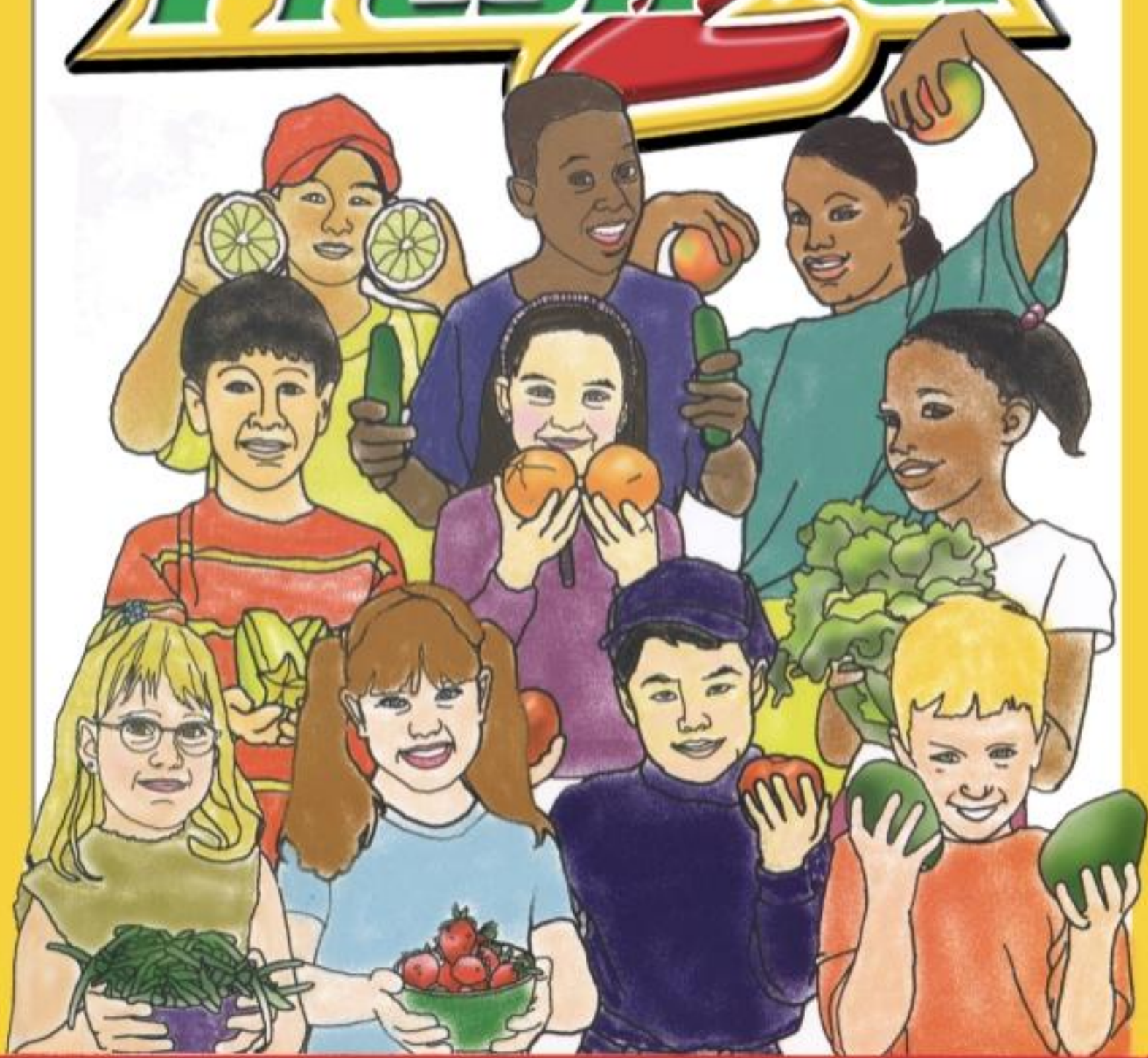


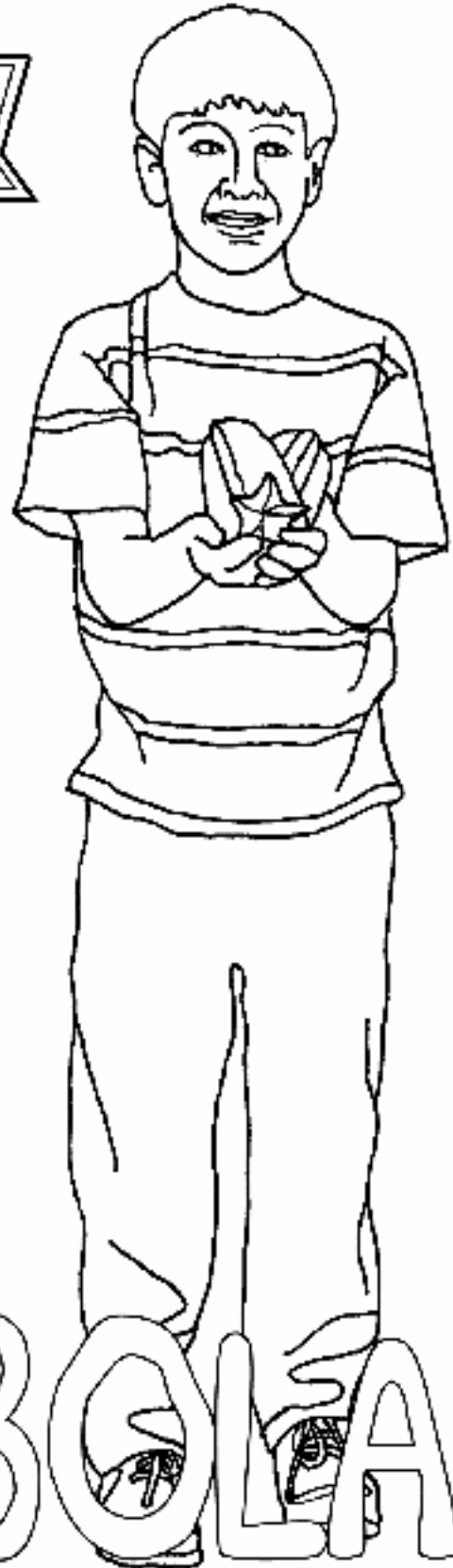
# Fresh 2 U



IMPROVING EATING HABITS  
TO LAST A LIFETIME

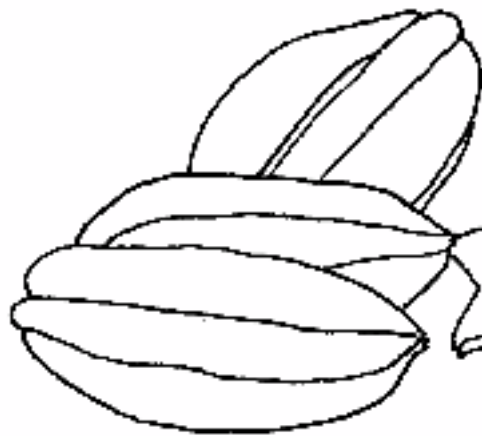
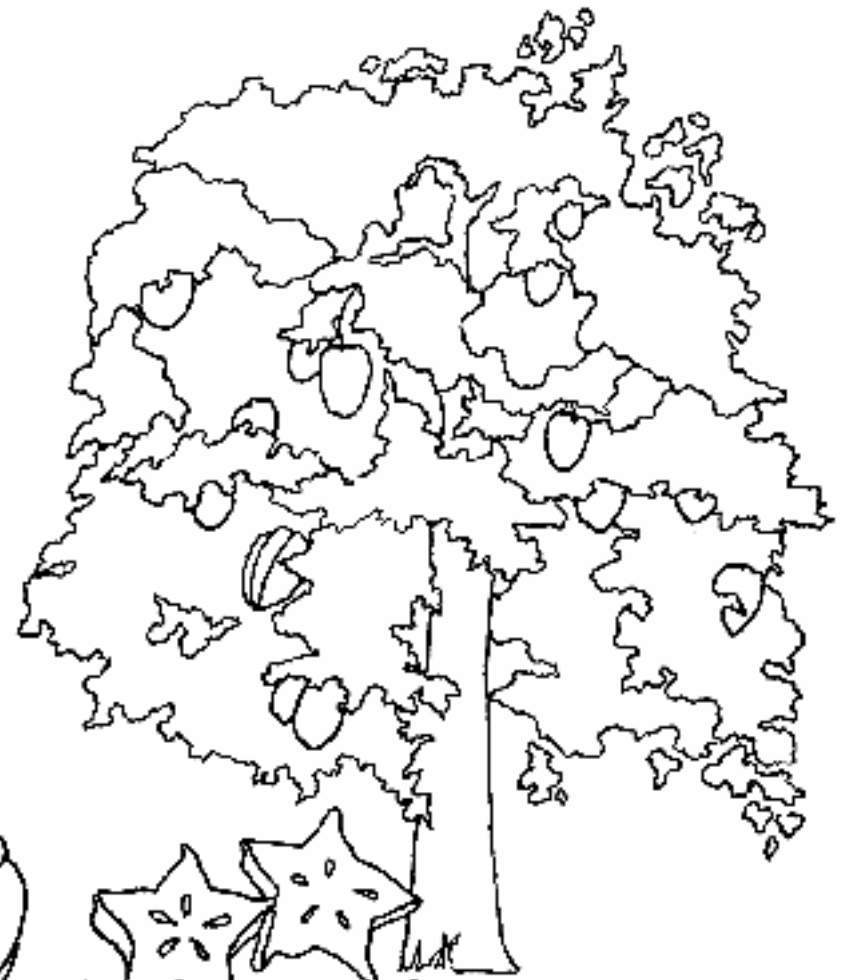


Carambola are sometimes called "star fruit" because when cut in cross-section the slices are shaped like stars. Crisp and sweet golden-yellow, Carambola is great for use in salads, desserts, and sauces.



CARAMBOLA

# CARAMBOLA



*Fresh 2 U*

# 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 the list.

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.

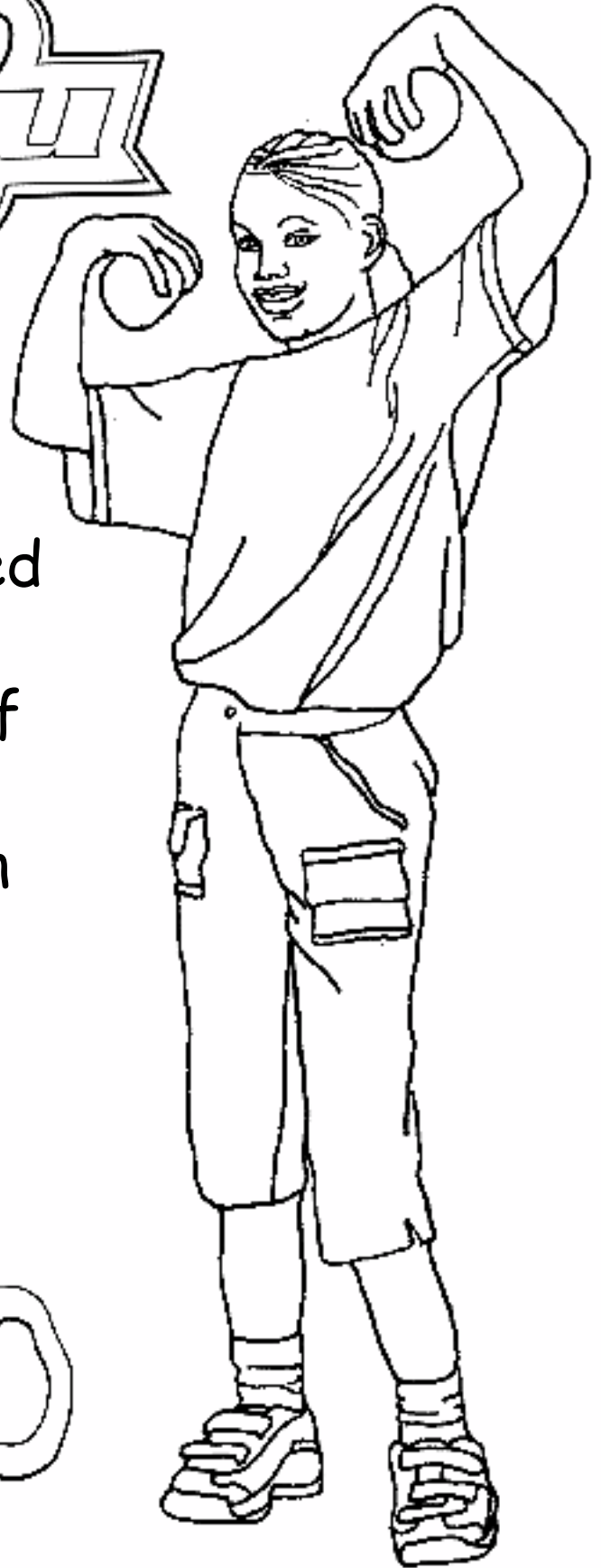
Serves 8



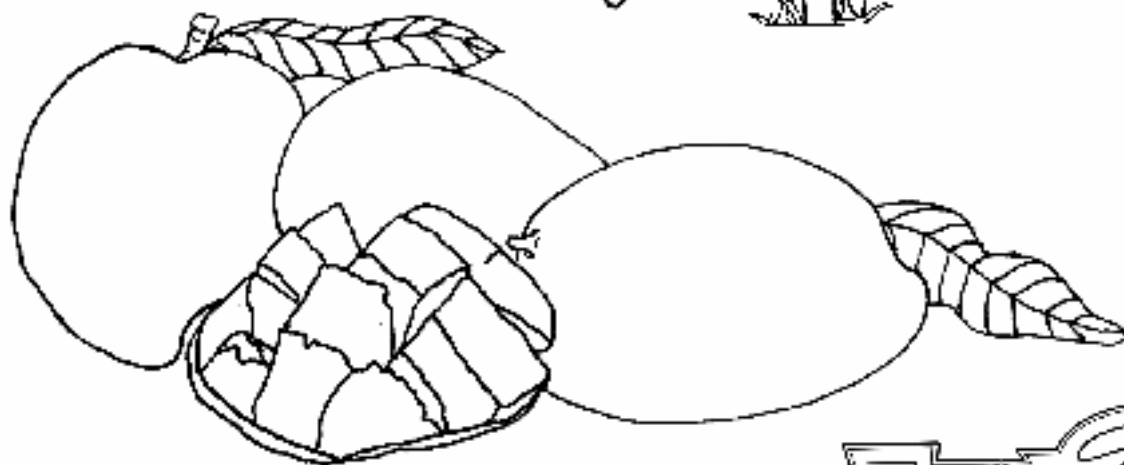
*Fresh 2 U*

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



# MANGO



Fresh 2 U

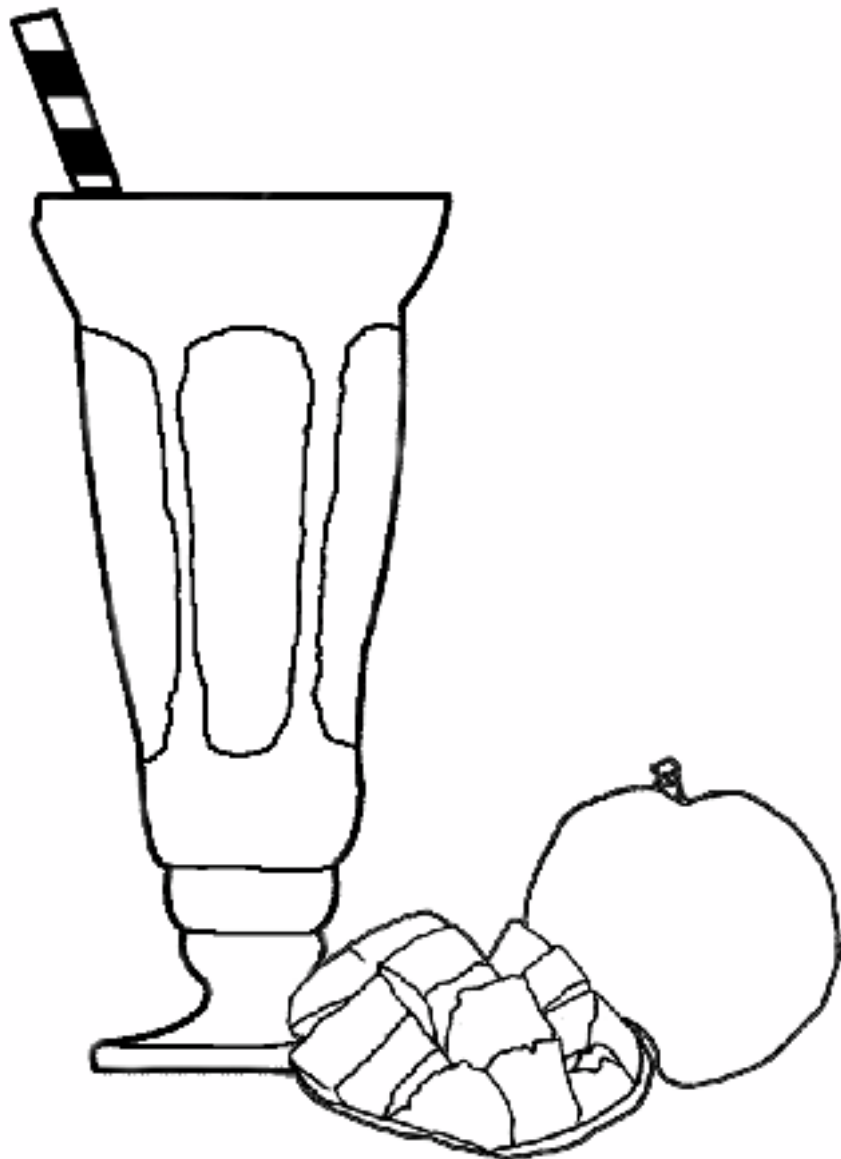
# Mango Milk Shake

## 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.



**Fresh 2 U**



Greens, such as lettuce, are usually eaten raw in salads. Other greens, such as mustard greens and collard greens, are cooked.

**GREENS**



# GREENS



Fresh 2 U

# Sauteed Greens

## Ingredients

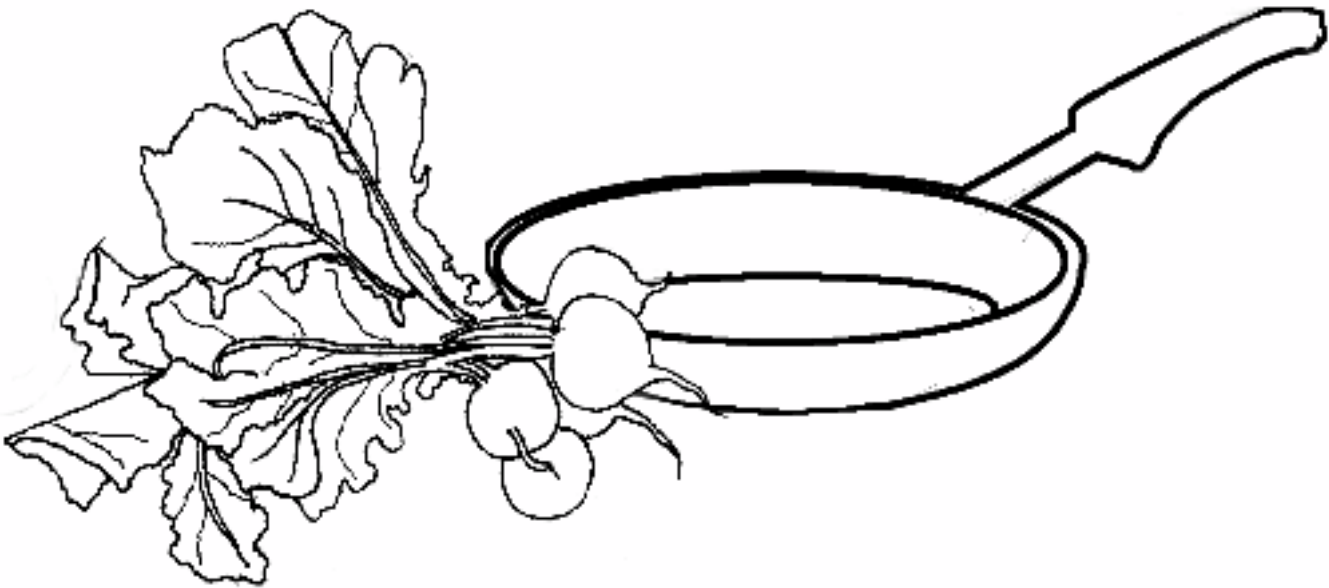
3 pounds Florida greens (collard, mustard, turnip or spinach), chopped  
2 tbs. olive or vegetable oil  
2 tbs. Florida garlic, chopped (optional)  
1 1/2 tsp. salt

## directions

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

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

10 servings



**Fresh2u**

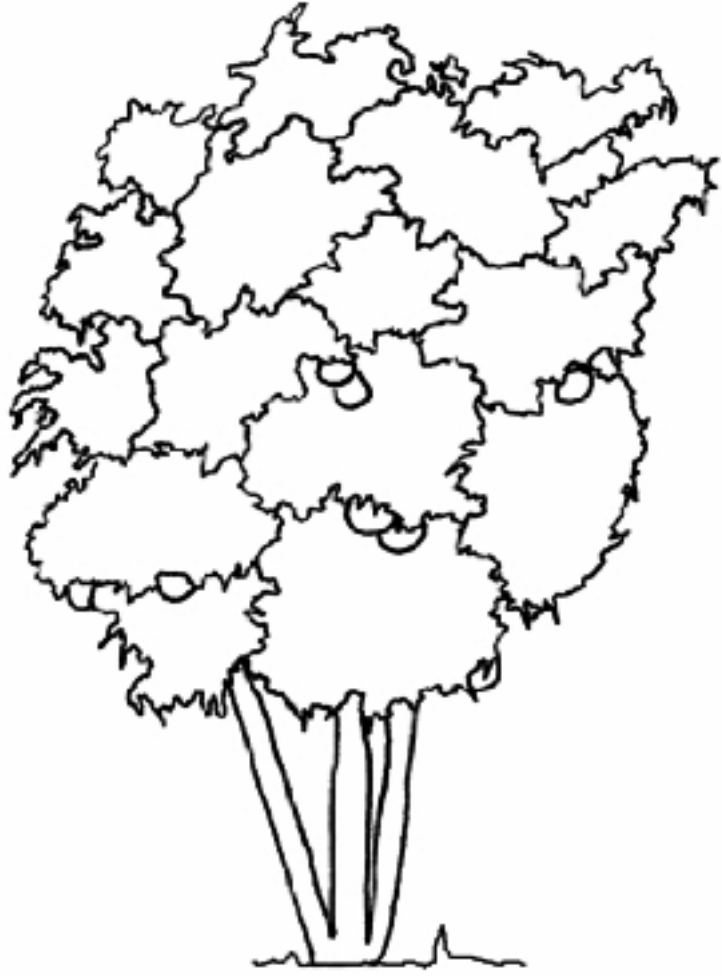


Florida avocados are nicknamed "alligator pears," and are sweeter, lighter, and moister than other avocados.

Starting with an avocado pit, you can grow your own avocado plant in a glass of water.

**AVOCADO**

# AVOCADO



*Fresh 2 U*

# 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 in the salad dressing.

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

Sprinkle with the shredded cheese.

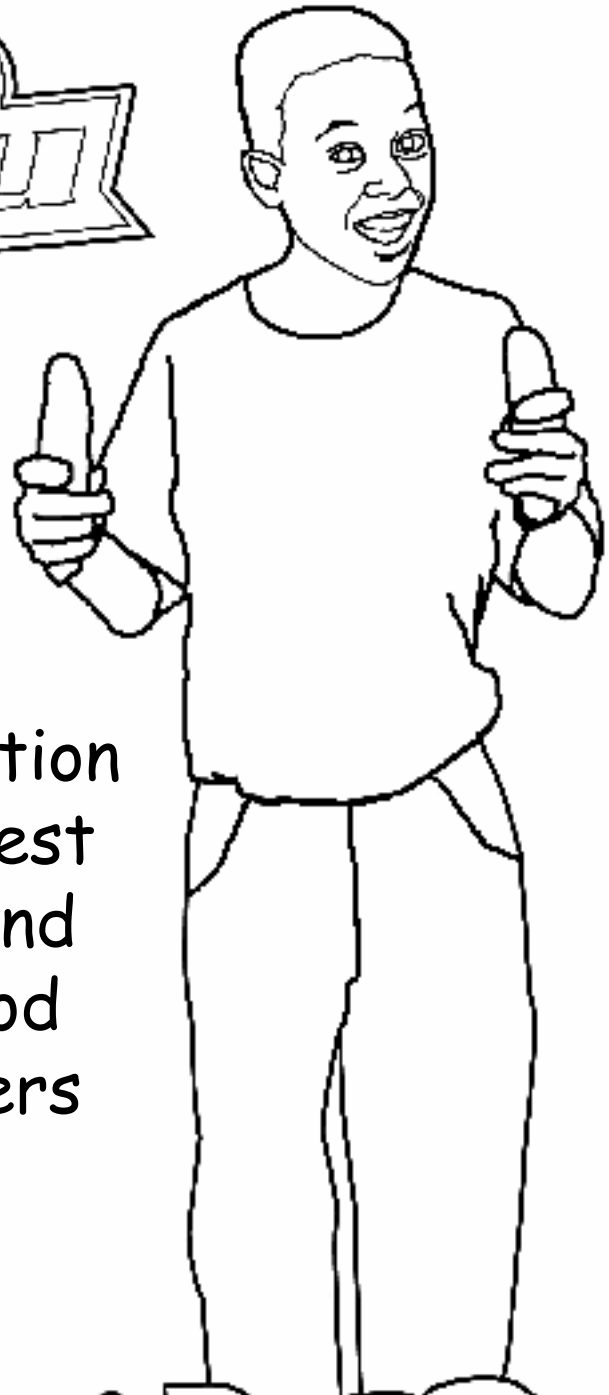
Place chopped tomatoes, green onions and green peppers on top of the salad. Arrange tortilla chips on the plate around the lettuce.

Spoon salad dressing or salsa (or both) on top.

Makes 4 taco salads.



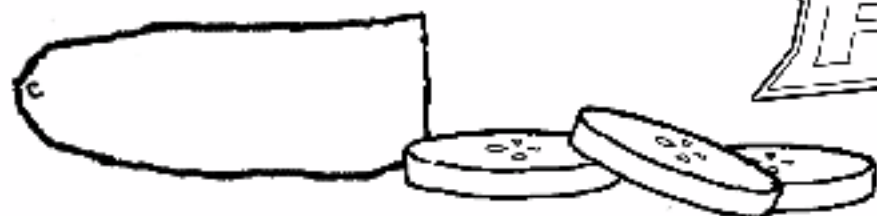
Fresh  Zip



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

# CUCUMBER



Fresh *2* U!

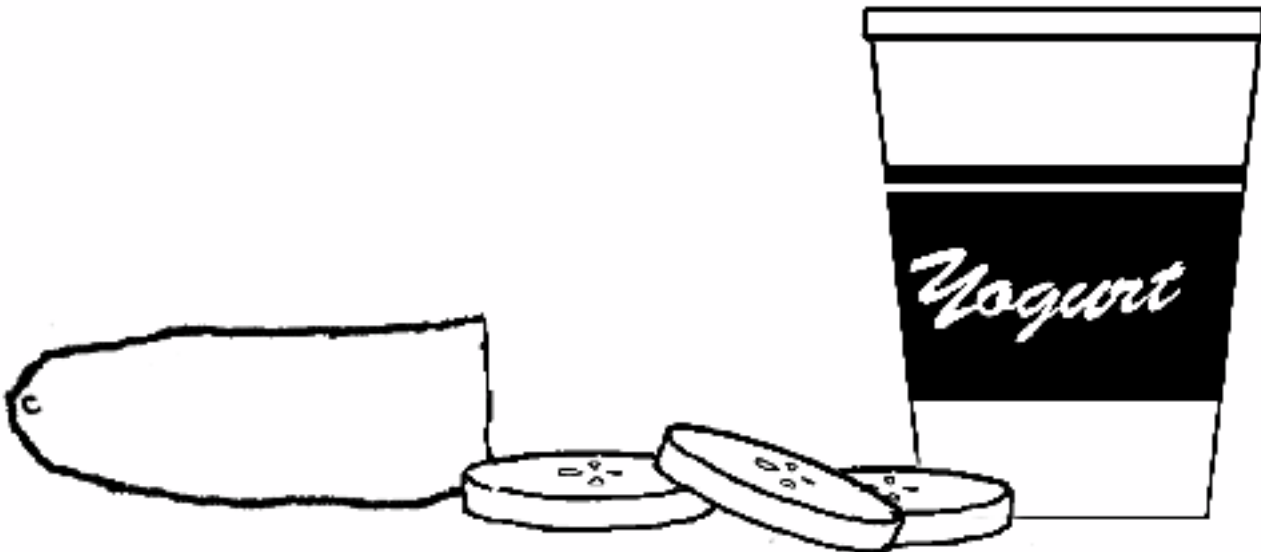
# Creamy Cucumber Salad Dressing & Veggie Dip

## 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

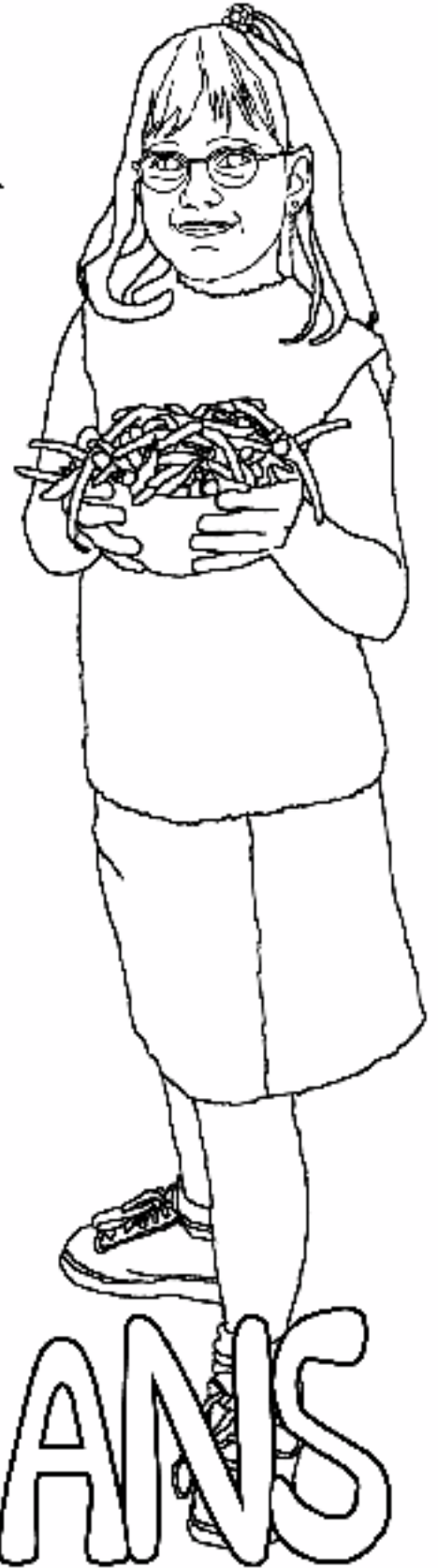
Combine cucumbers and green onions in a blender; puree until smooth. Pour mixture into a bowl and add remaining ingredients. Mix well and refrigerate. Makes approximately 2 cups.







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

# SNAPBEANS



*Fresh 20*

# 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 run 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 s



# 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.

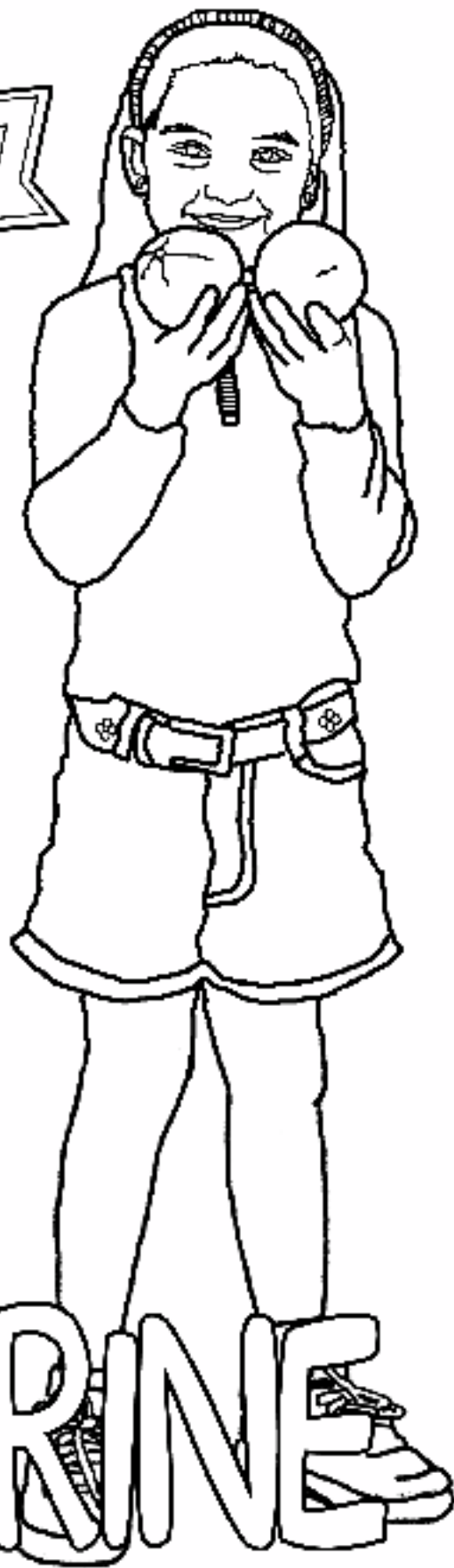
A	V	O	C	A	D	O	Z	S	W	E	E	T	C	O	R	N
A	B	F	A	L	X	L	A	E	B	Q	U	L	A	R	Y	A
N	C	H	N	T	A	N	G	E	R	I	N	E	F	U	R	C
S	I	P	T	I	O	N	Y	X	C	B	E	A	G	G	R	Y
Q	W	F	A	C	A	P	B	E	L	L	P	E	P	P	E	R
U	A	L	L	R	C	L	L	A	E	A	V	S	O	J	B	E
A	T	O	O	I	N	G	U	L	L	M	W	N	U	I	W	B
S	E	M	U	E	S	D	E	O	K	B	E	A	X	M	A	M
H	R	I	P	T	O	Z	B	K	H	V	F	P	S	K	R	U
I	M	D	E	T	Q	M	E	G	A	B	B	A	C	E	T	C
R	E	A	A	M	A	U	R	E	I	N	N	Z	A	L	S	U
Y	L	M	V	R	H	E	R	F	L	O	R	I	R	Y	A	C
L	O	U	A	S	E	V	Y	R	E	L	E	C	R	S	K	D
T	N	C	E	N	M	O	L	L	U	U	G	A	O	M	L	G
Q	X	R	S	O	G	I	H	T	Z	S	L	K	T	O	E	I
P	F	O	T	Y	O	O	U	S	N	A	P	B	E	A	N	F
S	N	A	X	Z	O	U	G	R	A	P	E	F	R	U	I	T

avocado  
bell pepper  
blueberry  
cabbage  
cantaloupe  
carambola  
carrot  
celery  
cucumber  
grapefruit  
Bonus Word ??

greens  
mango  
orange  
snap bean  
squash  
strawberry  
sweet corn  
tangerine  
tomato  
watermelon

*Fresh2u*

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

# TANGERINE



Fresh 2 U

# 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???

## Sparkling Tangerine Punch

### Ingredients

3 cups freshly squeezed Florida tangerine juice

1 Cup regular or diet lemon lime soda

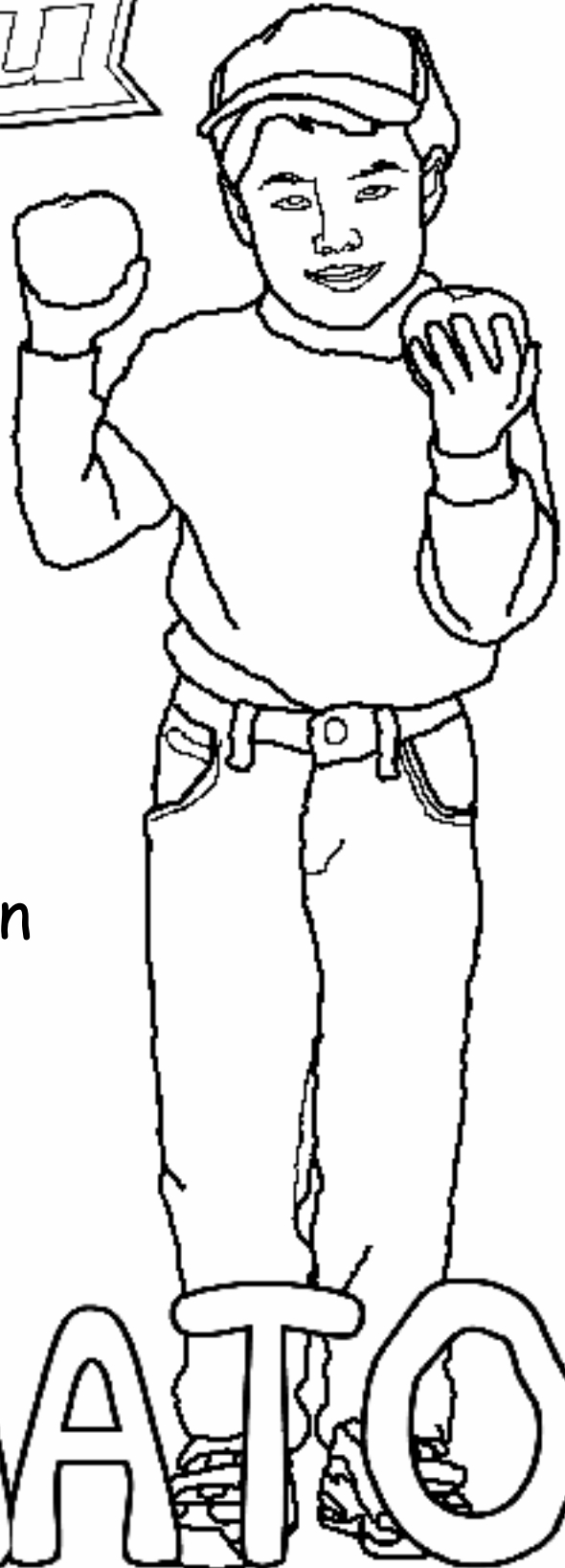
### Directions

Divide tangerine juice into four cups.

Pour 1/4 cup soda into each cup.. Makes 4 servings.

**Fresh 2 U**

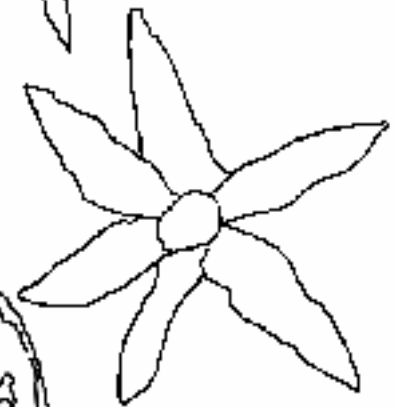
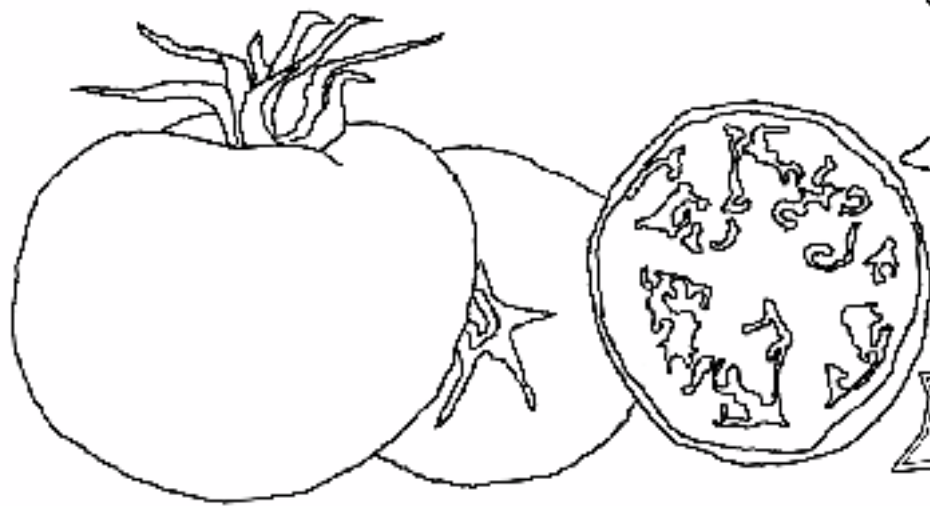
Florida produces many types of tomatoes, including field-grown mature green, plum, cherry, grape, vine ripened, greenhouse, and hydroponic. Fresh tomatoes are great in salads or on sandwiches.



**TOMATO**



# TOMATO



Fresh 2 U

# Quick & Easy Salsa

## Ingredients

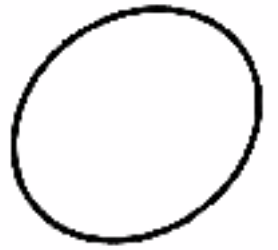
2 Large Tomatoes (core removed and chopped)  
1/4 Cup Green Bell Pepper (chopped)  
1/4 Cup Red Onion (chopped)  
1 Tbsp. Lime Juice  
1/2 tsp. Garlic  
1 tsp. Jalapeno Pepper (chopped)  
1 tsp. Chili Powder  
1/4 tsp. Cumin  
1/4 tsp. Salt  
1 Tbsp. Olive Oil  
1/4 Cup Fresh Cilantro (chopped)

## Directions

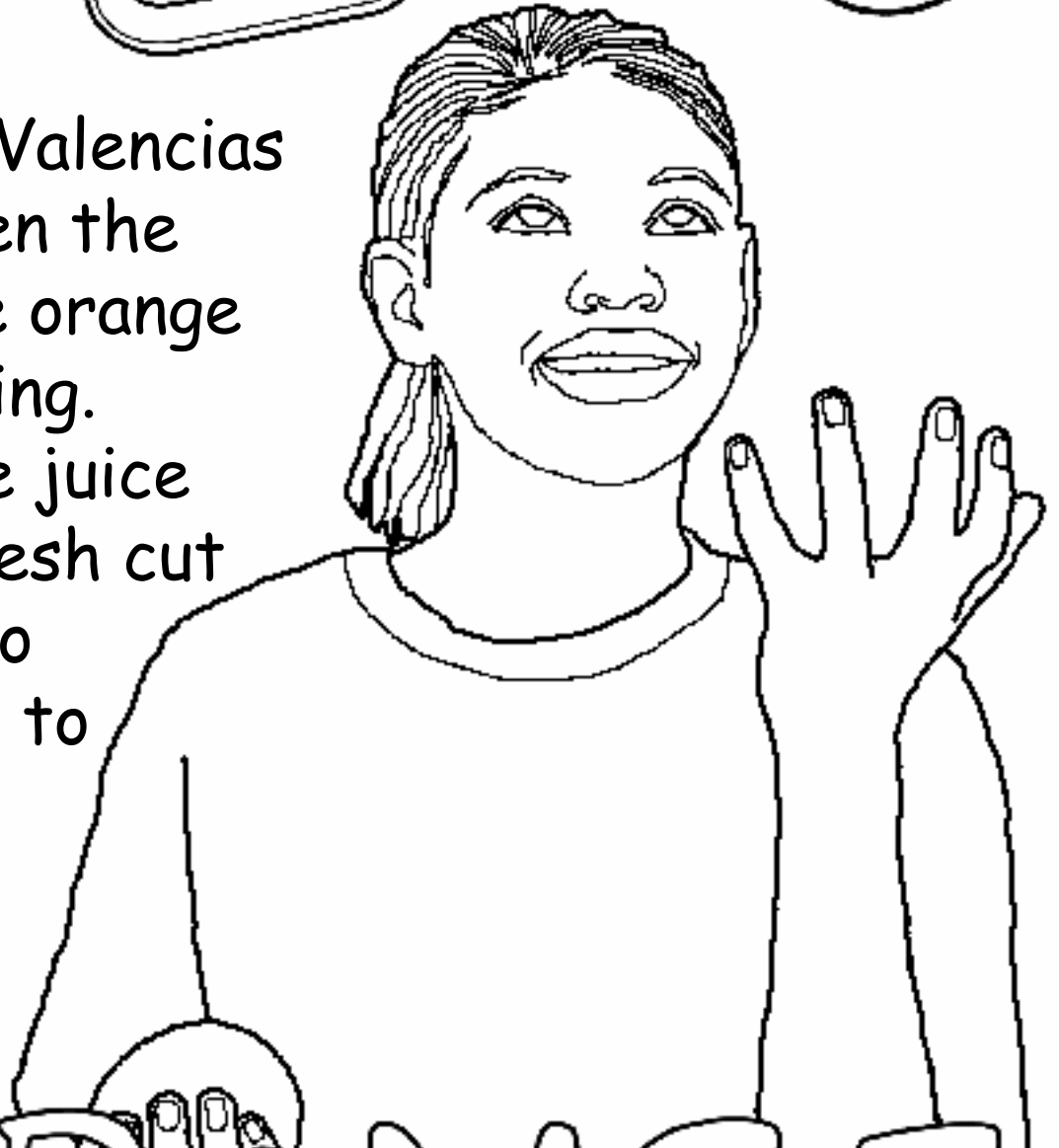
Place all ingredients in a blender and blend on the lowest speed until desired consistency. Refrigerate. Makes approximately 3 cups.



*Fresh 2 U*

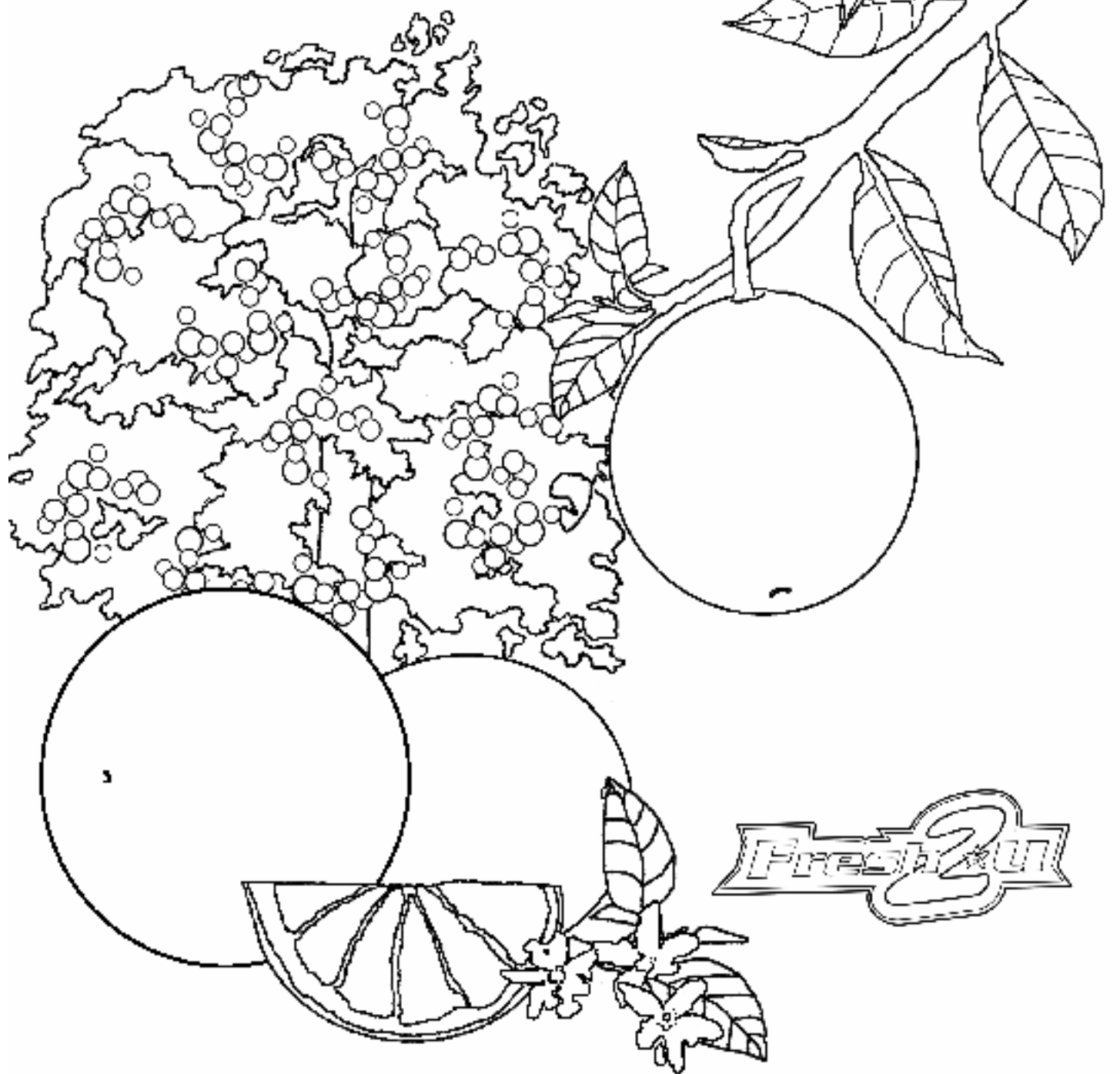


Florida Valencias  
are often the  
favorite orange  
for juicing.  
Squeeze juice  
from fresh cut  
halves to  
drink or to  
use in  
cooking.



ORANGE

# ORANGE



# 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 o  
very hot.

Add diced chicken and stir while cooking for 2-3 minutes.

Add onions, celery, zucchini, mushrooms, red bell pepper, carro  
and cabbage.

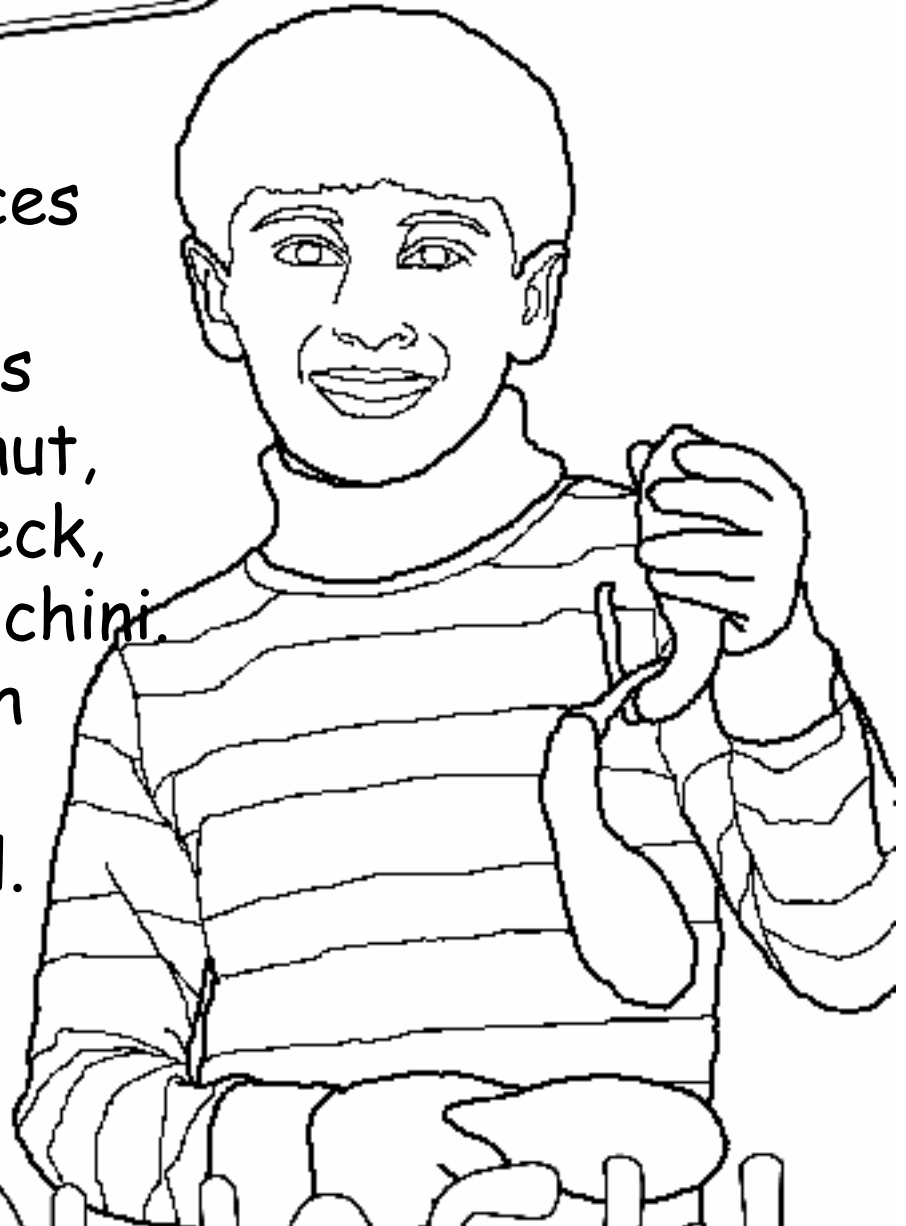
Stir and toss ingredients constantly for 2 minutes.

Pour orange juice mixture into the wok or skillet and bring to  
Stir well to coat ingredients. Serve immediately with rice.

Makes 4 servings.



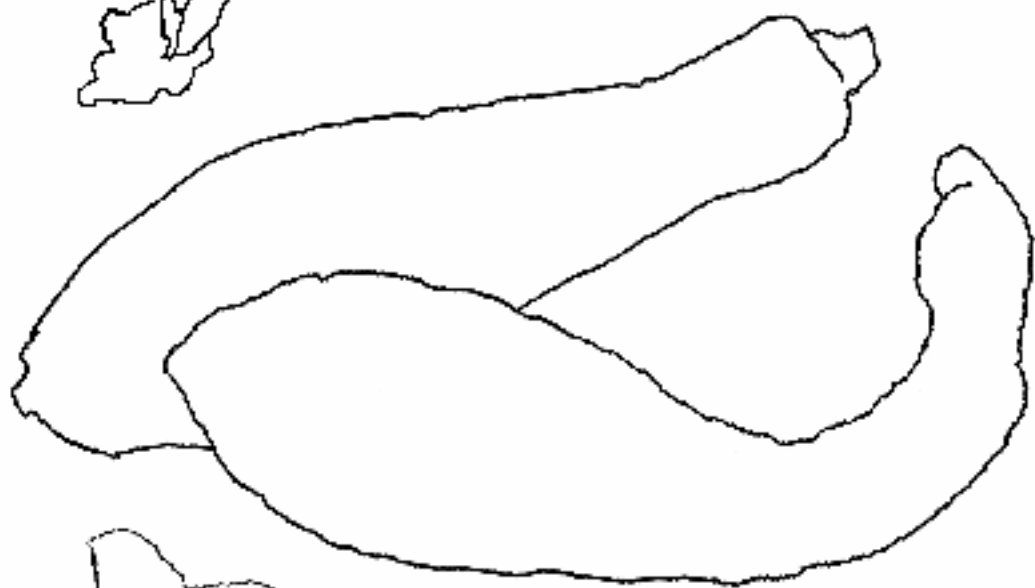
Florida produces many types of squash, such as acorn, butternut, yellow crookneck, white, and zucchini. Smaller squash are usually more flavorful.



# SQUASH



# SQUASH



*Fresh 2 U*

# 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 excess fat. Add the 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.

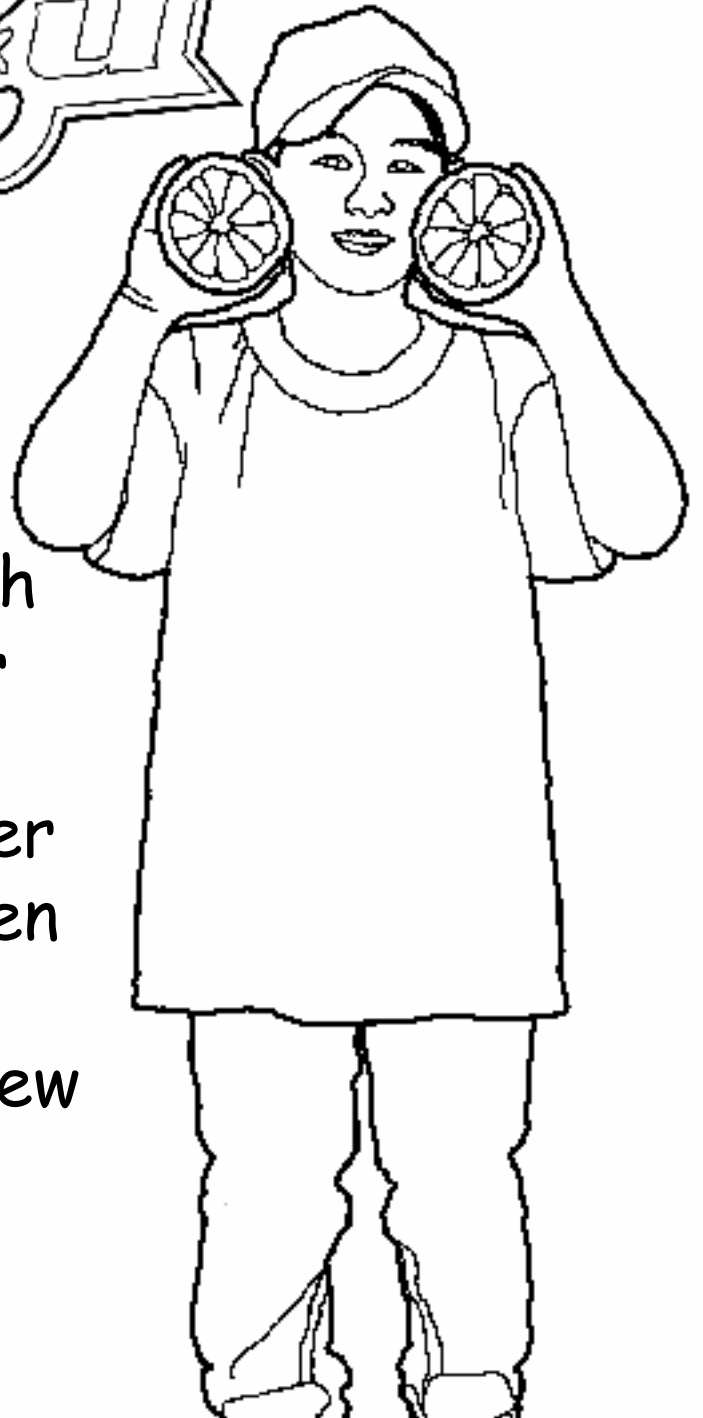
Spoon a thin layer of spaghetti sauce in the bottom of a baking dish. Add a layer of noodles lengthwise overlapping slightly. Spoon 1/2 of the cheese mixture over the noodles and spread evenly. Arrange a layer of the squash and zucchini on top of the cheese. Spoon 1/3 of the sauce and meat mixture on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

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

Makes 10-12 servings and the leftovers are fantastic!!!



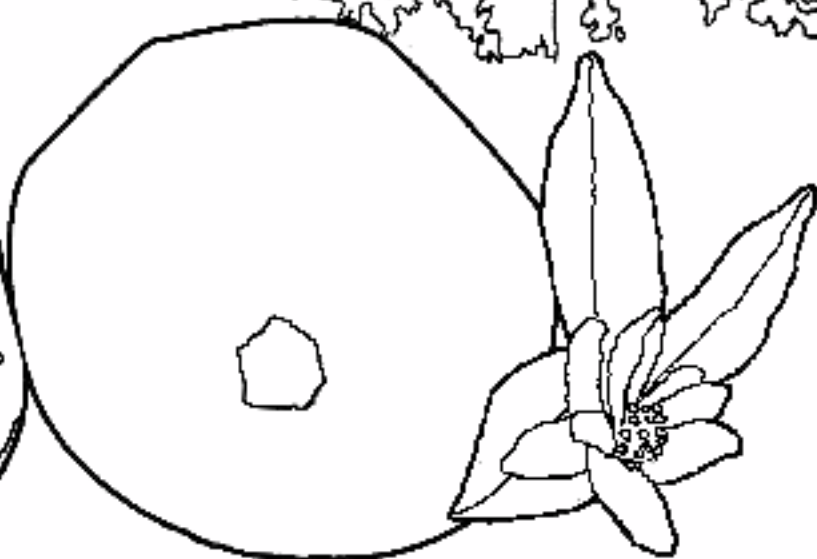
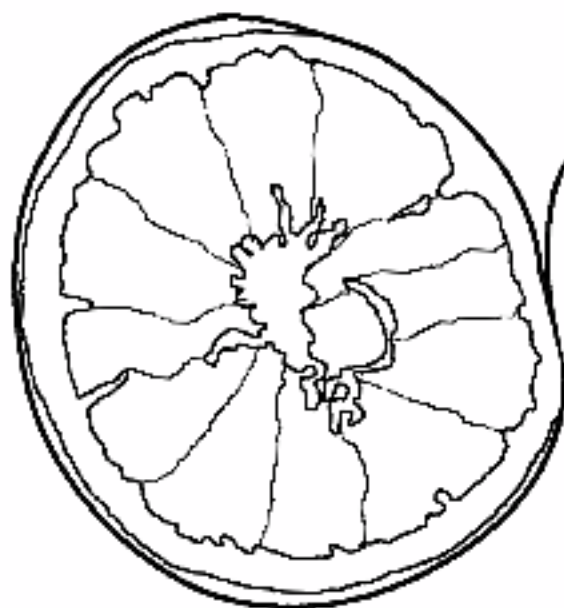
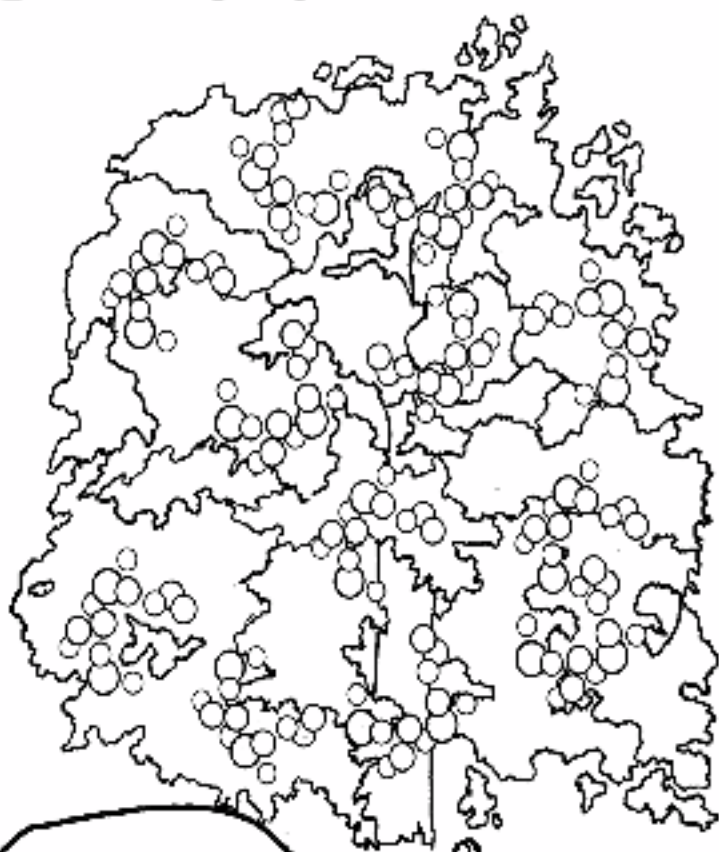
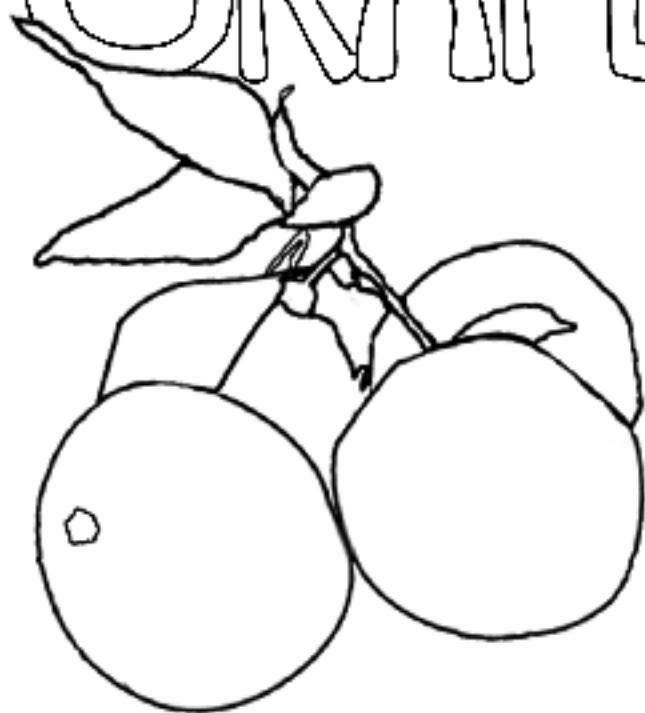
**Fresh 2 U**



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 counter top for a few seconds before serving.

**GRAPEFRUIT**

# GRAPEFRUIT



*Fresh 2 U*

# 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	<b>sweet corn</b>
when cut into sticks, it looks like a long "u"-shaped boat; crunchy and yummy	<b>cabbage</b>
used to make pizza sauce, spaghetti sauce and ketchup	<b>snap beans</b>
leafy; collards, turnips, mustard are a few types	<b>bell pepper</b>
orange vegetable can be served raw or cooked; cut into coins or stick	<b>squash</b>
green or purple vegetable that looks like lettuce and is the main ingredient in cole slaw	<b>carrot</b>
long with dark green peel and can be sliced into circles or chopped up and used in salads	<b>greens</b>
break these thin, long green vegetables into pieces or leave whole and cook	<b>celery</b>
vegetable with a crooked "neck"; is also known as yellow zucchini	<b>cucumber</b>
yellow vegetable which grows on a cob and can be eaten by hand	<b>tomato</b>

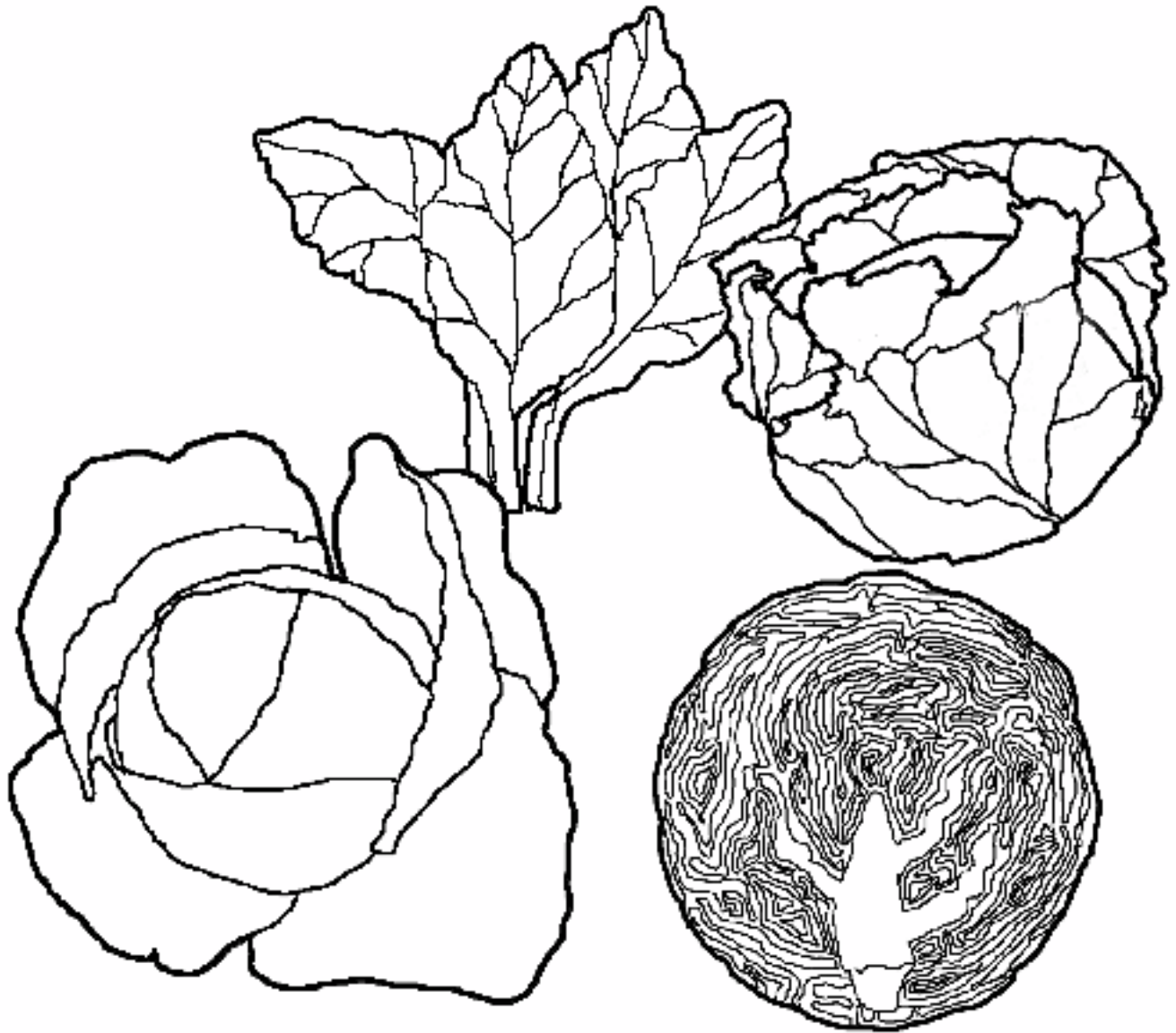


One half of a small head of cabbage makes about 4 cups of shredded raw cabbage or about 2 cups of cooked cabbage. Raw cabbage is used to make coleslaw.



# CABBAGE

# CABBAGE



*Fresh 2 U*

# Steamed Cabbage

## Ingredients

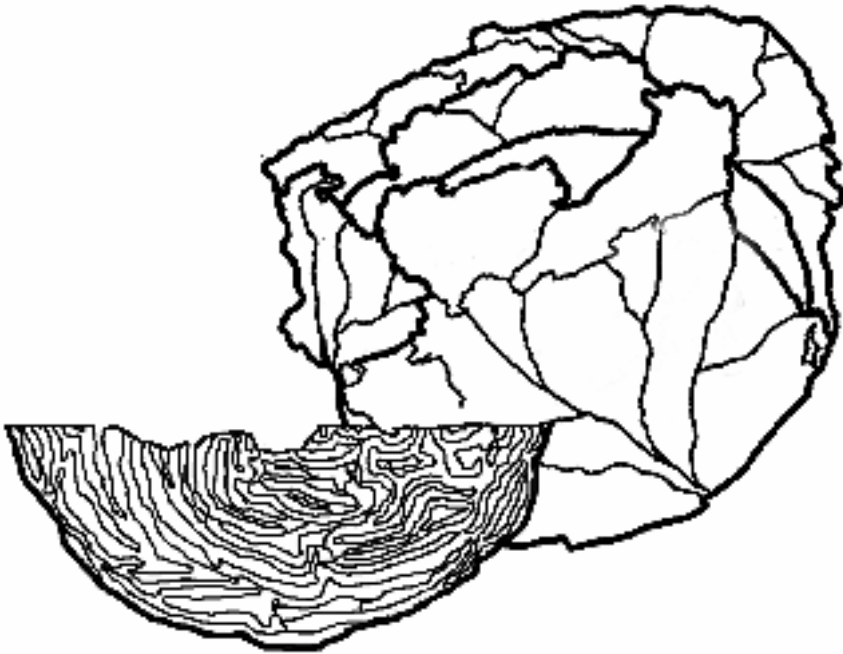
1 head Florida green cabbage  
water  
2 tbs. cooking oil or bacon drippings  
salt and pepper

## 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

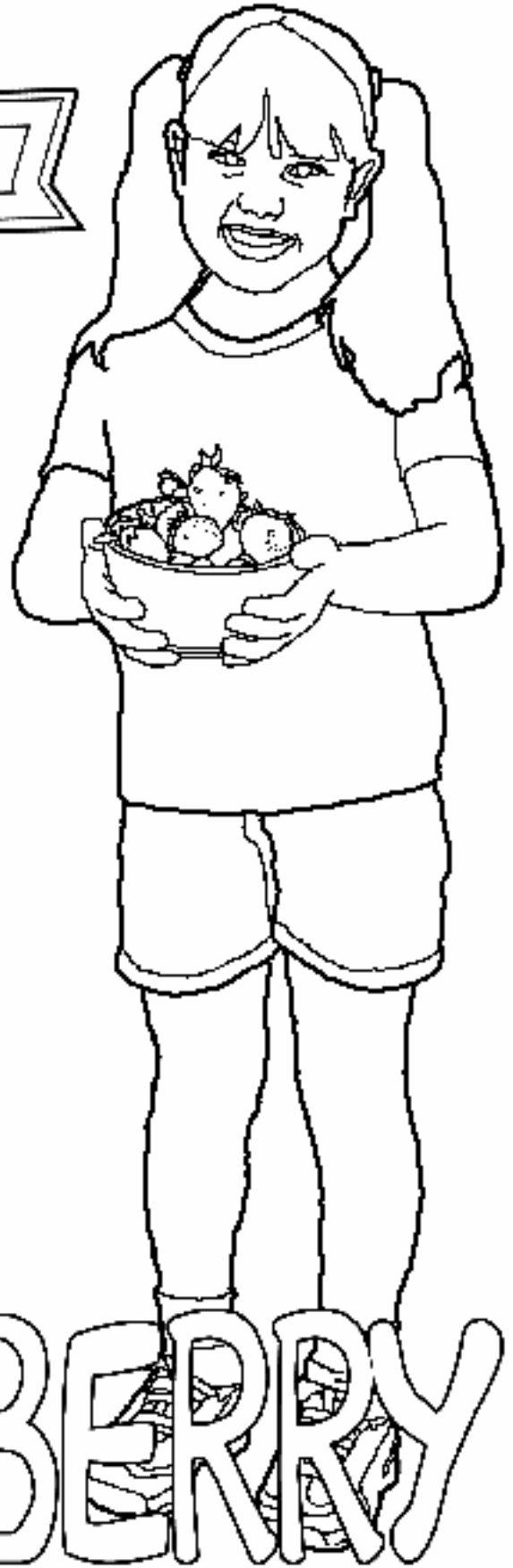
rlecey

naroge

bagacbe

*Fresh 2 U*

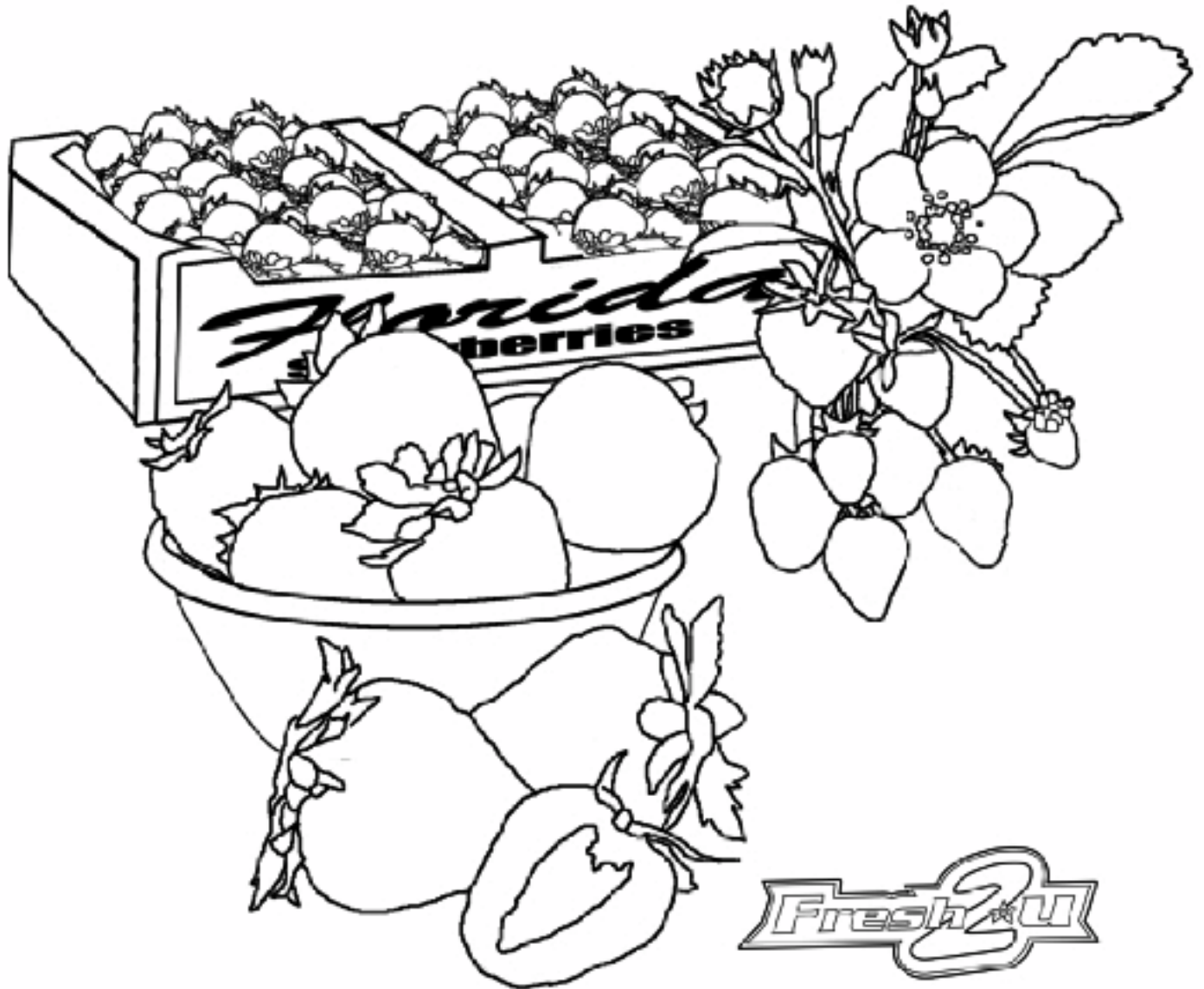
The best strawberries are brightly colored and plump. Strawberries are delicious all by themselves, in hot or cold cereal, and in smoothies.



STRAWBERRY



# 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

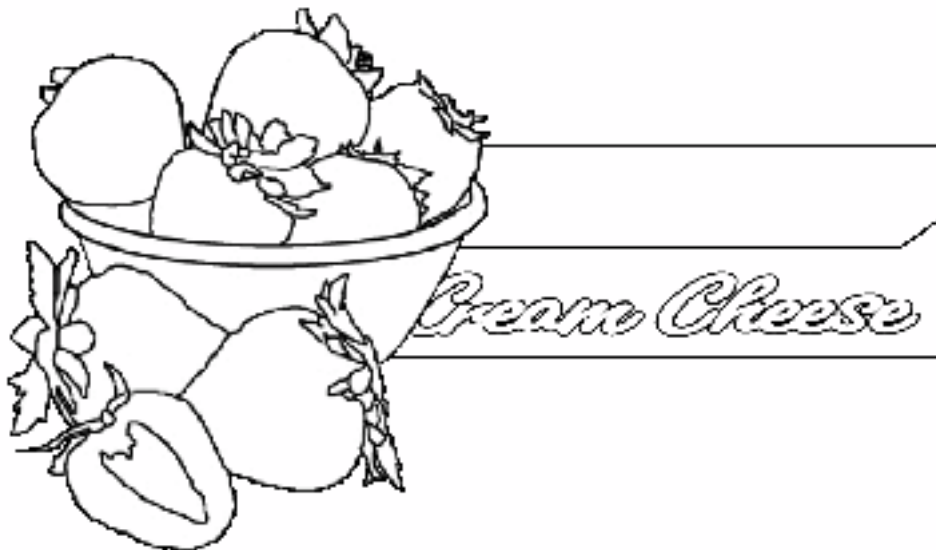
## Directions

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 for 18-22 minutes or until crust is light brown. Remove from oven and cool completely.

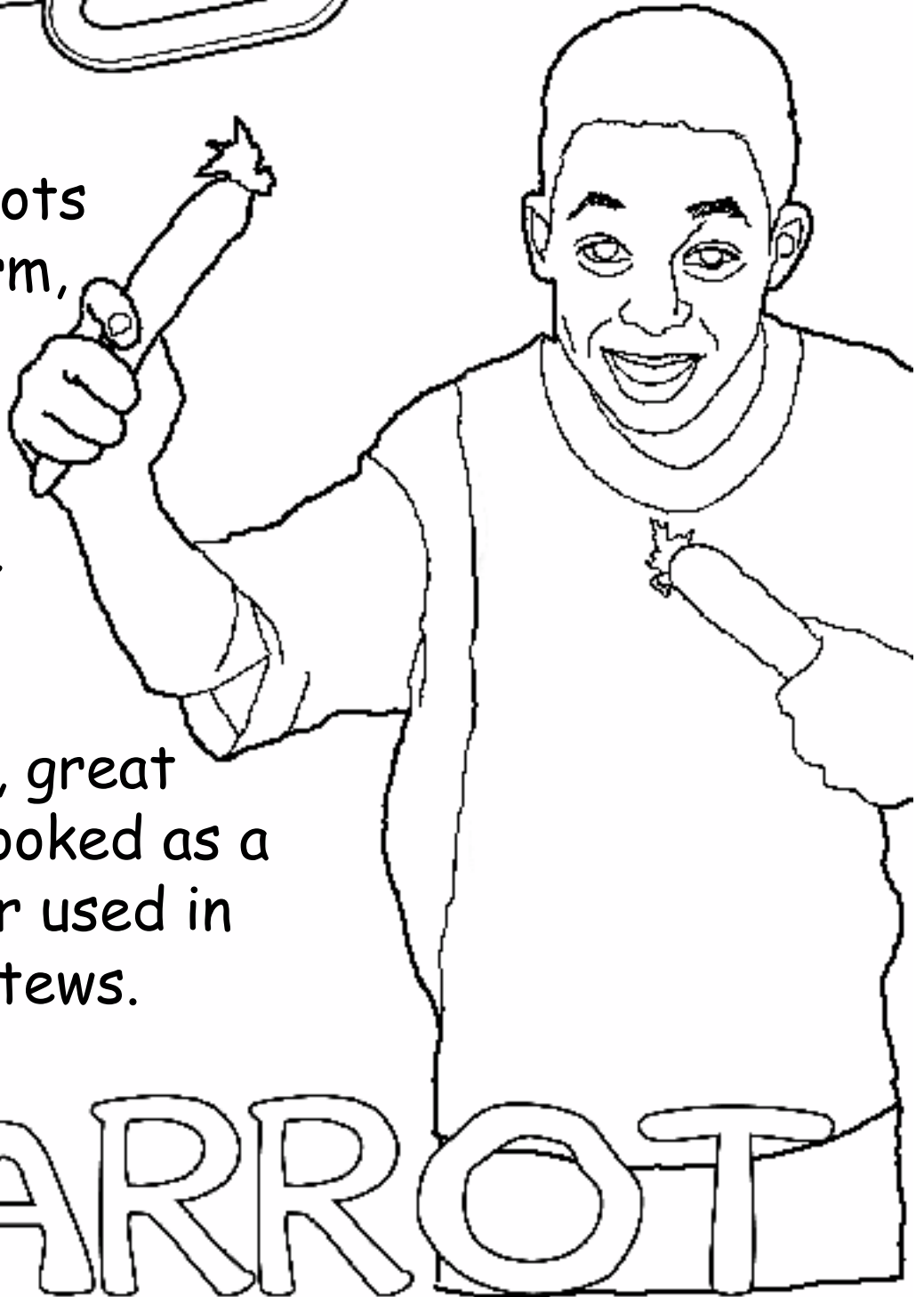
Spread cream cheese on top of cooled crust leaving the outer 1/2 inch of the crust without the cream cheese and then place sliced strawberries on top of cream cheese in a single layer. In a small bowl combine honey and water. Using a pastry brush, coat the top of the strawberries with the honey mixture. Cut like pizza and serve.

Makes 8-10 slices.



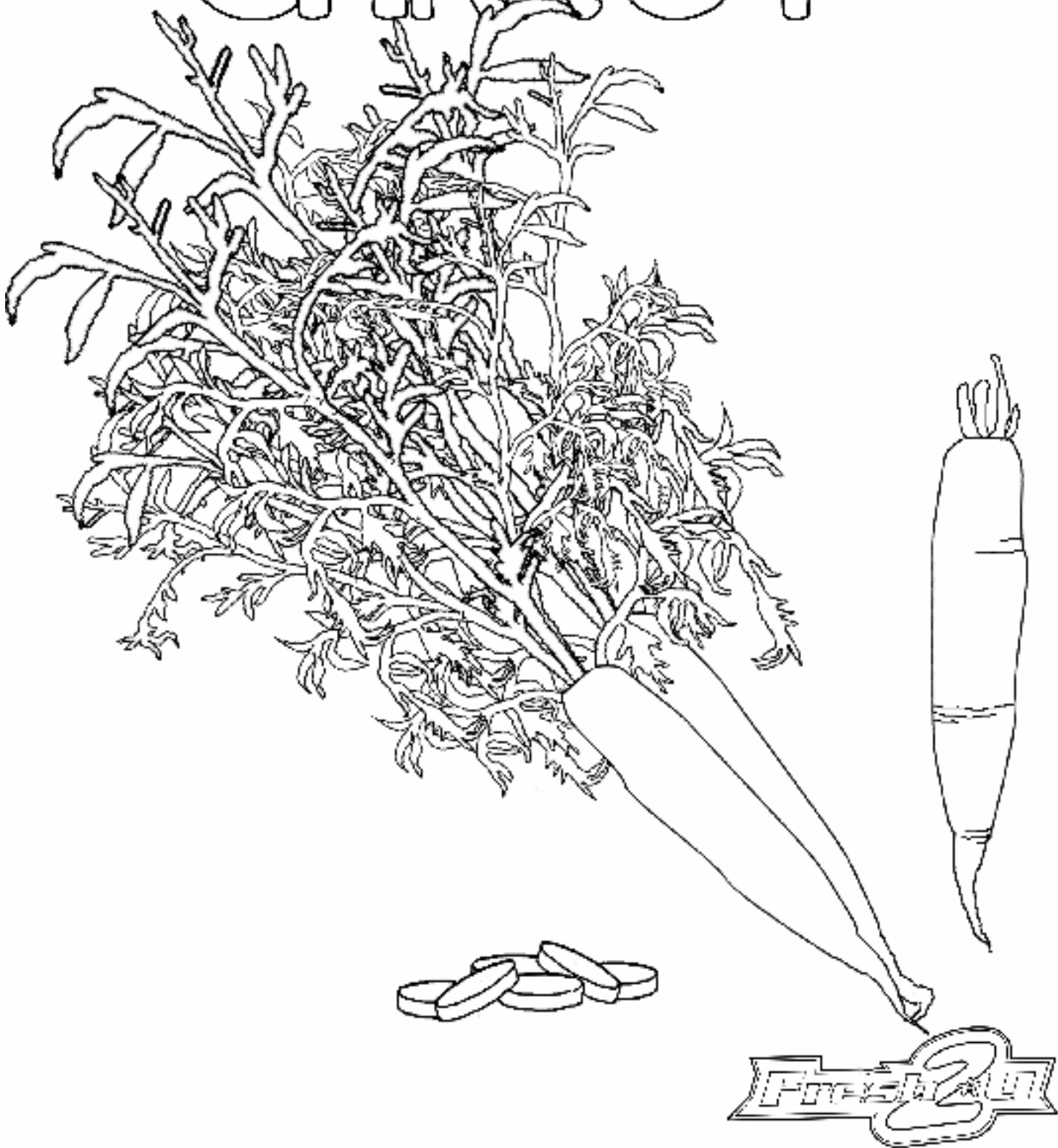
*Fresh 2 U*

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

# CARROT



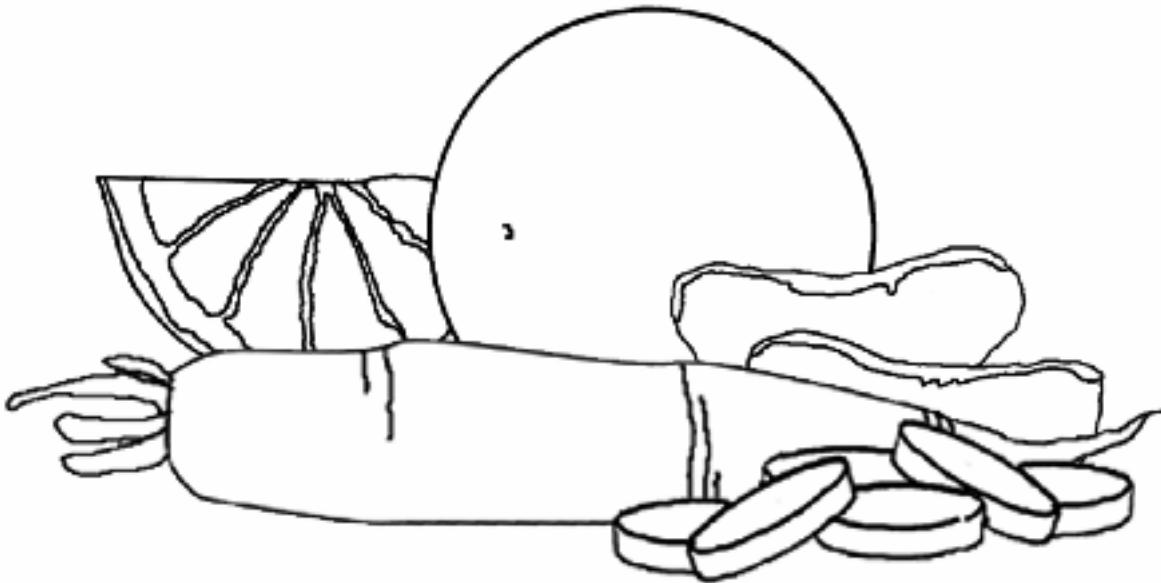
# Sunny Carrots

## 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 and juice to pan. Bring to a boil and simmer for 2 minutes. Season with salt and pepper. Pour over steamed carrots.  
4 servings



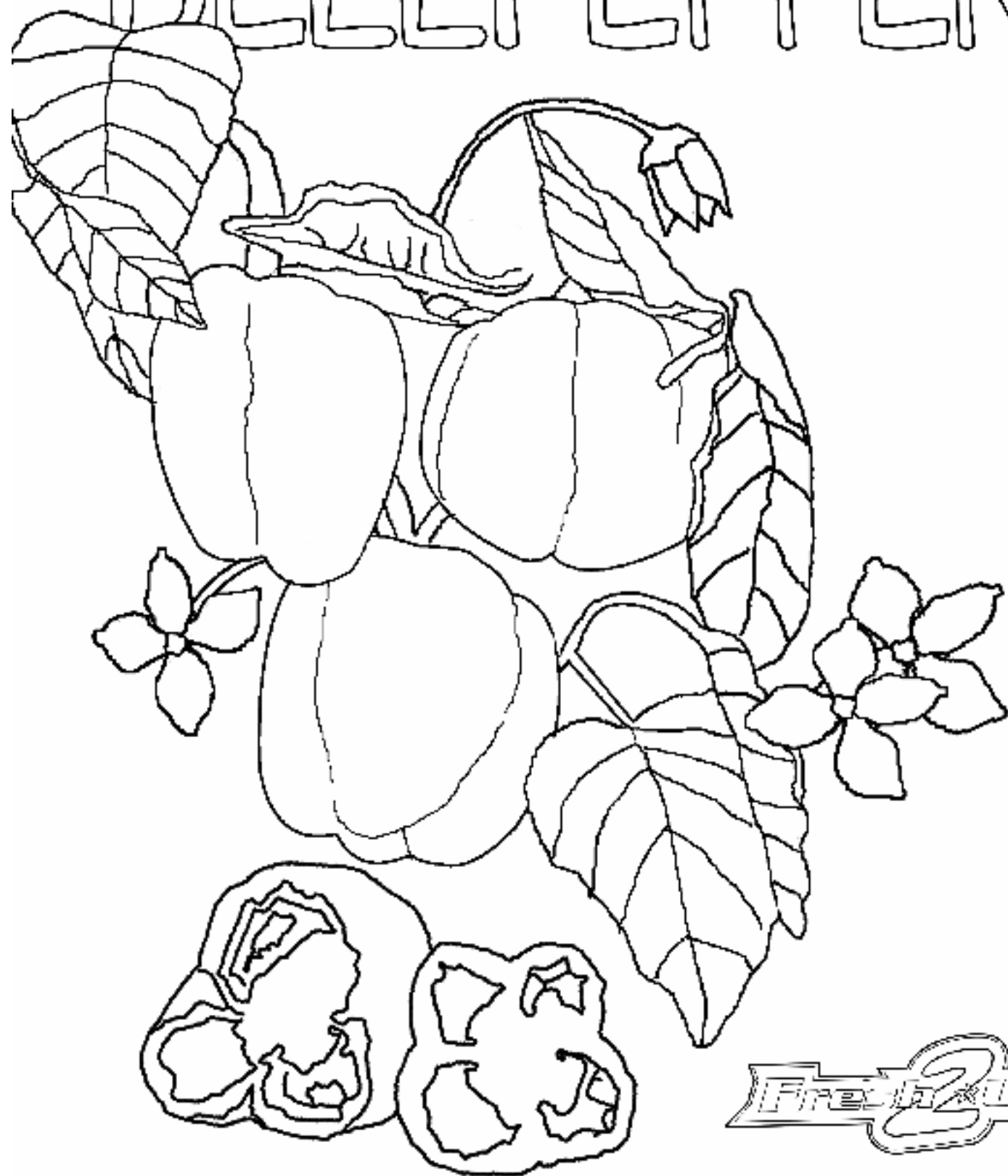
*Fresh 2 U*

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.



BELL PEPPER

# BELL PEPPER



Fresh 2 You

# Breakfast Burritos

## Ingredients

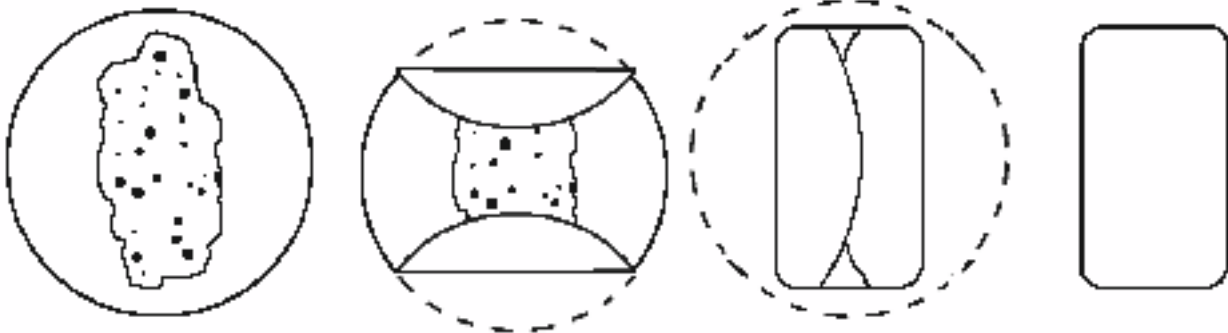
1 Tbsp. Butter  
1/4 Cup Green Bell Pepper (cut into small pieces)  
1/4 Cup Onion (cut into small pieces)  
1/4 Cup Red Bell Pepper (cut into small pieces)  
8 Eggs  
1/4 tsp. Salt  
1/4 tsp. Black Pepper  
3/4 Cup Shredded Cheese (Mexican flavored)  
1/2 Cup Salsa (optional)  
4 10" Flour Tortillas

## 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.





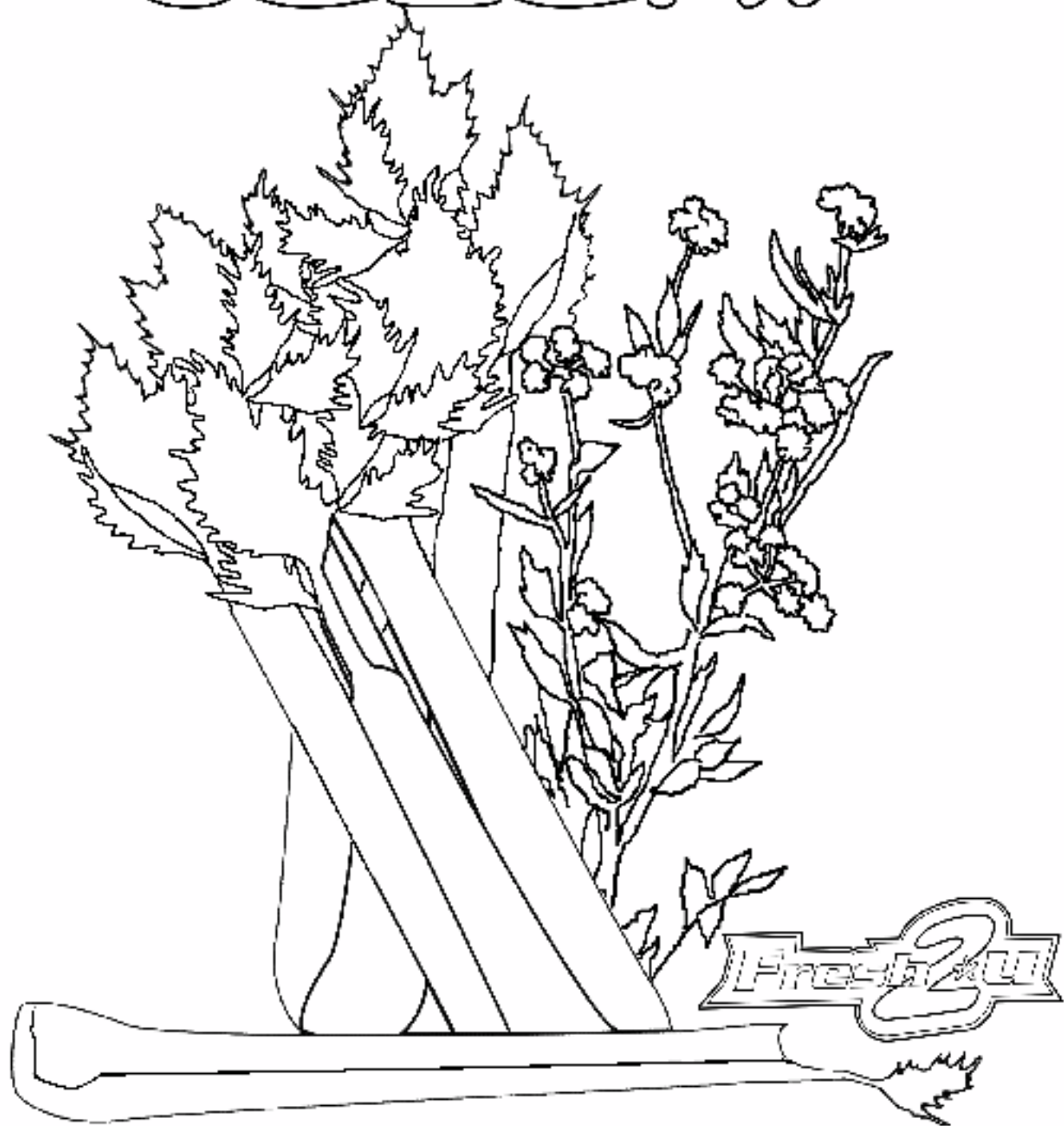


One medium stalk of celery weighs about 1-1/2 pounds and yields 4 to 5 cups of chopped raw celery or 3 to 4 cups of chopped cooked celery. Celery makes a great crunchy snack.



# CELERY

# CELERY



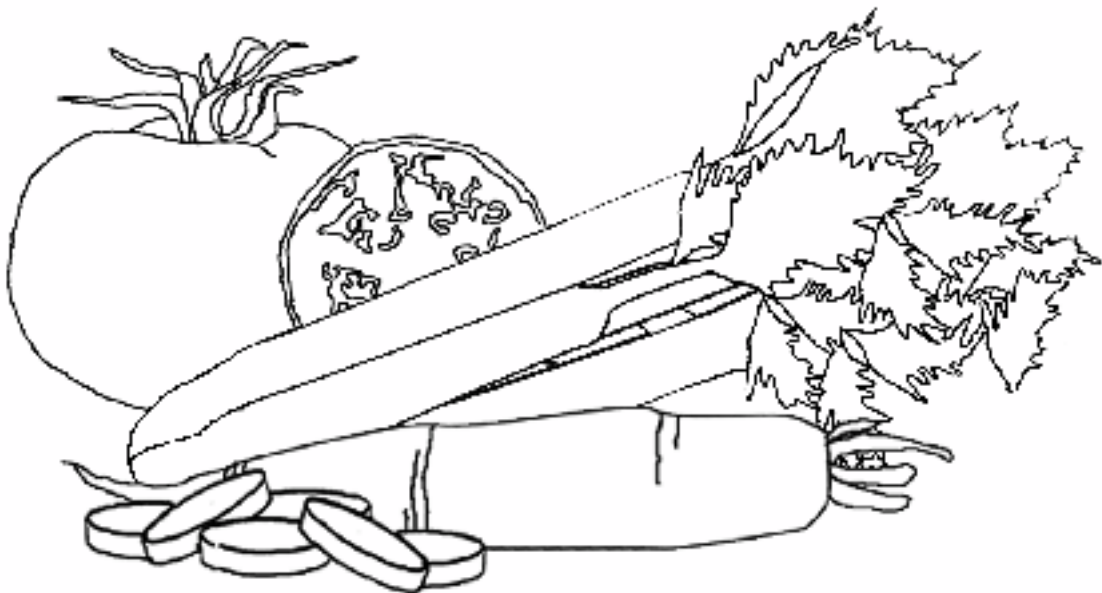
# All-American Vegetable Soup

## 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.



# Fresh 2 U Fruit Sentence Fill-In

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

Cantaloupe

Grapefruit

Orange

Tangerine

Blueberry

Carambola

Mango

Strawberry

Watermelon

# Fresh 2 U

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

# SWEET CORN



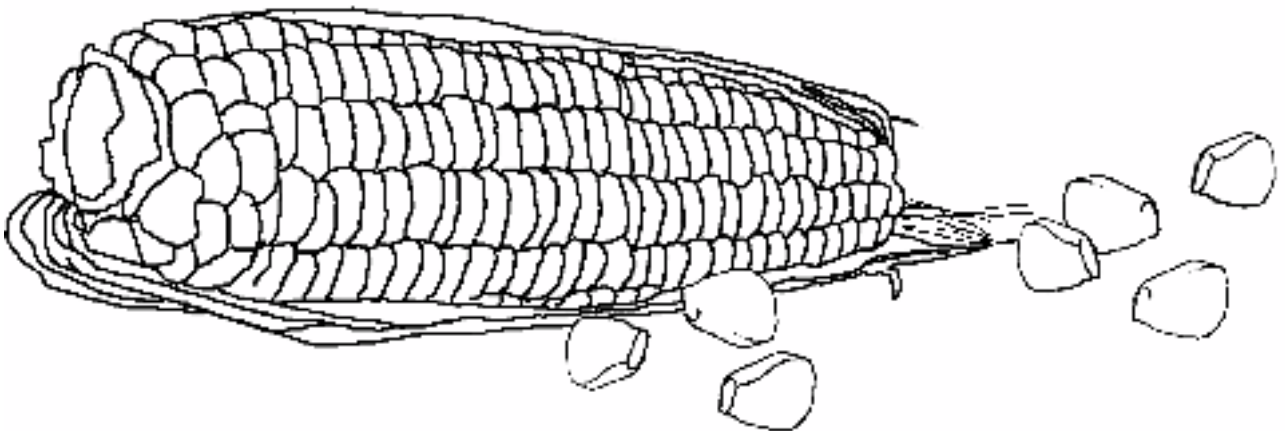
# Salsa Loca

## 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.



Fresh  U

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.



BLUEBERRY



# BLUEBERRY



Fresh 2 U

# 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 separate bowl combine the egg, milk, and melted butter and then pour the combined liquid into the dry ingredients.

Using a whisk, mix together well.

Fold in fresh blueberries.

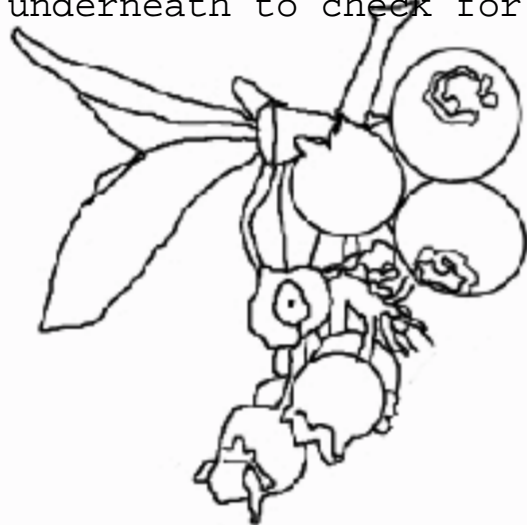
Place slices of star fruit on the preheated griddle and pour pancake batter over the top of the star fruit until desired size is reached.

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.

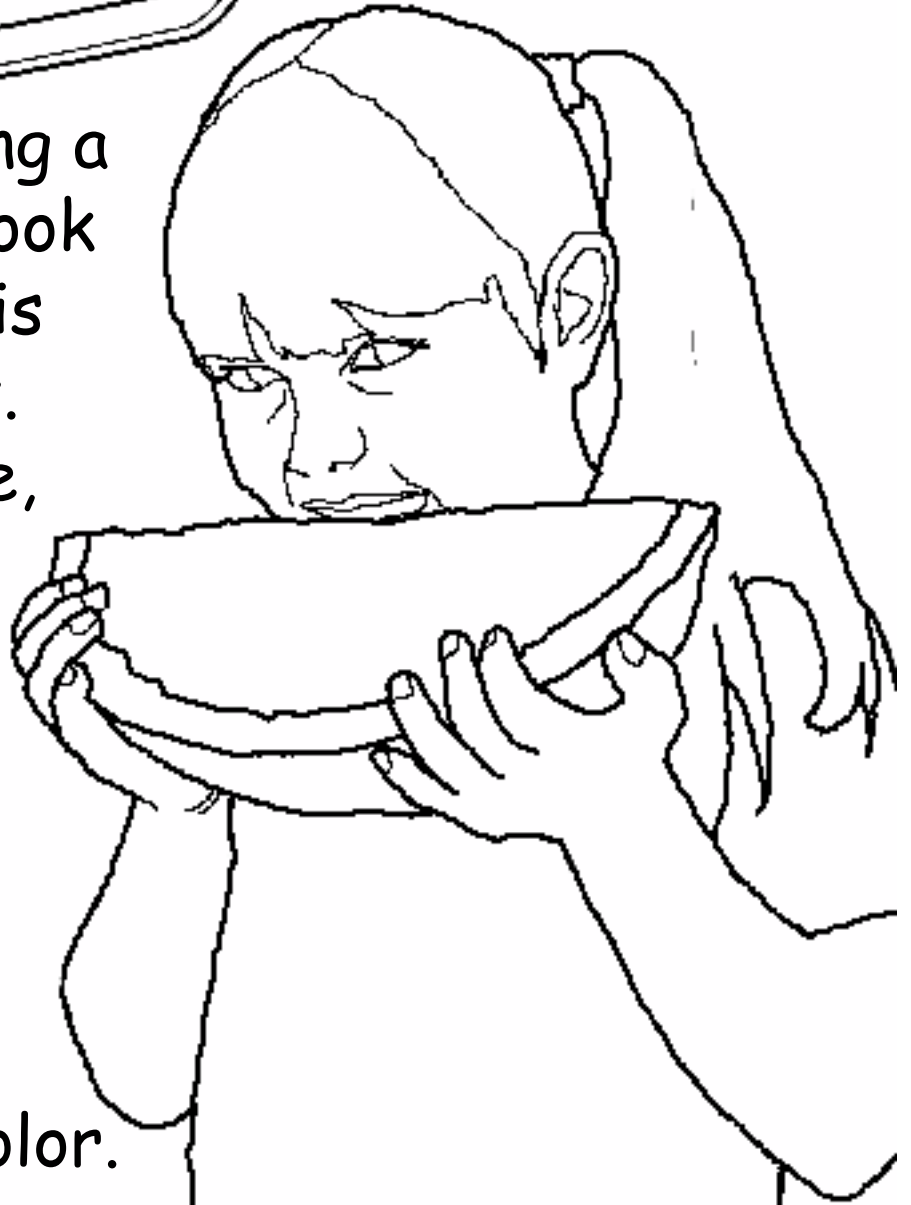
Lift the pancakes slightly and peek underneath to check for doneness.

Makes 4-6 servings.



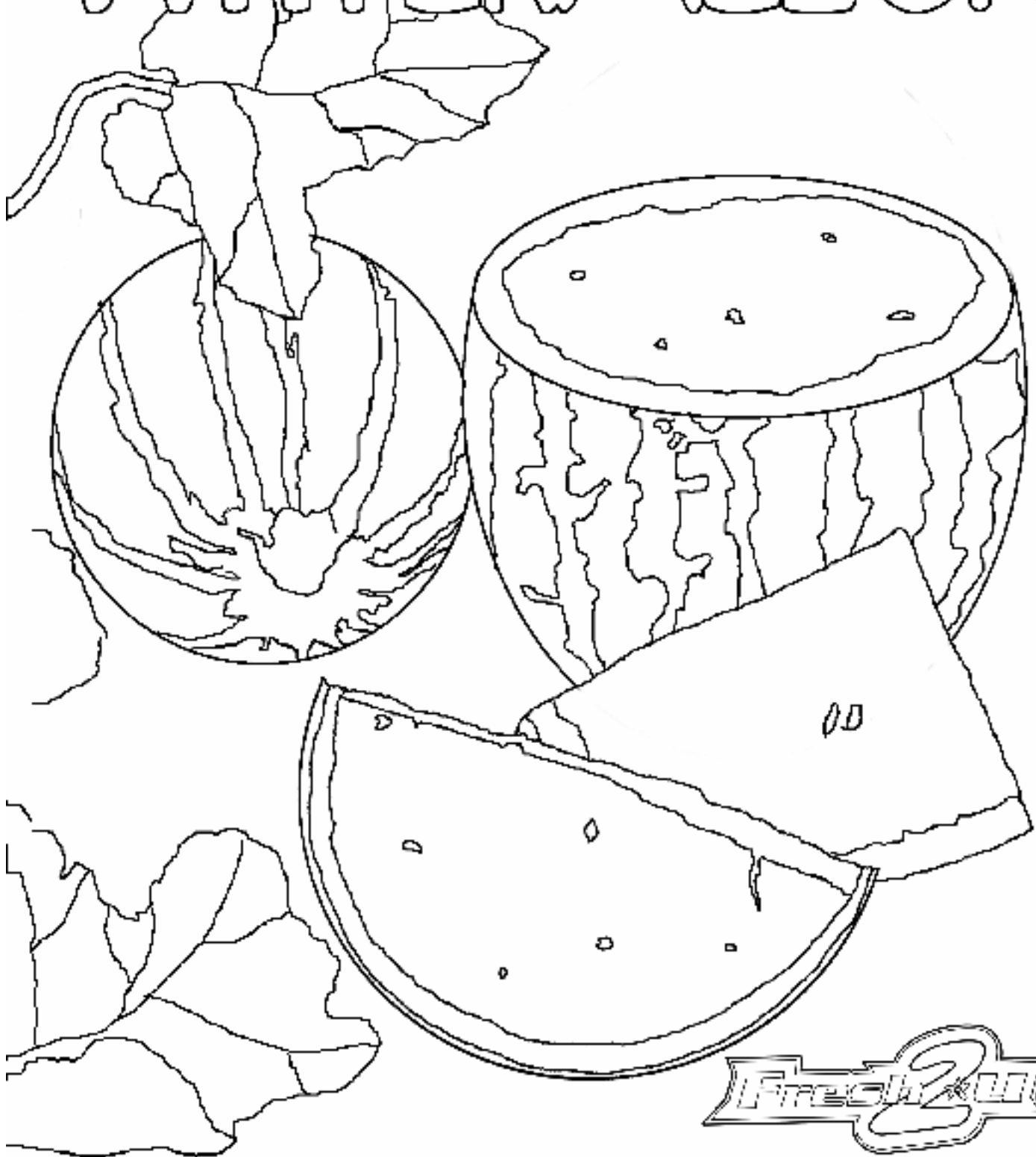


When selecting a watermelon, look for skin that is dull, not shiny. The underside, which is the side that touches the ground while the melon is growing, should be yellowish in color.



# WATERMELON

# WATERMELON



*Fresh 2 U*

# Fresh Watermelon Fruit Dip

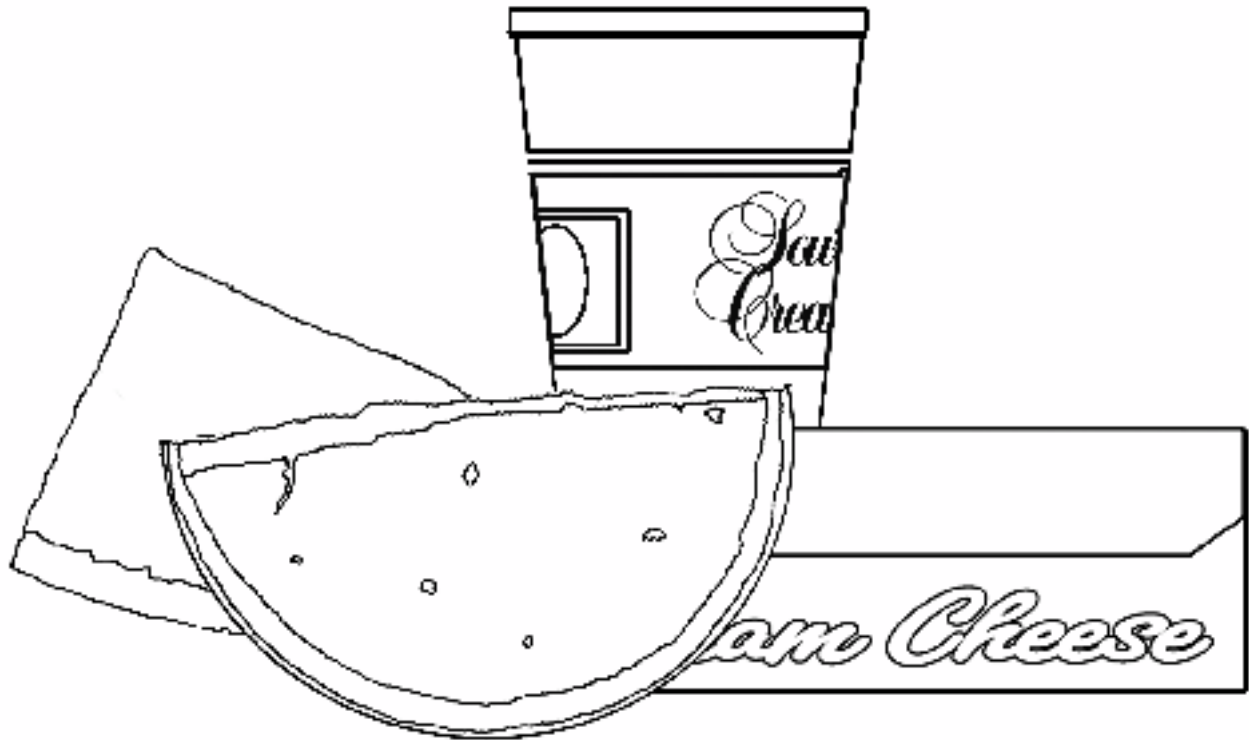
## Ingredients

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?

A1	N14
B2	O15
C3	P16
D4	Q17
E5	R18
F6	S19
G7	T20
H8	U21
I9	V22
J10	W23
K11	X24
L12	Y25
M13	Z26

## Word List:

fresh	farmer	field	vegetables
Florida	produce	fruits	yummy
harvest	plant	seeds	crop
grow	tasty	nutritious	agriculture

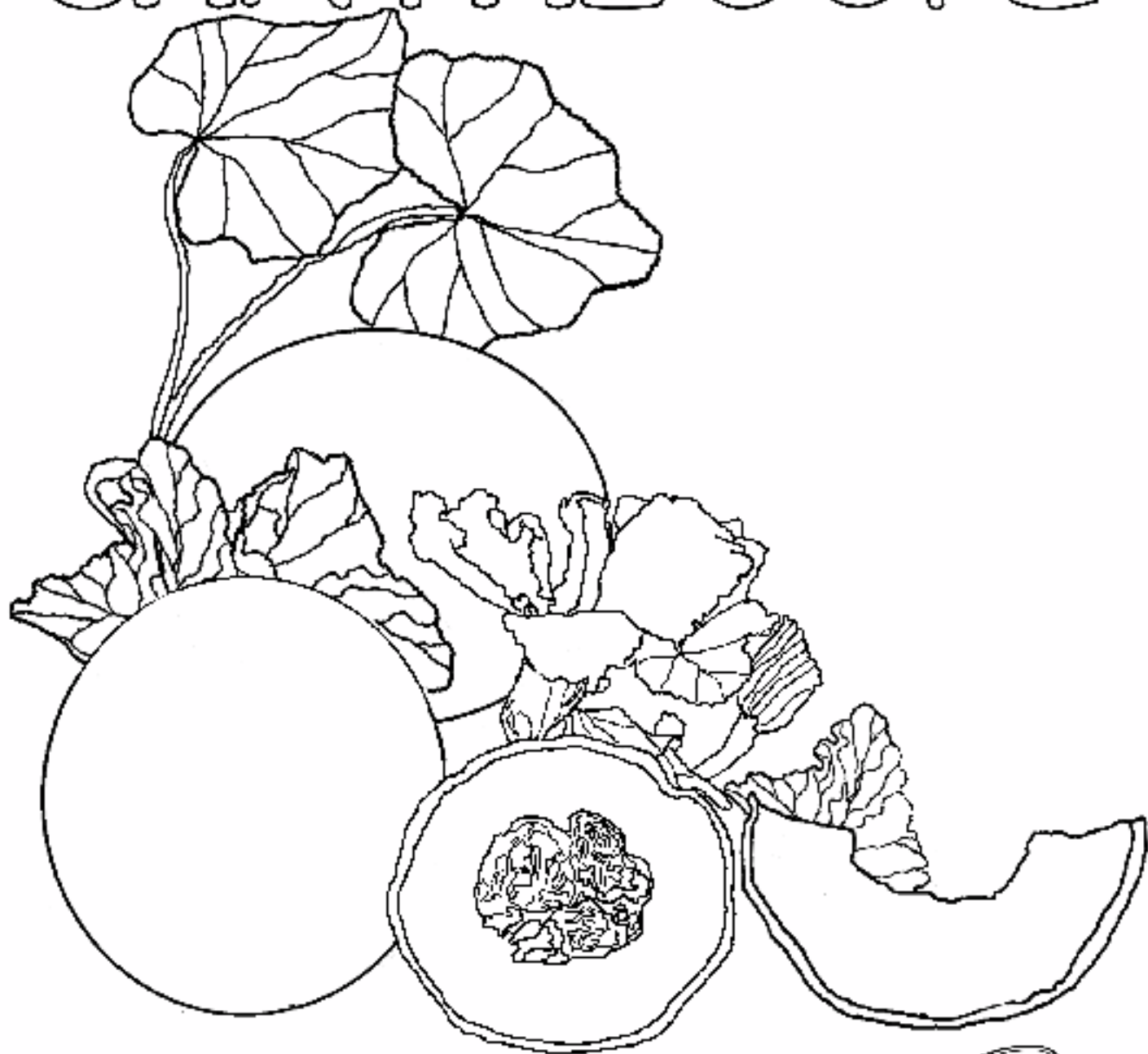
*Fresh 2 U*

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



*Fresh 2 U*



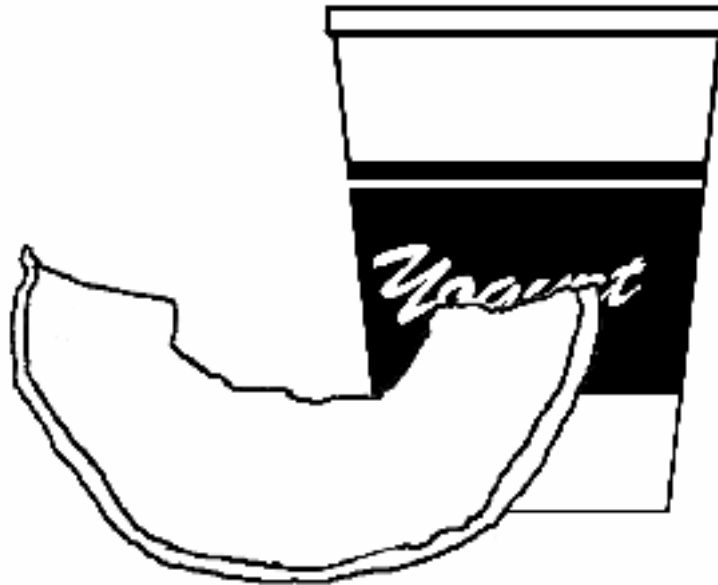
# Cantaloupe Smoothie

## 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 mlk 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.



# Answers

## Vegetable Word Match Answers

Match the vegetable up with the description that best fits

green, red, orange or yellow; served raw in salads ~~on sticks~~ ~~in a~~ ~~as a~~ 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 a~~ cabbage

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~~ 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

# WORD SEARCH ANSWERS

A	V	O	C	A	D	O	Z	S	W	E	E	T	C	O	R	N
A	B	F	A	L	X	L	A	E	B	Q	U	L	A	R	Y	A
N	C	H	N	T	A	N	G	E	R	I	N	E	F	U	R	C
S	I	P	T	I	O	N	Y	X	C	B	E	A	G	G	R	Y
Q	W	F	A	C	A	P	B	E	L	L	P	E	P	P	E	R
U	A	L	L	R	C	L	L	A	E	A	V	S	O	J	B	E
A	T	O	O	I	N	G	U	L	L	M	W	N	U	I	W	B
S	E	M	U	E	S	D	E	O	K	B	E	A	X	M	A	M
H	R	I	P	T	O	Z	B	K	H	V	F	P	S	K	R	U
I	M	D	E	T	Q	M	E	G	A	B	B	A	C	E	T	C
R	E	A	A	M	A	U	R	E	I	N	N	Z	A	L	S	U
Y	L	M	V	R	H	E	R	F	L	O	R	I	R	Y	A	C
L	O	U	A	S	E	V	Y	R	E	L	E	C	R	S	K	D
T	N	C	E	N	M	O	L	L	U	U	G	A	O	M	L	G
Q	X	R	S	O	G	I	H	T	Z	S	L	K	T	O	E	I
P	F	O	T	Y	O	O	U	S	N	A	P	B	E	A	N	F
S	N	A	X	Z	O	U	G	R	A	P	E	F	R	U	I	T

avocado  
 bell pepper  
 blueberry  
 cabbage  
 cantaloupe  
 carambola  
 carrot  
 celery  
 cucumber  
 grapefruit  
 Bonus Word ??

greens  
 mango  
 orange  
 snap bean  
 squash  
 strawberry  
 sweet corn  
 tangerine  
 tomato  
 watermelon

Bonus Word - fresh

# 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

# Fresh 2 U Fruit Sentence Fill-In Answer

Larger than an orange, the grapefruit is a type of citrus or pink and is served as a juice, fresh fruit, or used in marinades.

Guacamole is a yummy Mexican dip made with avocado, which is a tropical fruit.

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

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 see orange-colored fruit of this melon inside the rind and fill with low-fat yo 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 or as a 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



Fresh  
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