











Little Known Food Facts

-  **An average tart cherry tree has about 7,000 cherries. Did you know? It takes about 250 cherries to make a cherry pie, so each tree could produce enough cherries for 28 pies!**
-  **Lettuce is the second most popular vegetable in the United States.**
-  **More tomatoes are consumed than any other kind of fruit or vegetable in the United States⁵!**
-  **There are more than 7,000 varieties of apples grown in the world.**
-  **The apples from one tree can fill 20 boxes every year.**
-  **Interested in food from around the world? Check out this website:**
<http://www.factmonster.com/ipka/A0768663.html>

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Water	Bees	Animals	Food	People
<p>The amount of water needed by a vegetable garden, or any plant, depends on factors such as: the climate and the evaporation of water (water from the ground going back to the atmosphere) ¹.</p> <p>In addition to water your veggie garden will need: mulch (protective cover placed over the soil), to be weeded, as well as fertilized¹.</p>	<p>Gardens grow more food when bees are there to pollinate.</p>	<p>There are various plants and trees that produce fruit.</p> <p style="text-align: center;"></p> <p>Horses enjoy eating apples as a treat.</p> <p>Birds and insects will also eat fruit.</p> <p>Some animals also eat the seeds from a plant or fruit.</p> <p>For example: cows, squirrels, and birds eat the seeds from a plant or fruit.</p>	<p style="text-align: center;">APPLES</p> <p>Two-thirds of the fiber and lots of antioxidants are found in the peel. Antioxidants help to reduce damage to cells, which can trigger some diseases².</p> <p style="text-align: center;">WATERMELON</p> <p>Vitamin A found in watermelon is important for optimal eye health.</p> <p>Vitamin B6 found in watermelon is used by the body to manufacture brain chemicals</p> <p>Vitamin C and Potassium (a mineral necessary for water balance and found inside of every cell) ³.</p> <p style="text-align: center;">ASPARAGUS</p> <p>is a vegetable. 5 medium spears of asparagus count as one serving for your 5 servings of fruit and veggies⁴.</p>	<p style="text-align: center;">Did you know?</p> <p>The average person eats 33 pounds of bananas a year⁵!</p> <p style="text-align: center;"></p> <p>To help your body fight infection, as well as to have healthy skin and hair you need vitamin A⁶.</p> <p style="text-align: center;"></p> <p>Carrots are a good source of vitamin A⁶.</p> <p style="text-align: center;"></p> <p>Kiwi fruit has the highest level of vitamin C-almost twice that of an orange⁷.</p>