

FARM FRIDAY FUN

WITH ARIZONA AGRICULTURE



VEGETABLES



Vegetables can be the roots, leaves, or stems of a plant.



75% of vegetables (and fruit) require pollination in order to grow!



Today, Americans eat eight times the amount of broccoli they ate 20 years ago.



Carrots come in many colors: orange, white, yellow, purple, and red!



Tomatoes are botanically a fruit, not a vegetable, because they contain seeds!



Arizona is the Winter Lettuce Capital of the World!



Cabbage is full of antioxidants and vitamin C.



Potatoes are packed with energy (carbohydrates) and have Vitamin C.



The best time to get green vegetables in Arizona is January!



The average American consumes 30 pounds of lettuce annually.



Darker leaves usually indicate more vitamins.



Spinach is one of the highest nutritional leaf vegetables and is better for you if it is cooked.



Arugula is a good source of vitamin A, C, and K.



Like arugula, kale is high in vitamin A, C, and K, as well as potassium and calcium.

