

enjoy summer fresh  
**fruits and  
veggies**

Try fresh fruits and vegetables  
from a garden or farmers'  
market - *they often taste better  
when they are in season!*



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**Talk about what we see!**

This is a fun way to learn the names of  
different fruits and vegetables.

**What color** are your veggies?

Do the green and  
red peppers **taste  
different?**

**Where are the seeds?**

**How many peas**  
are in your pod?



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