1. Bok Choy can be found in the grocery store all year long.

2. Asparagus tastes great cooked on a grill.

3. Sprinkle some parmesan cheese on broccoli for a tasty treat!

4. Eat celery with a little peanut butter or your favorite salad dressing for a tasty snack.

5. Spinach cooks down to 1/3 of its uncooked size!

6. Did you know there is a pea flavored soda?
25% of an apple is air. That's why they float!

George Washington, the first U.S. president, loved to grow squash.

Sprinkle a little coconut milk on top of honeydew melon for a great dessert.

The kiwi used to be called the Chinese gooseberry.

Green beans make a tasty raw snack.

Use lettuce as an alternative to tortillas.
LIMES

Mexican lemonade is made with limes.

AVOCADO

Use avocado place of mayonnaise on your sandwich.

SOUR SOP

Have you tried sour sop? This exotic fruit is a favorite in S. America.

GREEN GRAPES

Add green grapes to a salad for a little sweetness.

CABBAGE

Cabbage goes great in casseroles, soups, and stir-fry.

PEAR

Pears used to be very rare and expensive.
To use this REVERSE card:
Name two GREEN fruits you would like to eat this week.

To use this SKIP card:
Think of a snack using one GREEN fruit.

To use this DRAW 2 card:
List any 3 GREEN fruits.

To use this REVERSE card:
Name two GREEN vegetables you would like to eat this week.

To use this SKIP card:
Think of a snack using one GREEN vegetable.

To use this DRAW 2 card:
List any 3 GREEN vegetables.