

# Fruit and Vegetable Rainbow Race

## ACTIVITY SHEET



**Instructions:** You have ten minutes to explore the market. Find a fruit or vegetable for each color and record the quantity and price information for different fruits or vegetables.

COLORS	FRUIT OR VEGETABLE	PRICE	QUANTITY
<i>example:</i> orange	carrots	\$1	1 bunch
red			
green			
yellow			
purple			
white			
bonus			

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# Salsa Dash

## ACTIVITY SHEET

### Instructions

You have ten minutes to explore the market. Find as many of the ingredients listed below as you can. Check off what you find and record the cost.

### Fresh tomato salsa

- 3 medium tomatoes, chopped \$ \_\_\_\_\_
- ½ onion, diced \$ \_\_\_\_\_
- 1 jalapeno pepper, minced \$ \_\_\_\_\_
- 1 fresh lime, juiced \$ \_\_\_\_\_
- 3-4 tablespoon cilantro, washed and chopped \$ \_\_\_\_\_
- 1 clove garlic, minced or ¼ tsp garlic powder \$ \_\_\_\_\_
- ½ teaspoon salt and ¼ teaspoon pepper (optional)

### Easy and fresh tomato salsa

Combine all ingredients above, together in a medium size bowl. Mix well. Refrigerate at least 3 hours before serving.

Notes \_\_\_\_\_



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# Scavenger Hunt

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✓	ITEM	ASK THE VENDOR?
	A bag of mixed greens	What kind of greens are in this mix?
	A fruit or vegetable that weighs over 1 pound	How do I prepare this?
	A baked good that is made with whole grains	How do I store this?
	A fruit or vegetable you have never tasted before	What does this taste like?
	A fresh herb	How do I use this?
	A fruit or vegetable you have never purchased before	How do I pick one that is ripe?



# Scavenger Hunt

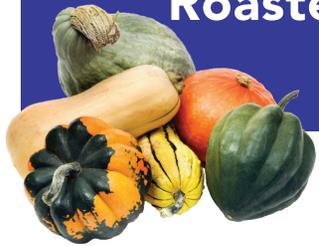
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# Roasted Vegetable Round Up

ACTIVITY SHEET



## Fall and Winter Vegetables for Roasting

winter squash \$ \_\_\_\_\_ per pound or \_\_\_\_\_ (amount)

carrots \$ \_\_\_\_\_ per pound or \_\_\_\_\_ (amount)

peppers \$ \_\_\_\_\_ per pound or \_\_\_\_\_ (amount)

parsnips \$ \_\_\_\_\_ per pound or \_\_\_\_\_ (amount)

potatoes \$ \_\_\_\_\_ per pound or \_\_\_\_\_ (amount)

rutabaga \$ \_\_\_\_\_ per pound or \_\_\_\_\_ (amount)

onion \$ \_\_\_\_\_ per pound or \_\_\_\_\_ (amount)

## How to Roast Vegetables

1. Peel vegetables (if necessary) and cut into same-size chunks. 1-1 ½ inch cubes work well.
2. Lightly sprinkle cut vegetables with olive oil or vegetable oil and toss to coat.
3. Add 1-2 cloves chopped garlic or a little garlic powder (optional) and sprinkle with salt and pepper.
4. Lay coated veggies on a cookie sheet and bake in a 450 degree oven until slightly brown, tossing occasionally. About 20-30 minutes.

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# Salad Challenge

ACTIVITY SHEET



## Farmers' Market Spinach Salad

\_\_\_\_\_ 4-6 cups of spinach

Choose 3 or more items from the list below. You will need one cup of each item you choose. This salad serves 6.

\_\_\_\_\_ strawberries, blueberries or raspberries

\_\_\_\_\_ apples

\_\_\_\_\_ cherries

\_\_\_\_\_ peppers, any color

\_\_\_\_\_ cucumbers

\_\_\_\_\_ peaches

\_\_\_\_\_ onions

\_\_\_\_\_ grapes

\_\_\_\_\_ carrots

\_\_\_\_\_ broccoli

\_\_\_\_\_ cauliflower

\_\_\_\_\_ snap peas

\_\_\_\_\_ peas

\_\_\_\_\_ beans, any kind

\_\_\_\_\_ tomatoes

\*\*\* Add nuts or seeds for crunch and texture

## Honey Vinaigrette Dressing *16 servings*

¼ cup apple cider vinegar

½ cup vegetable oil

3-4 tablespoons honey

¼ teaspoon garlic powder or 1 clove minced garlic

Mix all together with a fork or whisk. Serving size is 1 tablespoon per person. Store extra dressing covered in the refrigerator.

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# Ask a Vendor

## ACTIVITY SHEET



1. Q Where is this (apple, strawberry, squash, etc.) grown?

A \_\_\_\_\_

2. Q What is your favorite way to eat this?  
(Choose something they are selling to ask about.)

A \_\_\_\_\_

3. Q How do I know if this is ripe or ready to eat?

A \_\_\_\_\_

4. Q Your own question:

A \_\_\_\_\_

5. Q Your own question:

A \_\_\_\_\_

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