



# Louisiana Harvest of the Month Coloring Book



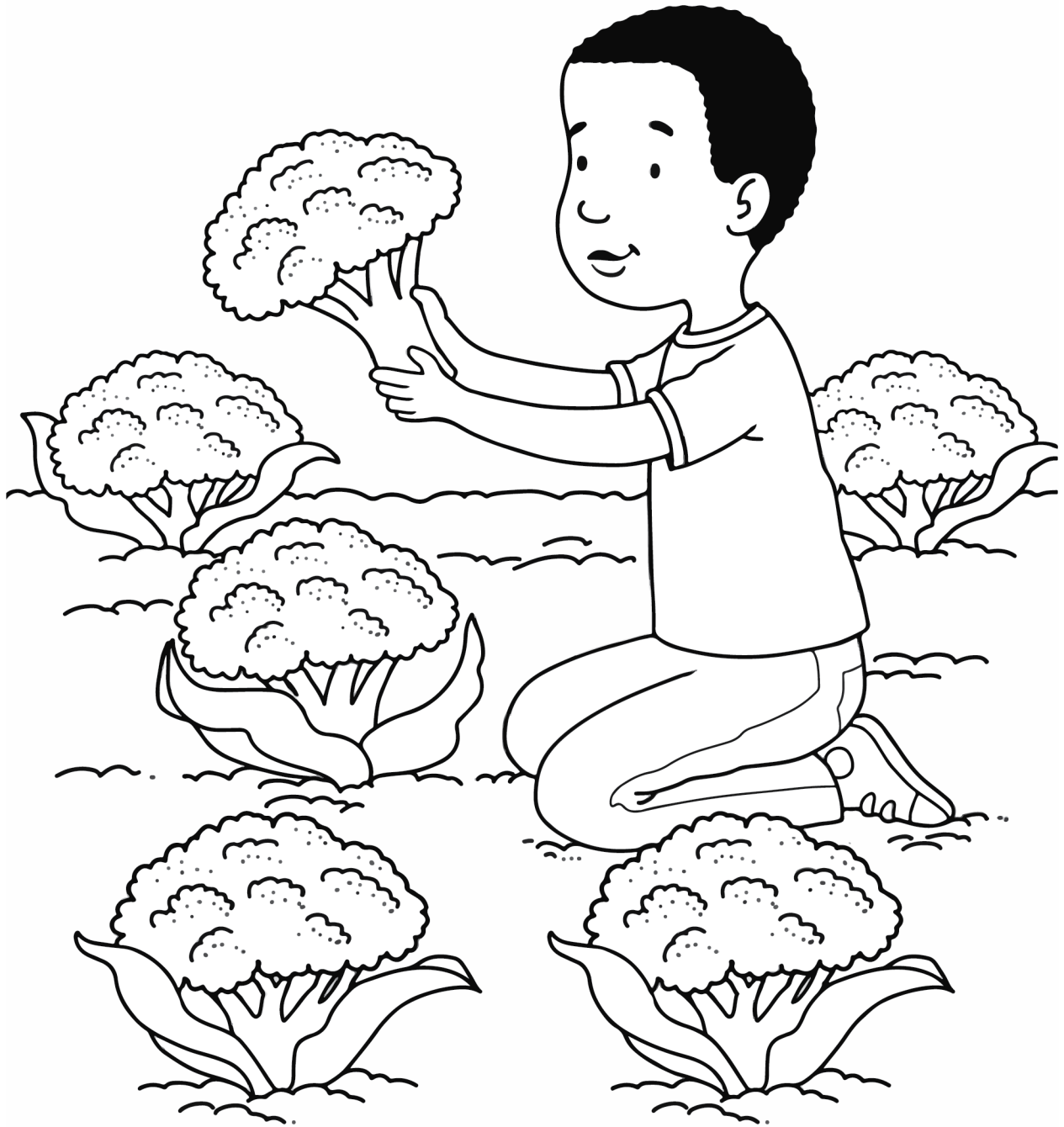
# Blueberries



Did you know?

The pale, powderlike protective coating on blueberry skin is called bloom.

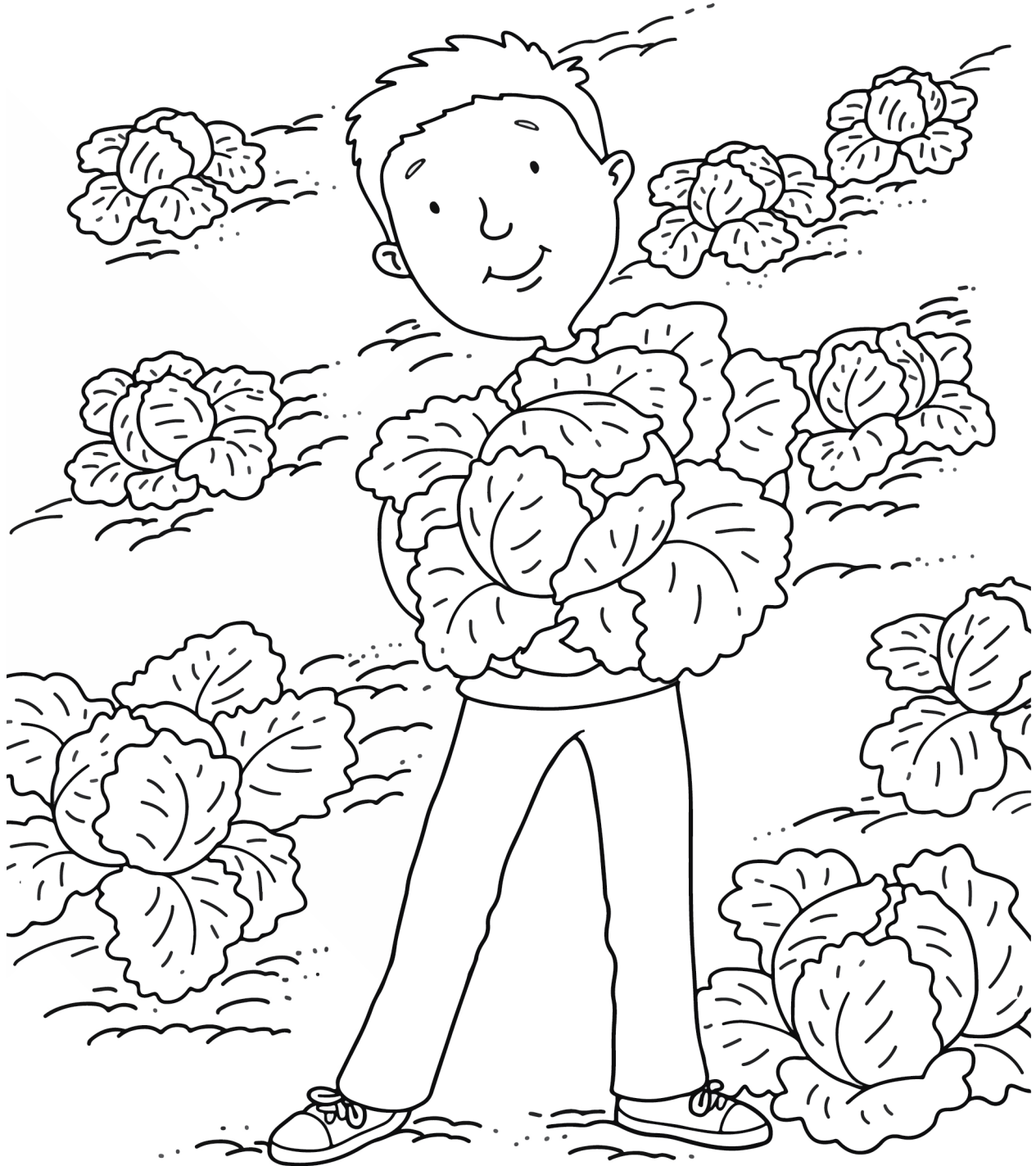
# Broccoli



Did you know?

Over 30,000 plants of broccoli can grow on one acre of land.

# Cabbage



Did you know?

Almost half of all cabbage produced in the United States is used to make coleslaw.

# Catfish



Did you know?

There are about 3,000 different species of catfish. Catfish species found in Louisiana include flathead, bullhead, blue, and channel.

# Citrus



Did you know?

One large orange provides more than 100% of the recommended daily intake for vitamin C.

# Cucumbers



Did you know?

Cucumbers have many types, shapes, textures and colors, including orange, yellow, green and white.

# Eggplant



Did you know?

Eggplants don't need to be peeled. The skin of the eggplant contains its most powerful nutrients, antioxidants!

# Greens



Did you know?

Adding a handful of greens to your favorite smoothie will provide extra nutrients without changing the flavor.

# Greens



Did you know?

Collards are one of the oldest leafy greens within the cabbage family. They were grown by the ancient Greeks and Romans.

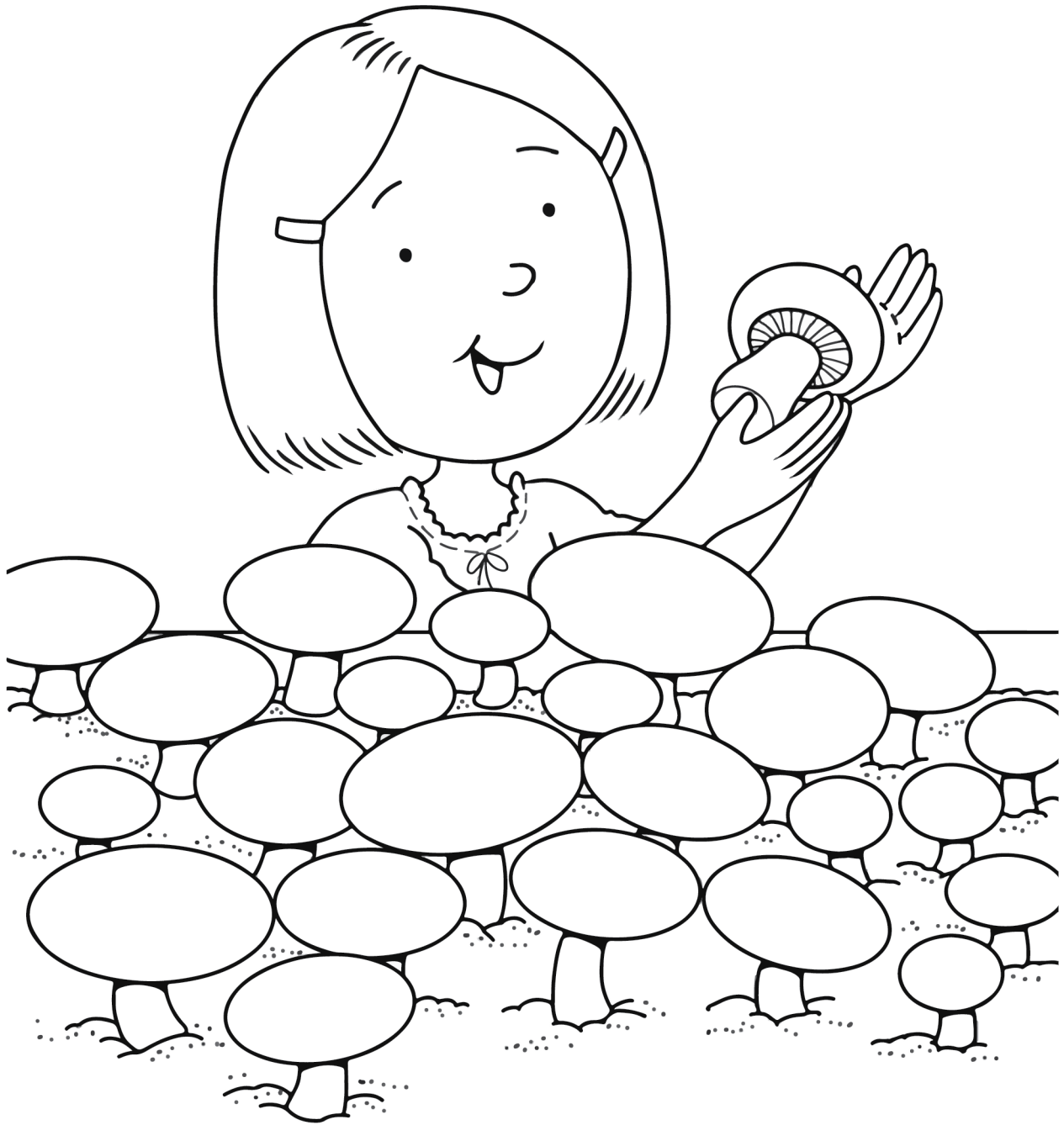
# Lettuce



Did you know?

Americans love lettuce! On average, each of us eats about 30 pounds of lettuce a year.

# Mushrooms



Did you know?

Mushrooms are neither plants nor animals. They are classified as fungi.

# Peppers



Did you know?

Green bell peppers are just the first stage of ripeness! They turn red, orange, yellow, purple and even brown, and they get sweeter as they ripen.

# Rice



Did you know?

More than half of the world's population depends on rice as their main source of calories.

# Shrimp



Did you know?

Shrimp can live in both fresh and saltwater and survive on a diet of algae, plankton, and other small plant and animal matter.

# Strawberries



Did you know?

On average, Americans eat more than three pounds of fresh strawberries each year, plus nearly two additional pounds of frozen strawberries.

# Summer Squash



Did you know?

Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir fry recipes.

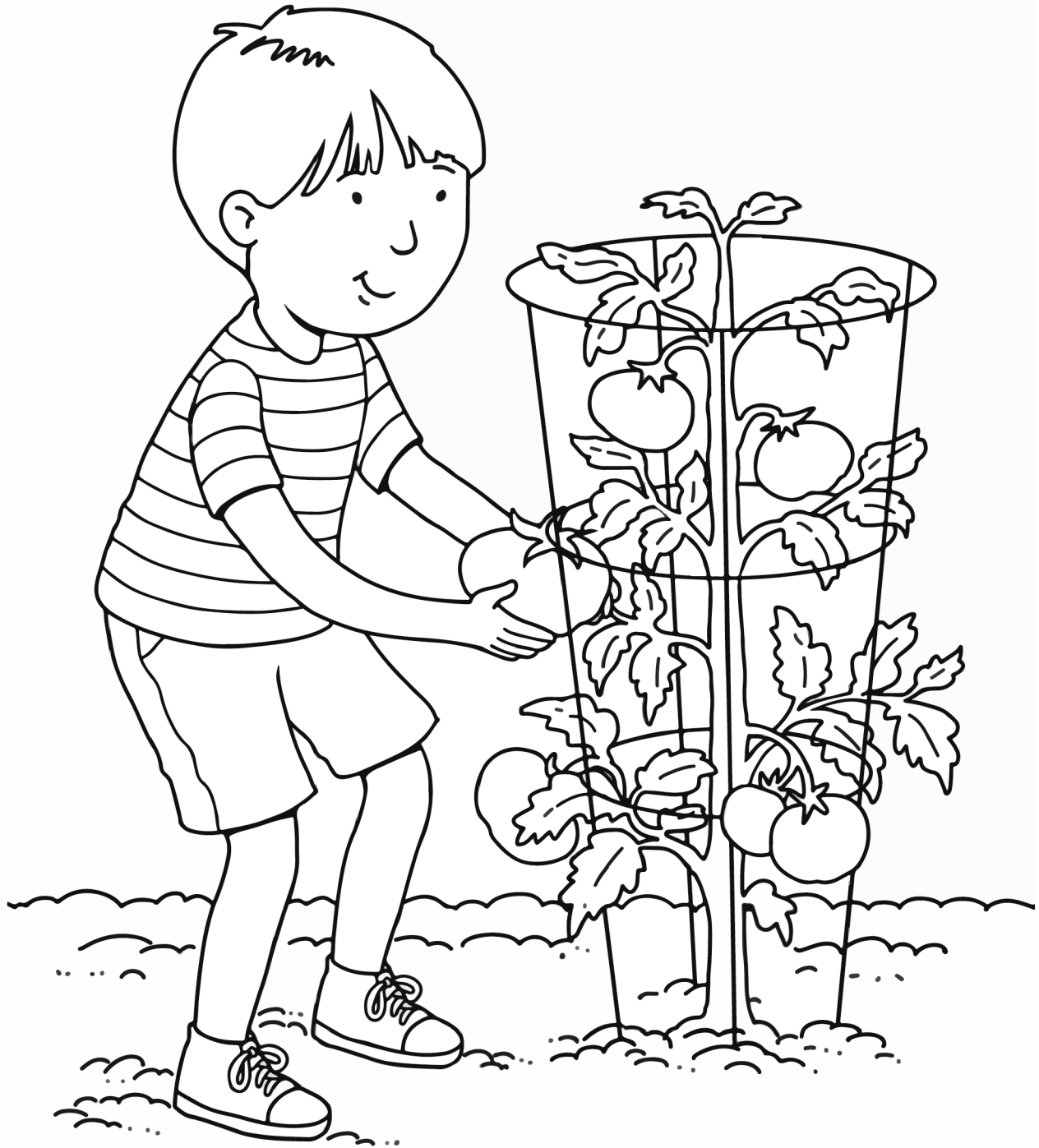
# Sweet Potatoes



Did you know?

Sweet potatoes are not the same as yams, which are starchier and drier than sweet potatoes. Sweet potatoes are native to Central or South America.

# Tomatoes



Did you know?

Tomatoes are the most popular home garden crop.

# Watermelon



Did you know?

Every part of the watermelon fruit is edible; the seeds can be roasted, and the rinds can be stir-fried, stewed or pickled.

# Winter Squash



Did you know?

Roasted winter squash seeds are a crunchy snack.





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