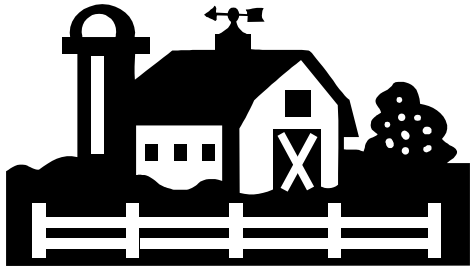


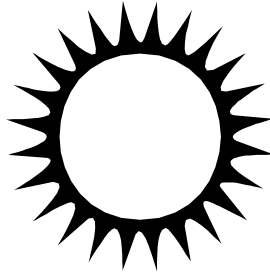


PICK *the* GOOD
stuff

Pick Virginia Grown



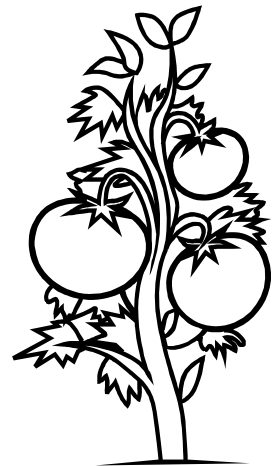
Virginia fruits and vegetables begin on a farm. The farmer plants seeds in rich soil.



Sunshine and rain help the seeds grow into big, strong



plants. When the plants bloom, bees pollinate the plants. Then the fruits and vegetables appear, very small at first, but they grow bigger and bigger until they are ready to eat. Visit a Virginia farm this season and Pick the Good Stuff!

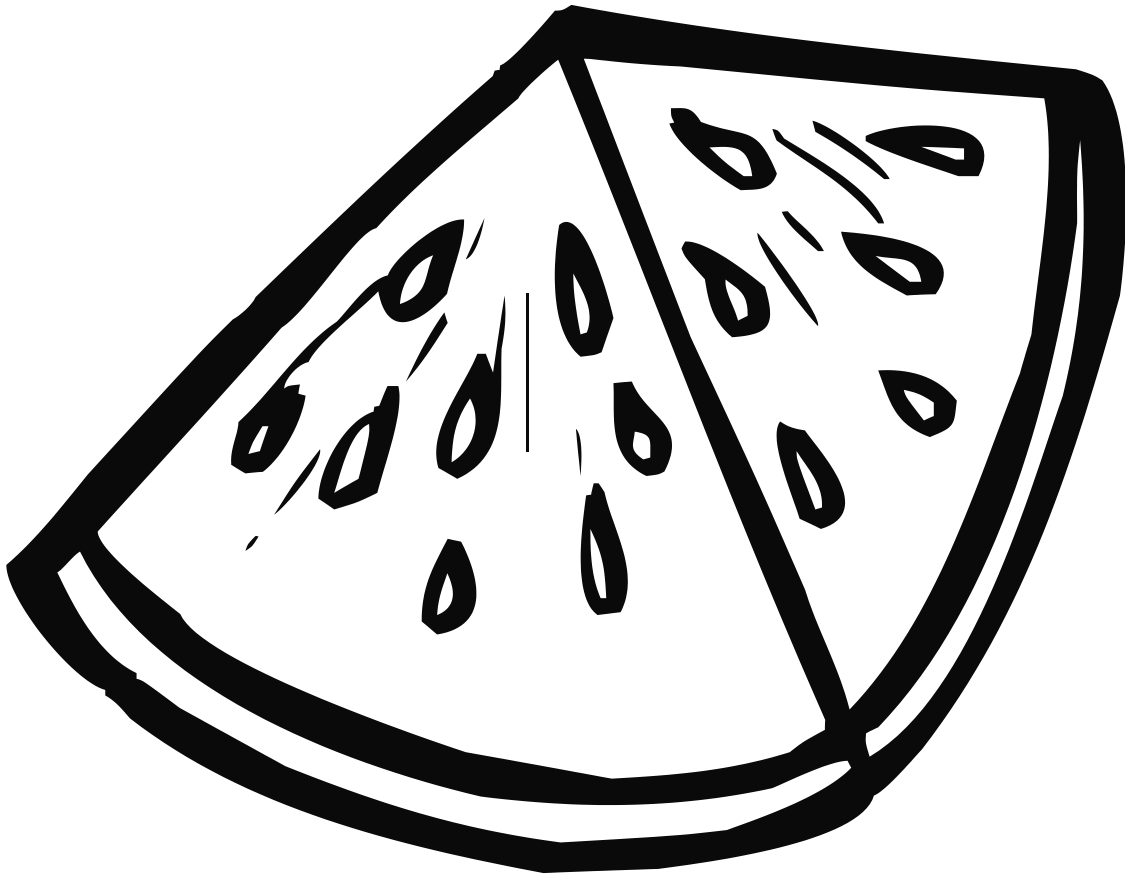




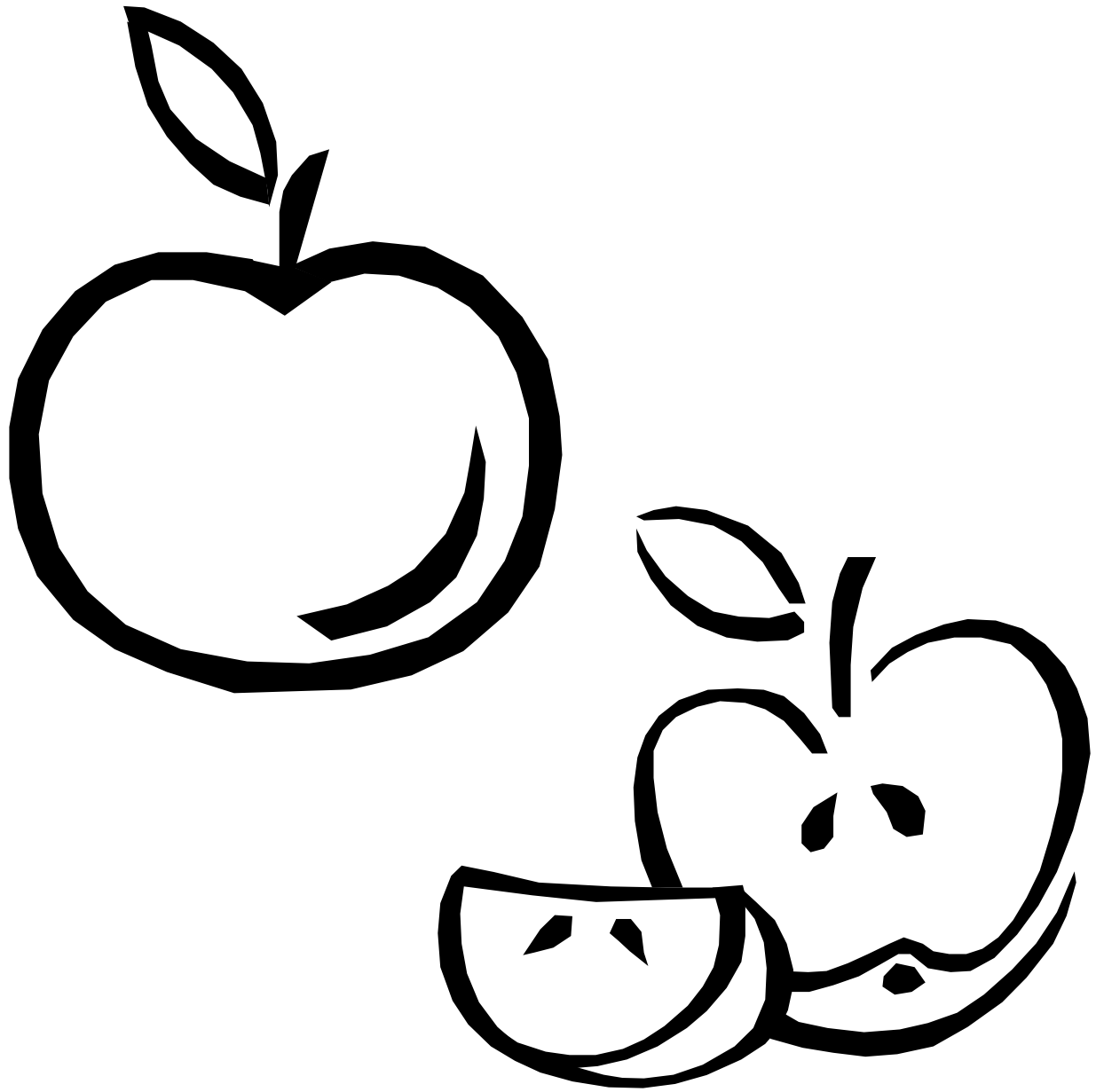
Fresh, juicy strawberries are ready for picking in May. Did you know that every strawberry has 200 tiny seeds? Pick some at a farm near you.



Corn grows on tall stalks. The corn cob is actually part of the corn plant's flower.



Watermelons grow on vines. They are 92% water, but they contain vitamins A, C, B6, and potassium.



Apples are an excellent source of fiber. They are also known as "Nature's Toothbrush," so they are good for dental health.



Pumpkins are members of the squash family and grow on vines. They can be carved for Halloween jack-o-lanterns.



Purple eggplant, red ripe tomatoes,
orange carrots . . . Virginia vegetables
come in many different
colors and flavors.

Word Search

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

APPLE
BERRIES
CANTALOUPE
EGGPLANT

GRAPES
PEACH
POTATOES
PUMPKINS

SQUASH
TOMATOES
VIRGINIA
ZUCCHINI

Find Your Way Through the Amazing Garden Maze

Start



Finish

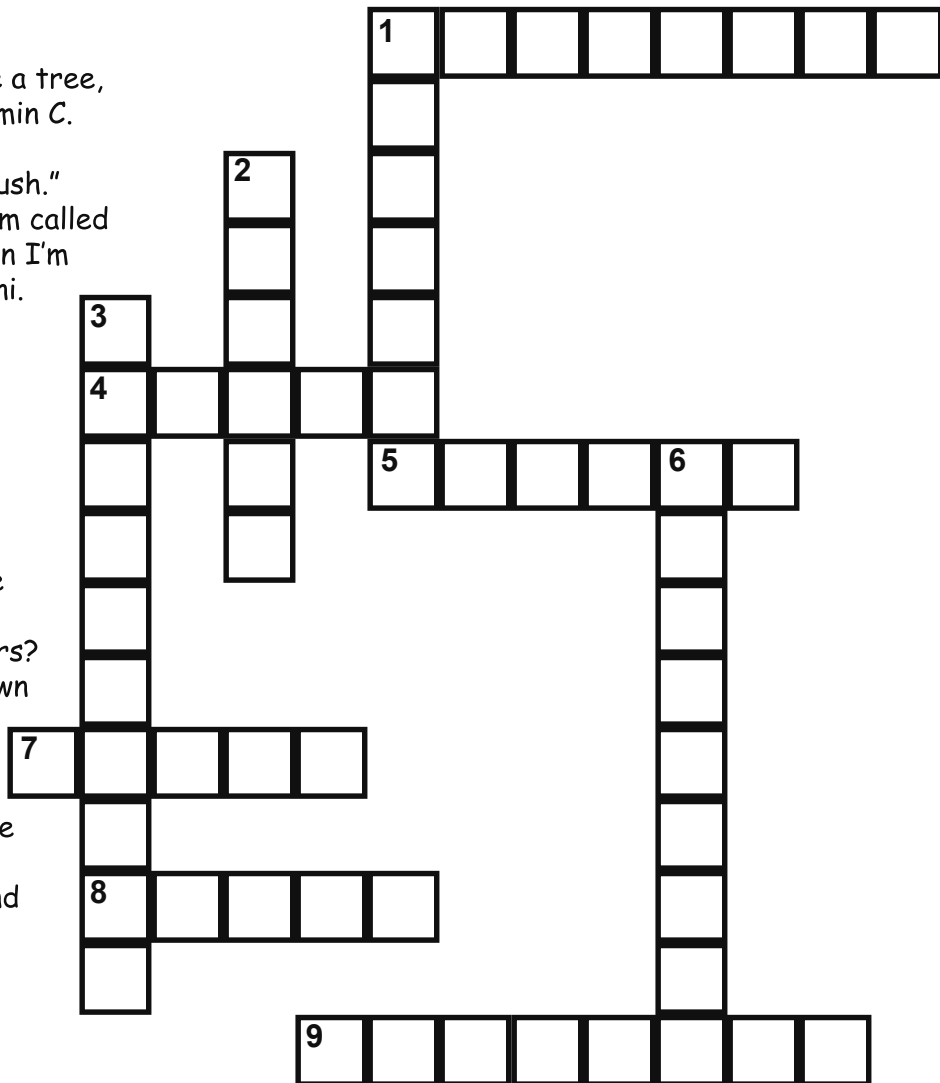
Farm Fun Crossword Puzzle

ACROSS

1. I'm green, look like a tree,
and am rich in vitamin C.
4. I'm called
"Nature's Toothbrush."
5. When I'm yellow I'm called
crookneck and when I'm
green I'm a zucchini.
7. I'm a fuzzy fruit.
8. I make you cry.
9. Where all the
answers grow!

DOWN

1. What are red, blue
and black and
make great cobblers?
2. I'm purple and grown
in bunches.
3. I'm green on the
outside, red on
the inside, and have
seeds for spitting.
6. I grow on stalks and
have ears.



ANSWERS

- | | |
|----|------------|
| 1. | Broccoli |
| 2. | Grapes |
| 3. | Watermelon |
| 4. | Apple |
| 5. | Squash |
| 6. | Sweet Corn |
| 7. | Peach |
| 8. | Onion |
| 9. | Virginia |

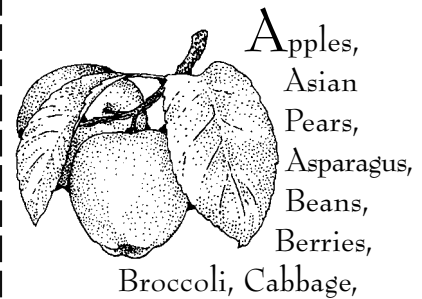


For more information, contact the
Virginia Department of Agriculture
and Consumer Services
Division of Marketing

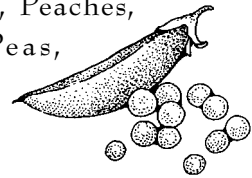
102 Governor Street • Richmond, VA 23219
(804) 786-7686

www.viriniagrown.com

Virginia Grown Fruits and Veggies!

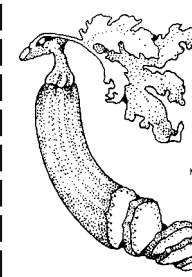


Apples,
Asian
Pears,
Asparagus,
Beans,
Berries,
Broccoli, Cabbage,
Cantaloupes, Cucumbers,
Eggplant, Grapes, Herbs,
Nectarines, Peaches,
Peanuts, Peas,
Peppers,
Potatoes,
Pumpkins,



Southern Greens, Spinach,

Squash,
Strawberries,
Sweet Corn,
Sweet Potatoes,
Tomatoes,
Watermelons
and Zucchini.



Look for
Virginia Grown produce at
grocery stores,
farmers' markets
or at the farm.