COLORING FLASH CARDS

CUT ALONG SOLID LINE ☝️

FOLD ALONG DOTTED LINE 🌿

BLUEBERRY 🍓

* 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

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**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!
RASPBERRY

* 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