

Arbor Fun Page



Fruit & Veggie of the Month

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



GRAPES

Grapes come in different colors, but there are only two categories: red and white. Red grapes can be light red to purple/black, and white grapes can be light yellow to bright green. Grapes can be sweet or tart, with seeds or without, crunchy or squishy, but all are juicy! Grapes are little packages of *phytonutrients*—the bonus nutrients we get from eating plants! Did you know dried grapes are called raisins? Grapes are a tasty, sweet treat. Try them frozen. They are a great way to chill your drink!



ZUCCHINI

Zucchini is a type of summer squash, but it can grow throughout the entire year. Italian immigrants brought it to America in the 1920's. It is crisp and soft, and almost like a dry cucumber. Did you know zucchini has more potassium than a banana? Potassium is an *electrolyte*, which means it makes electricity in your body so it can talk from one part to another. It helps keep your heart and muscles healthy, and your body fluids balanced. **FUN FACT:** The largest zucchini grown was about the size of a Mako Shark—7'10"!

