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

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

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

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

Cook eggplant and use in place of meat in recipes.

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

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Add purple cauliflower to omelets and quiches for color!

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

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

Freeze grapes for a frozen treat on a hot day!

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

Add plums to fruit or chicken salads for extra flavor and color!
Four pounds of fresh grapes are dried to make one pound of raisins!

Mash up blackberries and spread on toast instead of jam.

Chop up prunes and sprinkle over oatmeal or cottage cheese.

Elderberries go great in pies, jams, and soups.

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

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

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

Blackberries

Figs

Acai

Elderberries

Prunes

Raisins
To use this reverse card:
List any 3 BLUE or PURPLE fruits.

To use this skip card:
Think of a snack using a BLUE or PURPLE fruit.

To use this draw 2 card:
Name two BLUE or PURPLE fruits you would like to eat this week.

To use this reverse card:
List any 3 BLUE or PURPLE vegetables.

To use this skip card:
Think of a snack using a BLUE or PURPLE vegetable.

To use this draw 2 card:
Name two BLUE or PURPLE vegetables you would like to eat this week.