

GET GROWING



LOOK + FIND

Can you find these three things? Rain boot, soil, watering can



HOW DO FRUITS AND VEGGIES GROW?

They don't start out at a market or a store,
They grow in fields, gardens, or even indoors.
Picked and packed to get ready for your plate,
Fresh, canned or frozen they all taste great.

WHICH OF THESE FRUITS AND VEGGIES HAVE YOU SEEN GROWING?



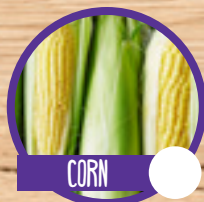
TOMATOES



PEPPERS



APPLES



CORN



BLUEBERRIES

WHERE DO I GROW?

Draw a line from the fruit or veggie to where you would find it growing.



PLUM



CUCUMBER



BRUSSEL SPROUTS



RASPBERRY



SWEET POTATO

BUSH



TREE



VINE



UNDERGROUND



STALK



LET'S EXPERIMENT: GREENHOUSE IN A JUG

Jumpstart growing veggies at home, without a garden. Recycle any clear plastic jug into a mini greenhouse. Plant the seeds, give them water and sun and watch them grow.



CLEAR JUG

+



SOIL

+



SEEDS

+



WATER

=



GREENHOUSE

Go to healthpartners.com/powerupfamily for complete instructions on how to build the greenhouse and care for your veggies.

SILLY STUFF

Why shouldn't you tell secrets in a cornfield?
There are too many ears!

How did a farmer fix his jeans? **With a cabbage patch!**

