple cauliflower to omelets and quiches for color!

**CAULIFLOWER**

8



The boysenberry is a cross between a loganberry, a red raspberry, and a blackberry.

**BOYSENBERRIES**

9



Cut the passion fruit in half and scoop out the flesh, seeds and all, and enjoy!

**PASSION FRUIT**

1



Freeze grapes for a frozen treat on a hot day!

**GRAPES**

2



Sprinkle blueberries over pancakes, waffles, cereal, or yogurt for color and flavor!

**BLUEBERRIES**

3



Add plums to fruit or chicken salads for extra flavor and color!

**PLUMS**

4



Mash up blackberries and spread on toast instead of jam.

**BLACKBERRIES**

5



Figs can be eaten with the skin on, cheese makes a tasty companion!

**FIGS**

6



Acai are often found in the frozen food section of the market, blend it with juice and ice for a great smoothie.

**ACAI**

7



Elderberries go great in pies, jams, and soups.

**ELDERBERRIES**

8



Chop up prunes and sprinkle over oatmeal or cottage cheese.

**PRUNES**

9



Four pounds of fresh grapes are dried to make one pound of raisins!

**RAISINS**

**R**

To use this reverse card:

List any 3 BLUE or PURPLE fruits.

**REVERSE**

**S**

To use this skip card:

Think of a snack using a BLUE or PURPLE fruit.

**SKIP**

**+2**

To use this draw 2 card:

Name two BLUE or PURPLE fruits you would like to eat this week.

**DRAW 2**

**R**

To use this reverse card:

List any 3 BLUE or PURPLE vegetables.

**REVERSE**

**S**

To use this skip card:

Think of a snack using a BLUE or PURPLE vegetable.

**SKIP**

**+2**

To use this draw 2 card:

Name two BLUE or PURPLE vegetables you would like to eat this week.

**DRAW 2**