Asparagus Stems
Asparagus

Eat a variety of fruits and vegetables every day.

Steamed asparagus is a yummy and nutritious side dish.

It’s worth the wait for this tasty treat. Asparagus takes 1-2 years to grow before harvest, but lasts for up to 15 years in the garden!

Stems
Celery

Stems
Drink enough water, using thirst as a guide.

Full of fiber for our digestive systems, crunchy celery is a healthy snack.

Celery is a slow grower in the garden that loves cool, wet soil.
Rhubarb

Stems
Rhubarb

Balance your day with food and play.

Contains Vitamin C to keep our gums and skin healthy.

Rhubarb can live in the garden for up to 5 years!

Stems
Broccoli

Flowers
Balance your day
with food and play.

Contains Vitamin A for our eyes
and Vitamin C for our skin and gums.

Broccoli likes it cool,
and grows great
in fall and winter gardens.

Flowers
Cauliflower

Flowers
Eat a variety of nutrient dense foods every day.

Contains Vitamin C, for healthy skin and gums.

Cauliflower is tricky to grow, but wonderful to eat.
Squash Blossoms

Flowers
Squash Blossoms

Vary your veggies.
Tempt your tastebuds with something new.

Contains Vitamin A, which is good for our eyes.

Be quick, from garden to mouth! Squash blossoms are best eaten or cooked immediately after they’re picked.

Flowers
Beets

Roots
Beets

Eat a variety of nutrient dense foods every day.

Beets can stay fresh for months in cool, dry spaces.

Beets turn sweet when the temperature turns cold.
Carrots

Roots
Carrots

Eat a variety of nutrient dense foods every day.

Sweet and crunchy source of vitamin A, which is good for our eyes.

Carrots love soft, loose soil.

Get your exercise by removing rocks and digging the bed before you plant.

Roots
Celeriac

Roots
Vary your veggies.
Tempt your tastebudes with something new.

This vegetable is sometimes called ‘celery root.’

Celeriac is a slow grower in the garden that loves cool, wet soil.
Parsnips

Roots
Eat a variety of fruits and vegetables every day.

Try parsnips in recipes that call for carrots.

Parsnips look like white carrots, and like it cool. Grow them over winter, and harvest in the spring.
Turnip

Roots
Follow MyPyramid for Kids recommendations.

Contains Vitamin C and fiber, for our skin and digestive systems.

Turnips like it cool.
Harvest before the weather turns warm.
Acorn Squash

Fruits
Vary your veggies.
Tempt your tastebudes
with something new.

Baked or roasted -
acorn squash is sweet and full of fiber.

Harvest when the skin hardens,
and turns a darker color.

Acorn Squash
Fruits
Chile Pepper

Fruits
Eat a variety of fruits and vegetables every day.

Spice up salsas, soups and stews with chile peppers.

Sun-loving chile peppers like it hot and taste spicy!
Cucumber

Fruits
Cucumber

Select and prepare nutritious snacks.

Crunchy in salads and sandwiches.

Easy to grow, this vine needs lots of space. Be careful when picking this veggie. It's fruit and stem are spiky to the touch.

Fruits
Tomato

Fruits
Tomato

Eat a variety of nutrient dense foods every day.

Contains Vitamins A and C, for healthy eyes, skin, gums and teeth.

Go from garden to plate.
Tomatoes taste best right out of the garden.
Broccoli Rabe

Leaves
Broccoli Rabe

Eat a variety of fruits and vegetables every day.

Contains Vitamins A and C, for healthy eyes and skin.

Plant early in the spring and don’t wait too long to harvest.

Broccoli rabe ‘bolts’ when the weather gets warm.

Leaves
Kale

Leaves
Kale

Eat a variety of nutrient-dense foods every day.

Contains Vitamin A to help fight infection and Vitamin C to heal cuts and bruises.

Kale likes cool temperatures in the garden. Frosty weather makes it taste even better!
Lettuce

Leaves
Lettuce

Pack a safe and nutritious lunch.

Adds a healthy crunch to salads and sandwiches.

Harvest in the morning for maximum crunch!

Leaves