



MAY 2013

- SAISD Food & Child Nutrition Services



# PURPLE ASPARAGUS

Nutrition: Good source of folate and Vitamin K

- FUN FACT: A fully-grown plant reaches about 5 feet in height.
- TASTE: slightly sweet and mellow taste with a crunch
- APPEARANCE: Straight spears with closed, compact tips and dark purple color



[Image source:weirdcombinations.com](http://weirdcombinations.com)



# LET'S TAKE A LOOK AT THE PURPLE ASPARAGUS...

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source: comida-y-vida.com](http://comida-y-vida.com)



# SNOW PEAS

Nutrition: Excellent source of folate and a good source of fiber.

- FUN FACT: Snow peas are thought to be native to Europe, unlike shelling peas, which are Asian in origin.
- TASTE: Sweet, moist and soft
- APPEARANCE: The pods are flat with edible skin and tiny green seeds inside.



[Image source: www.gourmetsleuth.com](http://www.gourmetsleuth.com)



# LET'S TAKE A LOOK AT SNOW PEAS.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source: www.gourmetsleuth.com](http://www.gourmetsleuth.com)



# STRAWBERRIES

Nutrition: Excellent source of Vit C

- **FUN FACT:** There are 200 tiny seeds in every strawberry.
- **TASTE:** Sweet and tart with juicy texture
- **APPEARANCE:** The berry features red pulp with tiny yellow color seeds piercing through its surface from inside.



[Image source: www.wisegeek.com](http://www.wisegeek.com)



# LET'S TAKE A LOOK AT THE STRAWBERRIES.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source: vineyardgardencenter.wordpress.com](http://vineyardgardencenter.wordpress.com)



# ASIAN PEAR

Nutrition: Good source of vitamin C and fiber

- FUN FACT: Asian pear is a fruit with species native to China, Japan, and Korea.
- TASTE: Musky sweet flavor with crunchy texture
- 
- APPEARANCE: Firm skin with clear yellow-brown hues



[Imager source:www.pachd.com](http://www.pachd.com)





# LET'S TAKE A LOOK AT THE ASIAN PEAR.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image Source:www.mama-knows.com](http://www.mama-knows.com)



# BOYSENBERRIES

Nutrition: Good source of Vit C and fiber

- FUN FACT: Boysenberry fruit is produced directly from the plant's flowers.
- TASTE: Sweet and smooth
- APPEARANCE: Large berries with deep maroon color and large seeds



[Image source:www.gourmetsleuth.com](http://www.gourmetsleuth.com)



# LET'S TAKE A LOOK AT THE BOYSENBERRIES.....

○ What does it taste like?

○ Is it soft or crunchy?

○ What do you like about it?



[Image source: www.ecblendflavors.com](http://www.ecblendflavors.com)

○ How many of you have tried this before?



# GREEN GRAPES

Nutrition: Good source of Vitamin C and potassium

- **FUN FACT:** Currently there are more than 50 varieties of grapes grown in California.
- **TASTE:** Juicy sweet and tart
- **APPEARANCE:** Delicate smooth skin with juicy flesh



[Image source:www.123rf.com](http://www.123rf.com)



# LET'S TAKE A LOOK AT THE GREEN GRAPES.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source:stephslists.blogspot.com](http://stephslists.blogspot.com)



# CANTALOUPE

Nutrition: Excellent source of Vitamin A

- FUN FACT: Cantaloupe season runs from April through August, that's when they are at their best taste.
- TASTE: Musky sweet with soft consistency and juicy texture
- APPEARANCE: Round or oblong shape with net-like skin covering.



[Image source:iborn4u.org](http://iborn4u.org)



# LET'S TAKE A LOOK AT THE CANTALOUPE.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source:www.connecttristates.com](http://www.connecttristates.com)



# BUTTER LETTUCE

Nutrition: Excellent source of Vitamin A and a good source of folate and Vit C

- FUN FACT: Butter lettuce is widely grown in Europe.
- TASTE: Buttery and smooth flavor
- APPEARANCE: Tender and soft, loosely overlapping leaves



[Image source:vegan.sheknows.com](http://vegan.sheknows.com)





# LET'S TAKE A LOOK AT THE BUTTER LETTUCE.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source: www.tumblr.com](http://www.tumblr.com)



# RED DELICIOUS APPLE

Nutrition: Good source of fiber and Vitamin C

- **FUN FACT:** The apple tree is originated in the mineral-rich mountain ranges of Kazakhstan.
- **TASTE:** Sweet and juicy
- **APPEARANCE:** Firm and glossy dark red skin with pale yellow flesh



[Image source:www.123rf.com](http://www.123rf.com)



# LET'S TAKE A LOOK AT THE RED DELICIOUS APPLE...

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried before?



[Image source: naturallyhealthyandgorgeous.wordpress.com](http://naturallyhealthyandgorgeous.wordpress.com)

