Improving Eating Habits to Last a Lifetime
Carambola are sometimes called “star fruit” because when cut in cross-section the slices are shaped like stars. Crisp and sweet golden-yellow, Carambola is great for use in salads, desserts, and sauces.
CARAMBOLA SALAD BUFFET

2 Sliced Florida Carambola
Crescents of peeled Florida cantaloupe
Crescents of peeled Florida honeydew
2 Bartlett pears, unpeeled, cut in eighths
Clusters of stemmed seedless grapes
8 Half-rounds of fresh pineapple
2 Bananas split and quartered
Pitted bing cherries
Mounds of Florida strawberries
Sections of Florida orange
Sections of Florida grapefruit
leaf lettuce
romaine lettuce
Sprigs of mint
vanilla yogurt

Line a large tray with flat, outer leaves of leaf lettuce.
In the center place a shallow dish piled high with heart leaves of romaine and hearts of leaf lettuce.
Around this dish, on the large leaf lettuce, arrange fruits according to taste.

Decorate the tray with slices of carambola and sprigs of mint.
Let each guest compose a salad with fruit of his own choosing.
Offer vanilla yogurt as dressing.
Serves 8
Mangos are one of the most popular fruit crops produced in tropical and subtropical areas of the world. Mangos are commonly eaten fresh or used in salads, desserts, sauces, juices or chutney.
Mango Milk Shake

Ingredients

1 Cup Fresh Mango (cut into medium-sized pieces)
2 Cups Vanilla Ice Cream
1 Cup Milk

Directions

Put all ingredients in a blender. Place top on blender and blend.
Makes 2 milk shakes.
Greens, such as lettuce, are usually eaten raw in salads. Other greens, such as mustard greens and collard greens, are cooked.
GREENS

Fresh2U
Sauteed Greens

Ingredients

3 pounds Florida greens (collard, mustard, turnip or spinach), chopped
2 tbs. olive or vegetable oil
2 tbs. Florida garlic, chopped (optional)
1 1/2 tsp. salt

directions

Strip the stems from the greens. Soak in lots of water to wash away the dirt. Shake the water from the greens and dry them. They must be totally dry before they are cooked.

Place oil in a wide and heavy saute pan. Add garlic to the pan and stir. Immediately add greens all at once. Stir continuously for about 5 minutes. Season with salt and serve.

10 servings
Florida avocados are nicknamed “alligator pears,” and are sweeter, lighter, and moister than other avocados. Starting with an avocado pit, you can grow your own avocado plant in a glass of water.
Fiesta Taco Salad

Ingredients

1 lb. Ground Beef
1 Package Taco Seasoning
1 Head Lettuce (shredded)
1 Tomato (cut into medium-sized pieces)
1/2 Cup Green Bell Pepper (cut into medium-sized pieces)
1/2 Cup Green Onion (sliced)
1 Florida Avocado (cut into medium-sized pieces)
1 Cup Shredded Cheddar Cheese
1 Cup Salsa
1 Cup Salad Dressing

(try adding 1 tsp. of taco seasoning to 1 cup of ranch or creamy cucumber dressing)

Tortilla Chips

Directions

Cook the ground beef at medium heat in a skillet and follow the directions on the taco-seasoning package. Remember to save 1 tsp. of the seasoning to use with the salad dressing.

Assemble the salad by placing the shredded lettuce on a plate then adding the taco meat over the lettuce.

Sprinkle with the shredded cheese.

Place chopped tomatoes, green onions and green peppers on top of the taco meat. Sprinkle with range tortilla chips on the plate around the lettuce. Spoon salad dressing or salsa (or both) on top.

Makes 4 taco salads.
Florida is one of the leaders in the production of cucumbers. The best cucumbers are firm and bright, and have a good green color. Cucumbers are great in salads.
CUCUMBER

Fresh 2 U

[Image of cucumber plant and slices]
Creamy Cucumber Salad Dressing & Veggie Dip

Ingredients

1 Large Cucumber (peeled, seeds removed, and chopped)
2 Green Onions (chopped)
1/2 Cup Low-Fat Plain Yogurt
1/2 Cup Low-Fat Sour Cream
2 Tbsp. Vinegar
1/2 tsp. Dill
1/2 tsp. Salt
1/4 tsp. White Pepper

Directions

Combine cucumbers and green onions in a blender; puree until smooth. Pour mixture into a bowl and add remaining ingredients. Mix well and refrigerate. Makes approximately 2 cups.
Florida leads the nation in the production of snap beans. When choosing beans, look for plump, crisp beans. Fresh beans make a sharp “snap” when broken. Smaller beans are usually the most tender.
SNAP BEANS
Italian Green Beans & Tomatoes

Ingredients

1/2 lb. Fresh Green Beans
   (ends removed)
2 Tbsp. Olive Oil
1 Large Tomato (cut into medium-sized pieces)
1 tsp. Garlic (chopped)
1/2 tsp. Salt
1 tsp. Dry Oregano

Directions

Bring a large pot of water to a boil. Add green beans and cook uncovered for 5-6 minutes. Drain the beans in a colander and cold water over them until they are cool. Set aside.

Heat a large saute pan over medium high heat and add olive oil. Add tomatoes, cooked green beans and garlic. Cook for 3 minutes stirring frequently. Add salt and oregano. Serve immediately.

Makes 4 servings.
WORD SEARCH

There are 20 Florida fruits and vegetables in the grid below. They are written forward and backward, up and down, and diagonally. Circle each answer and check off as you go. Can you find the bonus word? Not every letter in the grid will be used.

bell pepper
blueberry
cabbage
cantaloupe
carambola
carrot
celery
cucumber
grapefruit

Bonuses Word ??

greens
mango
orange
snap bean
squash
strawberry
sweet corn
tangerine
tomato
watermelon
Tangerines are usually smaller than oranges and have a stronger aroma. They are easy to peel, and their sections separate easily. The best tangerines are heavy for their size and deep orange in color.
TANGERINE
Sparkling Tangerine Punch

Ingredients

3 cups freshly squeezed Florida tangerine juice
1 Cup regular or diet lemon lime soda

Directions
Divide tangerine juice into four cups.
Pour 1/4 cup soda into each cup. Makes 4 servings.

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Word Find
How many words can you make out of the phrase “fruits and vegetables”?

1) ___________________________________________________________________
2) ___________________________________________________________________
3) ___________________________________________________________________
4) ___________________________________________________________________
5) ___________________________________________________________________
6) ___________________________________________________________________
7) ___________________________________________________________________
8) ___________________________________________________________________
9) ___________________________________________________________________
10) ___________________________________________________________________
11) ___________________________________________________________________
12) ___________________________________________________________________
13) ___________________________________________________________________
14) ___________________________________________________________________
15) ___________________________________________________________________
16) ___________________________________________________________________
17) ___________________________________________________________________
18) ___________________________________________________________________
19) ___________________________________________________________________
20) ___________________________________________________________________

More???
Florida produces many types of tomatoes, including field-grown mature green, plum, cherry, grape, vine ripened, greenhouse, and hydroponic. Fresh tomatoes are great in salads or on sandwiches.
Quick & Easy Salsa

Ingredients

2 Large Tomatoes (core removed and chopped)
1/4 Cup Green Bell Pepper (chopped)
1/4 Cup Red Onion (chopped)
1 Tbsp. Lime Juice
1/2 tsp. Garlic
1 tsp. Jalapeno Pepper (chopped)
1 tsp. Chili Powder
1/4 tsp. Cumin
1/4 tsp. Salt
1 Tbsp. Olive Oil
1/4 Cup Fresh Cilantro (chopped)

Directions

Place all ingredients in a blender and blend on the lowest speed until desired consistency. Refrigerate. Makes approximately 3 cups.
Florida Valencias are often the favorite orange for juicing. Squeeze juice from fresh cut halves to drink or to use in cooking.
Orange Chicken Stir-Fry

**Ingredients**

- 2 Tbsp. Peanut Oil
- 12 oz. Chicken Breast (cut into 1 pieces)
- 1/4 Cup Onion (sliced thin)
- 1/2 Cup Celery (sliced thin)
- 1/2 Cup Zucchini (cut into medium sized pieces)
- 1 Cup Mushrooms (sliced)
- 1/2 Cup Red Bell Pepper (sliced thin)
- 1/2 Cup Carrots (sliced thin)
- 1 tsp. Garlic (minced)
- 1 tsp. Fresh Ginger (minced)
- 2 Cups Cabbage (sliced thin)

**Sauce:**

- 1 Tbsp. Cornstarch
- 3/4 Cup Orange Juice
- 2 Tbsp. Soy Sauce
- 1 Tbsp. Green Onion (sliced thin)
- 1/4 Cup Cilantro (chopped)

**Directions**

In a small bowl, combine cornstarch, orange juice, cilantro, so onions. Set aside.

Heat a wok or large heavy skillet over high heat. Add peanut oil very hot.
Add diced chicken and stir while cooking for 2-3 minutes.
Add onions, celery, zucchini, mushrooms, red bell pepper, carrots and cabbage.
Stir and toss ingredients constantly for 2 minutes.
Pour orange juice mixture into the wok or skillet and bring to Stir well to coat ingredients. Serve immediately with rice.
Makes 4 servings.
Florida produces many types of squash, such as acorn, butternut, yellow crookneck, white, and zucchini. Smaller squash are usually more flavorful.
SQUASH

Fresh2U
Squashed Lasagna

Ingredients

1-16 oz. Package Dry Lasagna Noodles
1 lb. Ground Beef
2 tsp. Dry Oregano
1 tsp. Dry Basil
1 tsp. Dry Parsley
3 Cups Cottage Cheese
2 Eggs
1 1/2 Cups Shredded Mozzarella Cheese
1 Cup Parmesan Cheese
1 tsp. Salt
1/2 tsp. Black Pepper
2 Yellow Squash (sliced very thin)
2 Zucchini (sliced very thin)
4 Cups Spaghetti Sauce

Directions

Preheat oven to 350 degrees.

Bring a large pot of water to a boil. Add lasagna noodles and cook for 6-8 minutes. Drain and rinse with cold water. Lay noodles flat and set aside. In a skillet, cook the ground beef over medium high heat, add the dry oregano, basil, and parsley. Cook until there is no pink color remaining in the beef. Drain any cooked ground beef to the spaghetti sauce and set aside.

In a large bowl, mix together cottage cheese, eggs, salt, pepper, 1 cup of the mozzarella cheese, and 1/2 cup of the Parmesan cheese.

Spoon a thin layer of spaghetti sauce in the bottom of a 9" x 13" baking dish. Add a layer of noodles lengthwise overlapping slightly. Spoon 1/2 of the cheese mixture on top of the noodles and spread evenly. Arrange a layer of the squash and zucchini on top of the cheese. Spoon 1/3 of the sauce and meat mixture on top of the squash. Add another layer of noodles and remaining cheese mixture. Place another layer of the squash and top with 1/2 of the sauce and meat mixture. Add 1 more layer of noodles and remaining sauce. Sprinkle top with the remaining 1/2 cup of mozzarella cheese and remaining 1/2 cup of parmesan cheese.

Place in oven and bake for 1 hour and 15 minutes. Remove from oven and wait 10 minutes before slicing.

Makes 10-12 servings and the leftovers are fantastic!!!
Select grapefruit that are firm, springy to the touch and heavy for their size. Grapefruit becomes even juicier if you roll it between your palm and the countertop for a few seconds before serving.
Broiled Grapefruit

Ingredients

1. Florida grapefruit
2 tbs. Florida honey
1/4 tsp. cinnamon
1 marchino cherry, sliced in half

Directions

Preheat oven broiler.
Slice grapefruit in half and place on baking sheet.
Pour 1 tablespoon honey on each grapefruit half and sprinkle with cinnamon.
Broil 4 - 8 minutes.
Let cool and garnish with cherry half.

Vegetable Word Match

Match the vegetable up with the description that best fits

- green, red, orange or yellow; served raw in salads or cooked; has a “musical” name
- when cut into sticks, it looks like a long “u”-shaped boat; crunchy and yummy
- used to make pizza sauce, spaghetti sauce and ketchup
- leafy; collards, turnips, mustard are a few types
- orange vegetable can be served raw or cooked; cut into coins or sticks
- green or purple vegetable that looks like lettuce and is the main ingredient in cole slaw
- long with dark green peel and can be sliced into circles or chopped up and used in salads
- break these thin, long green vegetables into pieces or leave whole and cook
- vegetable with a crooked “neck”; is also known as yellow zucchini
- yellow vegetable which grows on a cob and can be eaten by hand

sweet corn

- cabbage

- snap beans

- bell pepper

- squash

- carrot

- greens

- celery

- cucumber

- tomato
One half of a small head of cabbage makes about 4 cups of shredded raw cabbage or about 2 cups of cooked cabbage. Raw cabbage is used to make coleslaw.
CABBAGE
Steamed Cabbage

Ingredients

1 head  Florida green cabbage
water
2 tbs.  cooking oil or bacon drippings
salt and pepper

DIRECTIONS

Cut fresh cabbage into bite-sized pieces.
Put enough water into saucepan so that water comes up the sides 1/4 in.
water to boiling and add cabbage, oil, salt and pepper.
Cover and cook on medium heat until cabbage is tender. Be careful not to
overcook!  4-6 servings
Florida Produce Word Scramble

Can you unscramble the words below to reveal the names of yummy Florida fruits and vegetables?

psan eanb
abcrmalao
cbmucure
yrersrawtb
fiugpraret
ganom
seregn
covadoa
otaotm
lebl epprep
hsauqs
lenwtamroe
tracor
retineagn
laupoecnta
leubbyrer
tesew rocn
rlecey
naroge
bagacbe
The best strawberries are brightly colored and plump. Strawberries are delicious all by themselves, in hot or cold cereal, and in smoothies.
STRAWBERRY
Strawberry Dessert Pizza

Ingredients

1-18 oz. Tube Sugar Cookie Dough
1-8 oz. Container Strawberry Cream Cheese
2 Pints Fresh Strawberries (sliced)
1 Tbsp. Florida Honey
2 tsp. Water

Directions

Preheat oven to 350 degrees.
Place cookie dough in the center of a large pizza pan. Using your fingers, press the dough out into a circle shape until it is 1/2 inch thick. Bake 18-22 minutes or until crust is light brown. Remove from oven and cool completely.

Spread cream cheese on top of cooled crust leaving the outer 1/2 inch of the crust without the cream cheese and then place sliced strawberries on top of cream cheese in a single layer. In a small bowl combine honey and water. Using a pastry brush, coat the top of the strawberries with the honey mixture. Cut like pizza and serve.
Makes 8-10 slices.
Select carrots that are firm, smooth, and well colored. Carrots are a tasty snack all by themselves, great in salads, cooked as a side dish, or used in soups and stews.
CARROT
Sunny Carrots

Ingredients

1 tsp. garlic
1 tsp. butter or margarine
2 oranges; grate rind and juice both
1 pound Florida carrots, peeled and cut into 2-inch pieces
salt and pepper

Directions

Steam carrots over water until just tender.
Saute the garlic in butter or margarine. Add grated orange rind juice to pan. Bring to a boil and simmer for 2 minutes. Season with pepper. Pour over steamed carrots.
4 servings
Florida is among the nation’s leaders in the production of bell peppers, which come in green, red, yellow, orange, and purple. When buying peppers, look for firm, brightly colored ones with smooth, shiny skin.
Breakfast Burritos

Ingredients

1 Tbsp.  Butter
1/4 Cup  Green Bell Pepper (cut into small pieces)
1/4 Cup  Onion (cut into small pieces)
1/4 Cup  Red Bell Pepper (cut into small pieces)
8        Eggs
1/4 tsp. Salt
1/4 tsp. Black Pepper
3/4 Cup  Shredded Cheese (Mexican flavored)
1/2 Cup  Salsa (optional)
4        10” Flour Tortillas

Directions

Melt butter in a large saute pan on the stove at medium heat. Add peppers and onion and cook for 1 minute. In a bowl, beat eggs, salt and pepper. Pour eggs into the saute pan stirring frequently until eggs are cooked.

Place the tortillas on the countertop and put an equal amount of the scramble eggs in the center of each tortilla. Sprinkle each with the shredded cheese and spoon on desired amount of salsa. Fold the tortillas into burritos. (See diagram below.)
Makes 4 breakfast burritos.
One medium stalk of celery weighs about 1-1/2 pounds and yields 4 to 5 cups of chopped raw celery or 3 to 4 cups of chopped cooked celery. Celery makes a great crunchy snack.
All-American Vegetable Soup

Ingredients

1 Tbsp. Olive Oil
3/4 Cup Celery (cut into medium-sized pieces)
1/2 Cup Carrots (cut into medium-sized pieces)
1/4 Cup Onions (cut into medium-sized pieces)
1 tsp. Garlic (chopped)
1/2 Cup Lima Beans
1 Medium Potato (peeled and cut into medium-sized pieces)
1 Tomato (cut into medium-sized pieces)
4 Cups Vegetable or Chicken Broth
1 Tbsp. Fresh Parsley (chopped)
1/2 tsp. Black Pepper

Directions

Heat olive oil in a large pot over medium high heat. Add celery, carrots, onions and garlic and cook for two minutes, stirring frequently. Add remaining ingredients and bring to a boil. Reduce heat and simmer for 15 minutes. Makes 4 servings.
Larger than an orange, the _______________________ is a type of citrus and can be white or pink and is served as a juice, fresh fruit, or used in marinades.

Guacamole is a yummy Mexican dip made with _________________, which is a green, soft tropical fruit.

Cutting through the tough green rind of an ice cold ________________________________ on a hot day can help cool you down. The sweet red or yellow fruit tastes great!

One of the prettiest and yummiest of all tropical fruits is the ____________________, which turns a lovely shade of red on the outside and is a soft, pale orange on the inside.

About the size of a tennis ball, the ________________________ is a sweet fruit which can be juiced or eaten fresh in salads, gelatins, or right out of the grove.

For breakfast, take one half of a ________________________, scoop out the seeds, leaving the orange-colored fruit of this melon inside the rind and fill with low-fat yogurt or cottage cheese.

The ______________________________ has more vitamin A than any other berry and is best when a pretty indigo-blue color. Popular in fruit salads and muffins.

Also known as starfruit, when you slice a ______________________________, you get star-shaped pieces.

In a fruit salad or sliced over shortcake, the sweet red ______________________________ is a wonderful treat.

As a relative of the orange and grapefruit, the ______________________________ is sweet and smaller than both fruits. It can be eaten right after peeling, served in desserts or juiced for a sweet and yummy beverage.

Word List:

Avocado          Blueberry
Cantaloupe       Carambola
Grapefruit       Mango
Orange           Strawberry
Tangerine        Watermelon
Select sweet corn that has even rows of fresh, tender, plump, milky kernels that are just firm enough to offer slight resistance when you press them.

SWEET CORN
Salsa Loca

Ingredients

1 Cup  Cooked Corn Kernels (cut from the cob)
1 Cup  Canned Black Beans
1 Cup  Celery (cut into medium-sized pieces)
1/2 tsp. Chili Powder
1/2 tsp. Cumin
1/2 tsp. Salt
Pinch    Black Pepper
1/4 Cup Fresh Parsley (chopped)
2 Tbsp. Olive Oil
1 Tbsp. Balsamic Vinegar
1/4 Cup Blue Cheese (crumbled)

Directions

In a large bowl, toss together all ingredients. Refrigerate until ready to serve.
Serve with crispy tortilla chips.
Blueberries are a sweet and tasty treat to sprinkle on hot or cold cereal for breakfast. They are also great in fruit salads and smoothies.
All-Star Blueberry Pancakes

Ingredients

2 Cups All-Purpose Flour  
1 Tbsp. Baking Powder  
2 Tbsp. Sugar  
1/4 tsp. Salt  
1 Egg  
1 1/2 Cups Milk  
2 Tbsp. Butter (melted)  
1 1/4 Cup Fresh Blueberries  
1 to 2 Florida Star Fruit (sliced into 1/4 inch star shapes)

Directions

Preheat griddle to 400 degrees.
Combine flour, baking powder, sugar and salt in a large bowl. In a small bowl, combine the egg, milk, and melted butter and then pour the combined liquid over the dry ingredients.
Using a whisk, mix together well.
Fold in fresh blueberries.
Place slices of star fruit on the preheated griddle and pour pancake batter over the top of the star fruit until desired size is reached.
Cook the pancakes until about half of the bubbles that form have broken and the edges are slightly dry.
Turn the pancakes over (you should see the star fruit in the middle of the pancake) and cook until both sides are golden brown.
Lift the pancakes slightly and peek underneath to check for doneness.
Makes 4-6 servings.
When selecting a watermelon, look for skin that is dull, not shiny. The underside, which is the side that touches the ground while the melon is growing, should be yellowish in color.
Fresh Watermelon Fruit Dip

Ingredients

8 oz.  cream cheese, softened
1 cup  sour cream
1/3 cup  powdered sugar
2 tsp.  vanilla
4 cups  watermelon, cubed and seeded

Directions

Beat cream cheese and watermelon with an electric mixer until
Blend in powdered sugar and vanilla, then fold in sour cream.
Serve with fresh fruits.
4 cups
**“Count” Your Words**

Each letter of the alphabet is given a number. When you read the Word List, look to see what number goes with the letters in each word, write down the number and add your score. This is a fun way to “count” your words!

Example: mango=13+1+14+7+15=50       mango=50

After finishing, can you write a story using all of the words on the list?

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**Word List:**

fresh  farmer  field  vegetables  
Florida  produce  fruits  yummy  
harvest  plant  seeds  crop  
grow  tasty  nutritious  agriculture
Enjoy cantaloupe by scraping out the seeds and eating it with a spoon. Chunks of peeled cantaloupe also make fruit salads taste great.
Cantaloupe
Cantaloupe Smoothie

Ingredients

1/4 Florida cantaloupe
1/2 cup non-fat or low-fat yogurt
1/2 cup skim milk
vanilla (optional)
sugar (optional)

Directions

Cut cantaloupe into chunks. Blend yogurt and milk with the cantaloupe. If using unflavored yogurt, add a dash of vanilla extract and a pinch of sugar for extra flavor. Garnish with a strawberry or slice of cantaloupe.
Vegetable Word Match Answers

Match the vegetable up with the description that best fits green, red, orange or yellow; served raw in salads or cooked; has a "musical" name ------------- bell pepper
when cut into sticks, it looks like a long u-shaped boat; crunchy and yummy ------------ celery
used to make pizza sauce, spaghetti sauce and ketchup ----------------------------- tomato
leafy; collards, turnips, mustard are a few types ------------------------------- greens
orange vegetable can be served raw or cooked; cut into coins or sticks -------- carrot
green or purple vegetable that looks like lettuce and is the main ingredient in cole slaw long with dark green peel and can be sliced into circles or chopped up and used in salad break these thin, long green vegetables into pieces or leave whole and cook ---------- snap beans
vegetable with a crooked neck; is also known as yellow zucchini ------------ squash
yellow vegetable which grows on a cob and can be eaten by hand ---------------- sweet corn
avocado  greens  Bonus Word - fresh
bell pepper  mango
blueberry  orange
cabbage  snap bean
cantaloupe  squash
carambola  strawberry
carrot  sweet corn
celery  tangerine
cucumber  tomato
grapefruit  watermelon
Word Find Answers

1) table
2) best
3) sand
4) stir
5) get
6) guest
7) test
8) bless
9) stand
10) land
11) grand
12) rust
13) suit
14) stable
15) free
16) run
17) turn
18) verse
19) sale
20) sail

Florida Produce Word Scramble Answers

snap beans
carambola
cucumber
strawberry
grapefruit
mango
greens
avocado
tomato
bell pepper
squash
watermelon
carrot
tangerine
cantaloupe
blueberry
sweet corn
celery
orange
cabbage
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Cutting through the tough green rind of an ice cold ____watermelon______ hot day can help cool you down. The sweet red or yellow fruit tastes great!

One of the prettiest and yummiest of all tropical fruits is the __mango______ turns a lovely shade of red on the outside and is a soft, pale orange on the inside.

About the size of a tennis ball, the __orange ______ is a sweet fruit juiced or eaten fresh in salads, gelatins, or right out of the grove.

For breakfast, take one half of a ___cantaloupe______, scoop out the seed orange-colored fruit of this melon inside the rind and fill with low-fat yogurt cheese.

The __blueberry____________ has more vitamin A than any other berry and pretty indigo-blue color. Popular in fruit salads and muffins.

Also known as starfruit, when you slice a __carambola________________, you get pieces.

In a fruit salad or sliced over shortcake, the sweet red __strawberry______ wonderful treat.

As a relative of the orange and grapefruit, the ___tangerine_________ is sweeter than both fruits. It can be eaten right after peeling, served in desserts sweet and yummy beverage.

“Count” Your Words Answer

Word List:

- fresh 56
- farmer 61
- field 36
- vegetables 98
- Florida 65
- produce 82
- fruits 93
- yummy 97
- harvest 93
- plant 63
- seeds 52
- crop 52
- grow 63
- tasty 85
- nutritious 166
- agriculture 35