

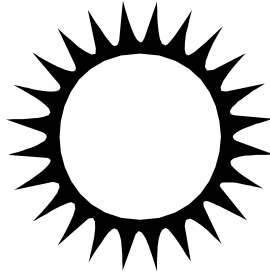


PICK *the* GOOD  
*stuff*

Pick Virginia Grown



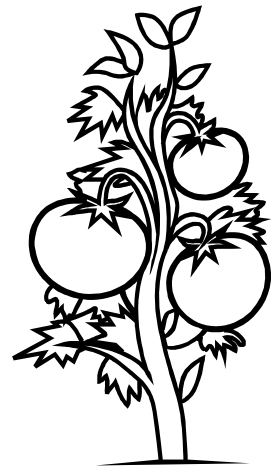
Virginia fruits and vegetables begin on a farm. The farmer plants seeds in rich soil.

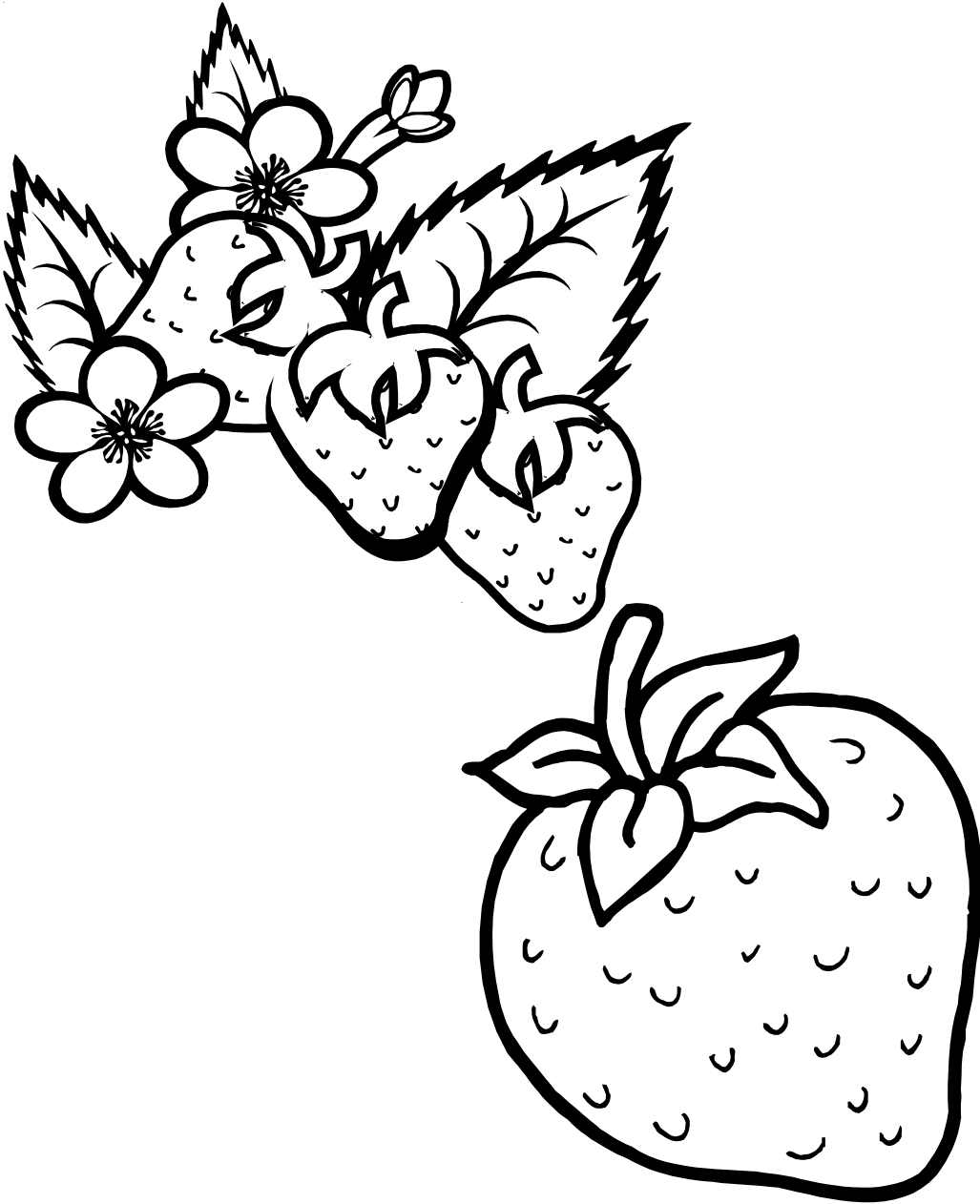


Sunshine and rain help the seeds grow into big, strong



plants. When the plants bloom, bees pollinate the plants. Then the fruits and vegetables appear, very small at first, but they grow bigger and bigger until they are ready to eat. Visit a Virginia farm this season and Pick the Good Stuff!

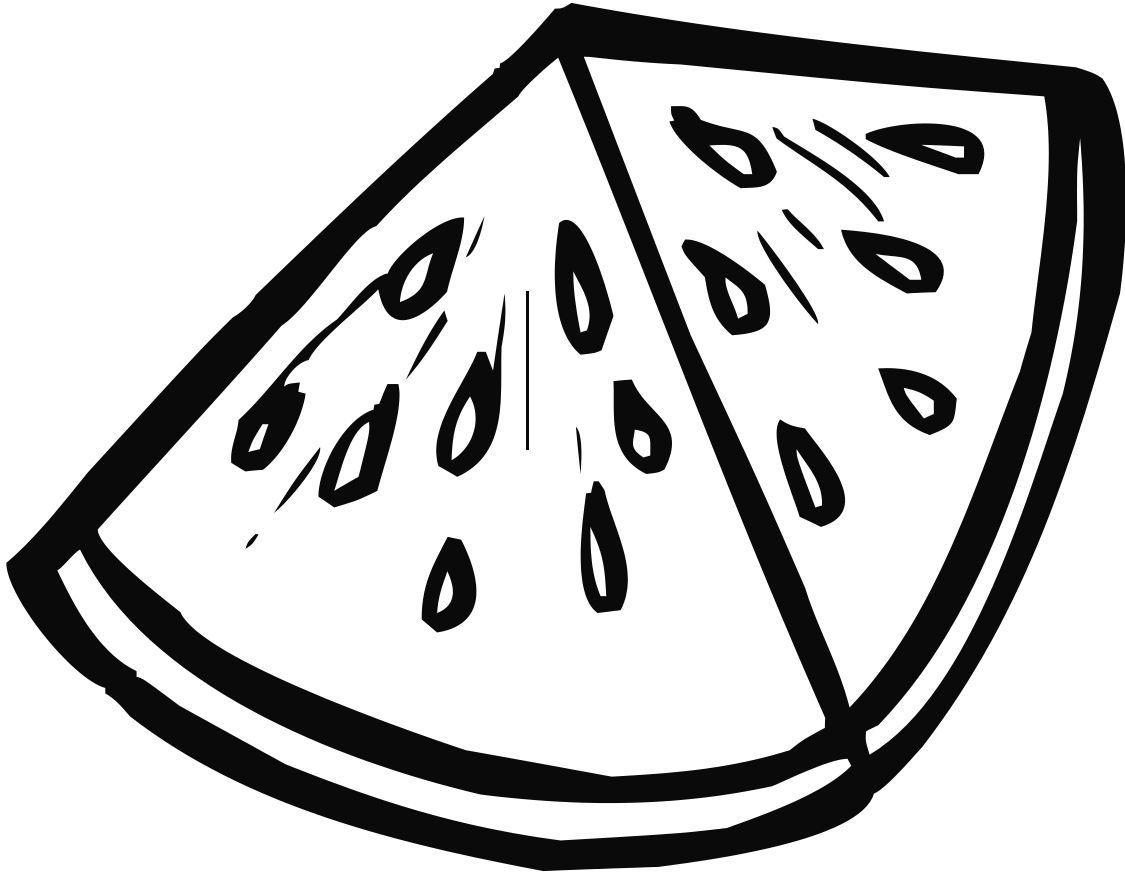




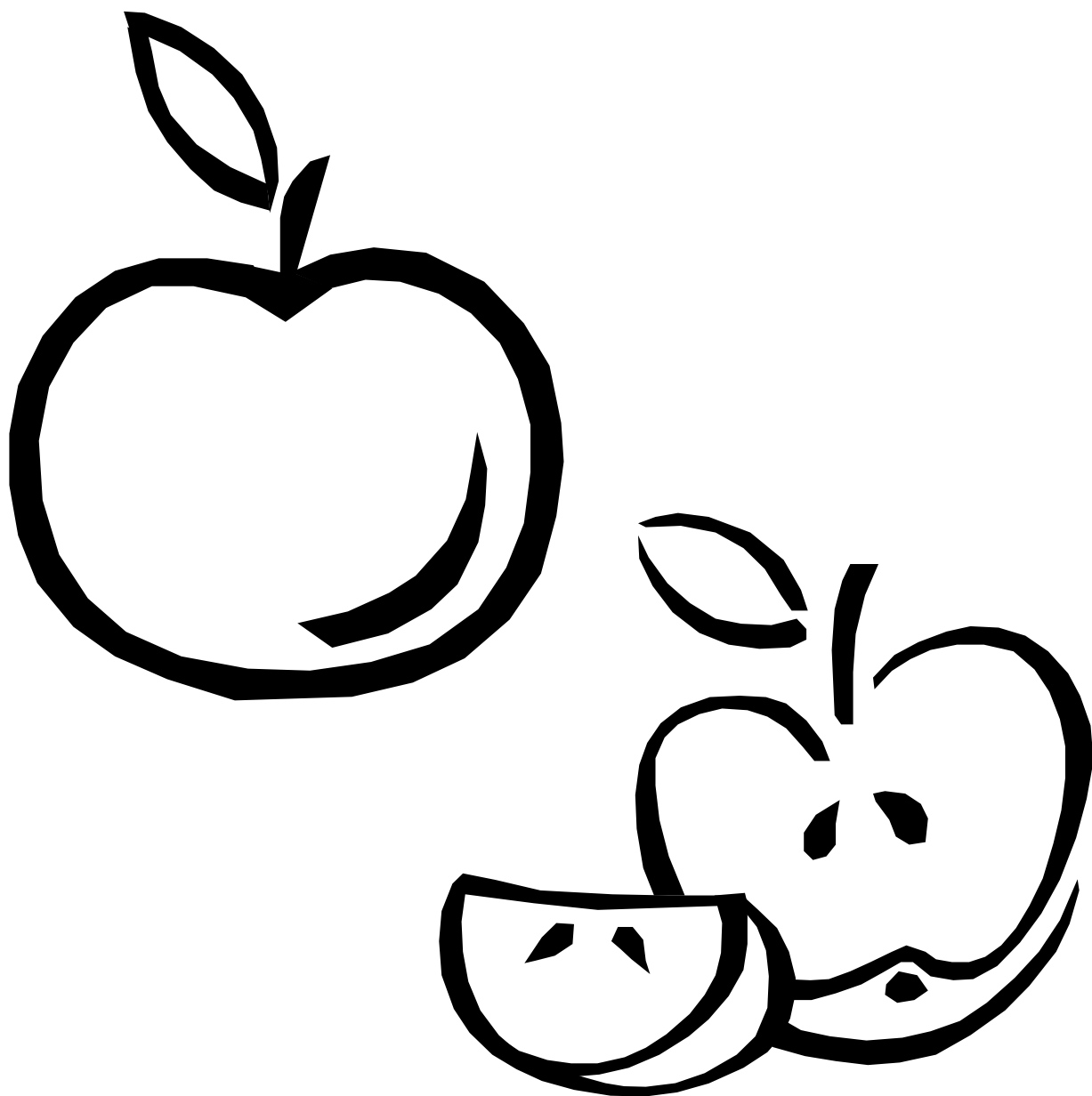
Fresh, juicy strawberries are ready for picking in May. Did you know that every strawberry has 200 tiny seeds? Pick some at a farm near you.



Corn grows on tall stalks. The corn cob is actually part of the corn plant's flower.



Watermelons grow on vines. They are 92% water, but they contain vitamins A, C, B6, and potassium.



Apples are an excellent source of fiber. They are also known as "Nature's Toothbrush," so they are good for dental health.



Pumpkins are members of the squash family and grow on vines. They can be carved for Halloween jack-o-lanterns.



**VIRGINIA<sup>®</sup>  
GROWN**



Purple eggplant, red ripe tomatoes,  
orange carrots . . . Virginia vegetables  
come in many different  
colors and flavors.

# Word Search

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

APPLE  
BERRIES  
CANTALOUPE  
EGGPLANT

GRAPES  
PEACH  
POTATOES  
PUMPKINS

SQUASH  
TOMATOES  
VIRGINIA  
ZUCCHINI

# Find Your Way Through the Amazing Garden Maze

Start



Finish

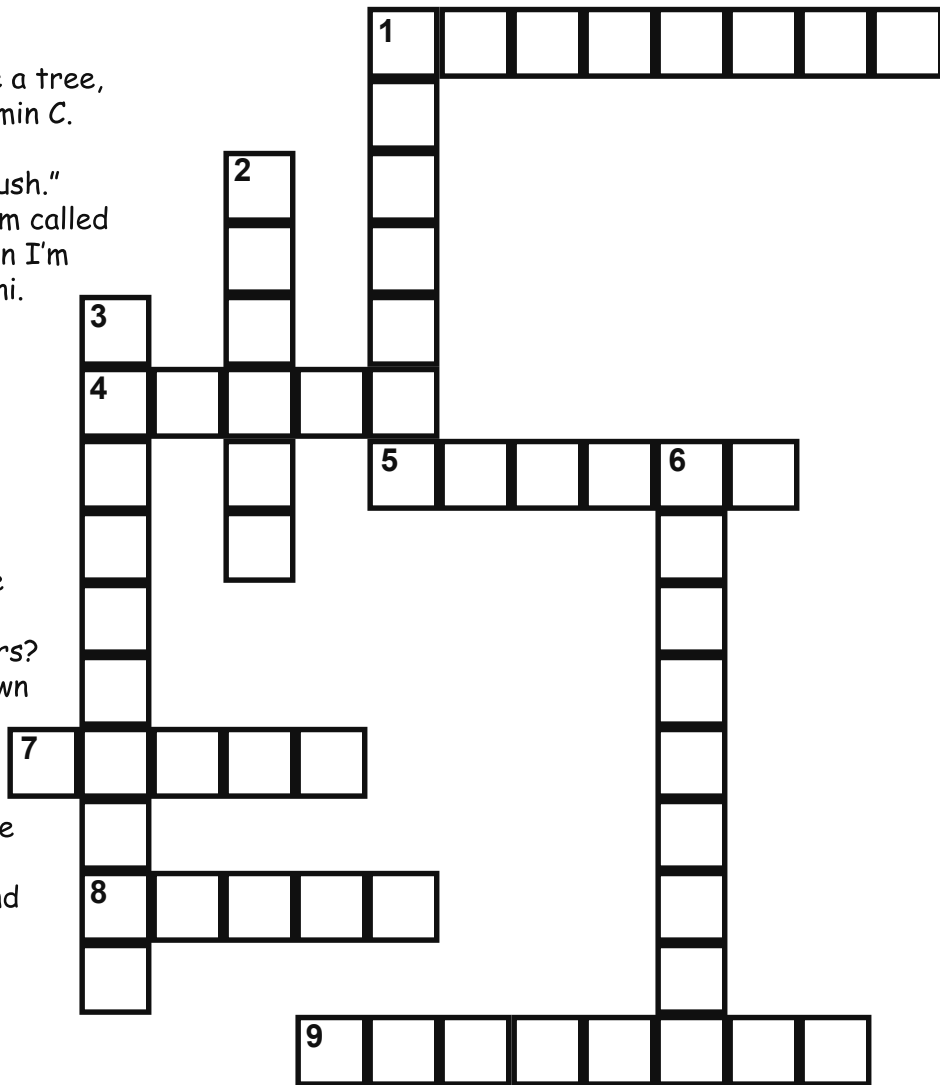
# Farm Fun Crossword Puzzle

## ACROSS

1. I'm green, look like a tree, and am rich in vitamin C.
4. I'm called "Nature's Toothbrush."
5. When I'm yellow I'm called crookneck and when I'm green I'm a zucchini.
7. I'm a fuzzy fruit.
8. I make you cry.
9. Where all the answers grow!

## DOWN

1. What are red, blue and black and make great cobblers?
2. I'm purple and grown in bunches.
3. I'm green on the outside, red on the inside, and have seeds for spitting.
6. I grow on stalks and have ears.




- ANSWERS**
1. Broccoli
  2. Grapes
  3. Watermelon
  4. Apple
  5. Squash
  6. Sweet Corn
  7. Peach
  8. Onion
  9. Virginia



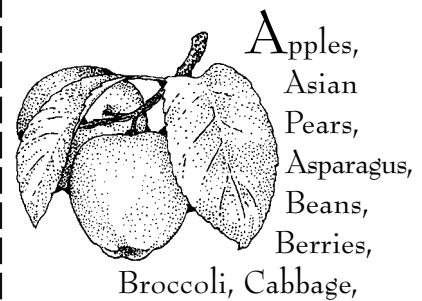
For more information, contact the  
Virginia Department of Agriculture  
and Consumer Services  
Division of Marketing

102 Governor Street • Richmond, VA 23219  
(804) 786-7686

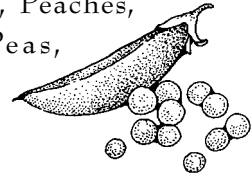
[www.viriniagrown.com](http://www.viriniagrown.com)



# Virginia Grown Fruits and Veggies!

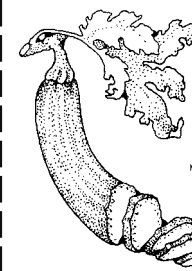


Apples,  
Asian  
Pears,  
Asparagus,  
Beans,  
Berries,  
Broccoli, Cabbage,  
Cantaloupes, Cucumbers,  
Eggplant, Grapes, Herbs,  
Nectarines, Peaches,  
Peanuts, Peas,  
Peppers,  
Potatoes,  
Pumpkins,



Southern Greens, Spinach,

Squash,  
Strawberries,  
Sweet Corn,  
Sweet Potatoes,  
Tomatoes,  
Watermelons  
and Zucchini.



Look for  
Virginia Grown produce at  
grocery stores,  
farmers' markets  
or at the farm.