

FIND MY HOME

Draw a line from each fruit or veggie to the location on the map where you think it first came from.

BRUSSELS SPROUTS

grow on a stalk



CUCUMBERS

grow on a plant



AVOCADO

a berry that grows on a tree



SEAWEED

leaves that grow in the sea



GREEN GRAPES

grow on a vine



CURIOUS ABOUT CABBAGE?



Cabbage is the most popular veggie in Japan. And, Japan produces the most cabbage in the world.



Bok choy is sometimes called a “soup spoon” because its leaves look like spoons. Bok choy is also called pak choi or Chinese white cabbage.



WHY ARE WE GREEN?

We're green because of a special green pigment called chlorophyll (klor-o-fill). It turns sunshine into energy so we can grow big and strong! This process is called photosynthesis (for-toe-sin-thi-sis).



Answers: Brussels sprouts-Brussels, Belgium; cucumbers-India; avocado-Mexico; seaweed-Southeast Asia; green grapes-Eastern United States and Canada.

MAGICALLY REGROW YOUR GREENS

Lettuce is tasty and good-for-you, but it's magical too! It can regrow from just the stump.

HERE'S HOW:

1. Cut the stump off the bottom of romaine lettuce.
2. Place stump in a container with half an inch of water. Check the water level daily and change it every other day.
3. Give it sunlight.
4. Watch it grow.
5. Eat and enjoy!

GROWING TIP

Trim off the outer leaves of the stump as they start to brown and wither. The inside will stay fresh and yummy.



Kimchi is pickled cabbage. It's Korea's most famous dish, and it's usually made with napa cabbage.

TRY THIS avocado saver

Keep your avocado from turning brown. Put the cut avocado with the pit attached in an airtight container. Add onion slices and refrigerate.

