

## Fun Facts:

### Zucchini



- Did you know that a zucchini has more potassium than a banana? Potassium is really important to keeping your body strong and healthy. Our bodies don't make potassium on their own though, so we have to eat food that has potassium in it!
- April 25th is National Zucchini Bread Day! Make sure you make our chocolate zucchini bread recipe for next year's celebration.
- One zucchini is actually called a zucchini; zucchini refers to more than one!
- The Guinness world record for the longest zucchini measured 2.5 metres and was achieved in Niagara Falls, Ontario!

# Kale



- Did you know that kale doesn't lose any nutritional benefits when you cook it?
- It is also a great source of Vitamin C, Vitamin A, Vitamin K, Calcium, and a plant source of antioxidants and omega-3 fatty acids.
- Kale can be used in skincare products and even nail polish!
- During the winter, kale actually becomes sweeter in flavour. This is good because kale can sometimes be bitter for people who have sensitive tongues.

## **Gardening Tip:**

- Kale can be used as a decorative plant in gardens! This is called edible landscaping. Edible landscaping is good for us and for the environment.

# Mushrooms



- Did you know there are over 14,000 different types of mushrooms? Only 250 kinds are safe to eat, so only eat mushrooms that you buy at the grocery store.
- Mushrooms are one of the only plant sources of Vitamin D - that's the vitamin you get from the sun! They're very good for your brain and bone health, and can even give you a little bit of plant-based protein. Tasty!
- There is a type of mushroom called Chicken of the Woods that tastes like chicken! There are other kinds of mushrooms like this too, like Lobster of the Woods.

## **Isn't This Cool?**

- There are 75 kinds of mushrooms that can actually glow in the dark!
- Plants and creatures that grow in the dark have something special called bioluminescence.

# Corn



- Did you know corn is a cereal crop part of the Grass family?
- Corn is actually the vegetable with the most fat content!
- There are over 3500 uses for corn, like in fireworks, cosmetics, & even in photographic film!
- One bushel of corn can sweeten 400 cans of soft drinks - talk about sweet!
- Corn and its by products are also found in many non-food items such as fireworks, rust preventatives, glue, paint, dyes, and many more products!
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## **Have you ever seen Glass Gem corn?**

- This kind of corn comes in a ton of different colours. It looks like little gems on a cob!

# Garlic



- Did you know garlic bulbs are the root of a plant? The plant has a long stem and makes pretty flowers! You can even eat the stem of a garlic plant - it is called a scape!
- Garlic is in the onion family! It is related to green onions, chives, and shallots.
- Garlic is really good to eat if you're not feeling well, like if you have a cold. It has been used for centuries to make people feel better when they are sick!

# Cauliflower



- Cauliflower is really good for your body! It is full of Vitamin C and Vitamin K, and it is full of natural fiber.
- Did you know that you can eat the leaves and stem of the cauliflower too? You can cut them up and cook them in different ways, like soups or sauces!
- Even though we see a lot of white cauliflower, cauliflower can come in a bunch of different colours! Cauliflower can be white, orange, purple, and green. The colour might be different, but the flavour is all the same!
- The world's heaviest cauliflower weighed 60lbs and was over 6 feet wide!

# Peppers



- Bell peppers actually have more Vitamin C than oranges do! They are also good sources of Vitamin A. They make a very healthy snack!
- Peppers change their colours because of how much light they get. The more ripe a pepper is, the sweeter it is going to taste.
- Some peppers are really spicy! The measurement of how spicy a pepper is is called a Scoville.

# Sweet Potatoes



- Did you know sweet potatoes are really good for you? Sweet potatoes are great to eat for their nutrients, like Vitamin A, Vitamin C, iron and potassium! They're considered the most nutritious vegetable!
- Sweet potatoes actually aren't potatoes at all! Potatoes are actually tubers, but sweet potatoes are considered true root vegetables.
- If you eat a lot of sweet potatoes, your skin can turn a little orange! This also happens if you eat a lot of carrots.
- Have you ever had a sweet potato pie?
- Sweet potatoes can be used for both sweet and savory meals. Tasty!
- The world record for heaviest sweet potato is 81lbs, 9 ounces!

# Cucumbers



- Did you know the phrase ‘cool as a cucumber’ happened because cucumbers can be used to cool your body? When put on your skin, cucumbers can also help reduce swelling – that’s why they are used in facials!
- If you take a slice of cucumber and hold it to the roof of your mouth for 30 seconds, it can help with bad breath and cool down your temperature! Talk about cool!
- It’s important to stay hydrated in the summer! Try to eat cucumbers to prevent dehydration during really hot days. They are made up of 95% water, and can help with keeping away hunger.