This veggie is prickly on the outside and tart on the inside. Don’t be afraid to try it. You might like it.
This veggie is yellow-green when you first pick it. It ripens to yellow-orange. It looks like a bumpy cucumber.
This squash was one of the primary foods of the Aztecs and Mayas. It is also called mirliton and christophene.
Look in this pocket to find smart cafeteria foods with veggies!
Look in this pocket to find fun activities!
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