

January Harvest of the Month Sweet Potato



Illustration by Katherine McGrath, Charlottesville City Public Schools



Try Sweet Potatoes at Home!

Health and Nutrition

Sweet potatoes have a lot of health benefits!
They have:

Vitamin A – which makes your eyes strong.

Vitamin C – to help your immune system fight
to keep you healthy.

Potassium – to help your heart and muscles
work better.

Did YOU Know

George Washington Carver,
a famous scientist, developed
118 products from
sweet potatoes including glue for
postage stamps and starch for
sizing cotton fabrics.

Reading Together

Check out
our featured book:
Sweet Potato Pie
by Kathleen D. Lindsey



February Harvest of the Month Butternut Squash



Illustration by Helen Buzzoni, Charlottesville City Public Schools




Try Butternut Squash at Home!

Health and Nutrition

Butternut Squash is Fat-Free, Cholesterol-Free, Sodium-Free and a good source of Fiber.

Butternut Squash even has more Potassium than Bananas!

They also are a source for vitamins and minerals like Vitamin A, Vitamin C, Calcium, Iron, and Magnesium.

Did YOU Know 

Butternut squash seeds can be eaten as a nutritious snack food, just like pumpkin seeds.

Reading Together
Check out our featured book:
Sophie's Squash
by Pat Zietlow Miller
& Anne Wilsdorf



March Harvest of the Month Kale



Illustration by Whitney McDermott, City Schoolyard Garden, Charlottesville City Public Schools



Try Kale at Home!

Health and Nutrition

Kale is one of the most nutrient-packed foods on the planet!

The leaves of kale are edible and provide an excellent source of: Vitamin A, Vitamin C, Vitamin K, Calcium and Iron.

In addition to these beneficial nutrients, kale is rich in antioxidants, which have been shown to have anti-cancer and anti-inflammatory effects on the body.

Did YOU Know

Kale is in the Brassica family and its Latin name means 'cabbage of the vegetable garden without a head.' There are many varieties. Red Russian kale is the most tender, while Lacinato (or Dinosaur) kale feels almost like plastic between your fingers!

Reading Together
Check out
our featured book:
*Captain Kale and the
Superfoods*
by Amy Roth



April Harvest of the Month Lettuce



Illustration by Tiona Burroughs, Richmond City Public Schools



Try Lettuce at Home!

Health and Nutrition

Lettuce has no fat and is a source of Vitamin A, potassium and fiber. The spine and ribs of lettuce provide dietary fiber while vitamins and minerals are concentrated in the delicate leaf portion.

The darker the leaf, the more nutrients it has! Red leaf and Romaine lettuces are nutrient-dense choices.

Did YOU Know

Lettuce started out as a weed in the Mediterranean and is now the second most popular fresh vegetable in the United States (behind potatoes).



Reading Together

Check out
our featured book:
*Lettuce Grows on the
Ground* by Mari Schuh



May Harvest of the Month Strawberries



Illustration by Whitney McDermott, City Schoolyard Garden, Charlottesville




Try Strawberries at Home!

Health and Nutrition

Strawberries are not only delicious, but a fantastic source of Vitamin A, Vitamin C, Vitamin E, Manganese, and Potassium.

One cup of strawberries contains over 100% of your recommended intake of Vitamin C! Vitamin C helps your body fight off infections and can help increase the absorption of iron from foods.

Did YOU Know 

The average strawberry has 200 seeds coating the outside of it!

Reading Together
Check out our featured book:
The First Strawberries
by Joseph Bruchac



June Harvest of the Month Cucumbers




Illustration by Emmanuel Quezada-Romero, Charlottesville City Public Schools

Try Cucumbers at Home!

Health and Nutrition

Cucumbers are low in fat, sodium and calories. One half cup of sliced cucumbers has just 8 calories. The skin of the cucumber is a great source of dietary fiber too.

Cucumbers also contain:
Vitamin C, Vitamin K, Potassium, Chlorophyll,
Vitamin A, Magnesium and Phosphorus.

Did YOU Know 

If you're feeling tired in the afternoon, grab a cucumber! There are enough carbohydrates and B vitamins to give you a long-lasting and healthy boost of energy.



Reading Together
Check out
our featured book:
Phil Pickle
by Kenny Herzog



July Harvest of the Month Zucchini



Illustration by Ariela Milstein, Charlottesville City Public Schools




Try Zucchini at Home!

Health and Nutrition

Due to its high water content, zucchini is low in calories, carbs and sugars. It is also a good source of dietary fiber.

Zucchini is high in essential nutrients and antioxidants like: Potassium, Manganese, Vitamin C, and Vitamin A.

Did YOU Know 

Biggest is NOT the best. The most flavorful zucchinis are small to medium-sized and the darker the skin, the richer the nutrients.

Reading Together

Check out our featured book:
Carlos and the Squash Plant
by Jan Romero Stevens



August Harvest of the Month Tomato



Illustration by Lila Jaranden, Henrico County Public Schools



Try Tomatoes at Home!

Health and Nutrition

Tomatoes are low-calorie vegetables that are rich in lycopene, an antioxidant that's good for the heart and effective against certain cancers.

They are also packed with healthy vitamins and minerals, including: Vitamin A, Vitamin C, Vitamin K, Folate, Calcium, and Potassium.

Did YOU Know

Tomatoes are 93-95% water, a higher percentage of water than watermelon!



Reading Together

Check out
our feature book:
*I Will Never Not Ever
Eat a Tomato*
by Lauren Child



September

Harvest of the Month

Sweet Bell Peppers



Illustration by Katherine McGrath, Charlottesville City Public Schools

Try Sweet Bell Peppers at Home!

Health and Nutrition

Sweet bell peppers are low in calories and an excellent source of dietary fiber.

They are also packed with healthy vitamins and minerals, including: Vitamin C, Vitamin B6, Vitamin A, Folate, Molybdenum.

Compared to green bell peppers, the red ones have almost 11 times more beta-carotene and 1.5 times more Vitamin C, and they are sweeter!

Did YOU Know 

Green peppers are simply red, orange, yellow, or purple peppers that have not ripened.

Reading Together
Check out our featured book:
A Fruit is a Suitcase for Seeds
by Jean Richards



October Harvest of the Month Virginia Grown Apples



Illustration by Emily Morris, Charlottesville City Public Schools



Try Virginia Grown Apples at Home!

Health and Nutrition

Apples are low in fat and calories, and they are completely free of cholesterol. They are a good source of fiber to help your gut and they can help keep your body strong!

Apples are high in Vitamin C.

Did YOU Know ?

Apples originated in Kazakhstan in Central Asia. Winesap, Gingergold, and Stayman are apple varieties that grow well in Virginia.

Reading Together

Check out
our featured book:
Up Up Up!
It's Apple-Picking Time
by Jody Fickes Shapiro



November Harvest of the Month Cabbage

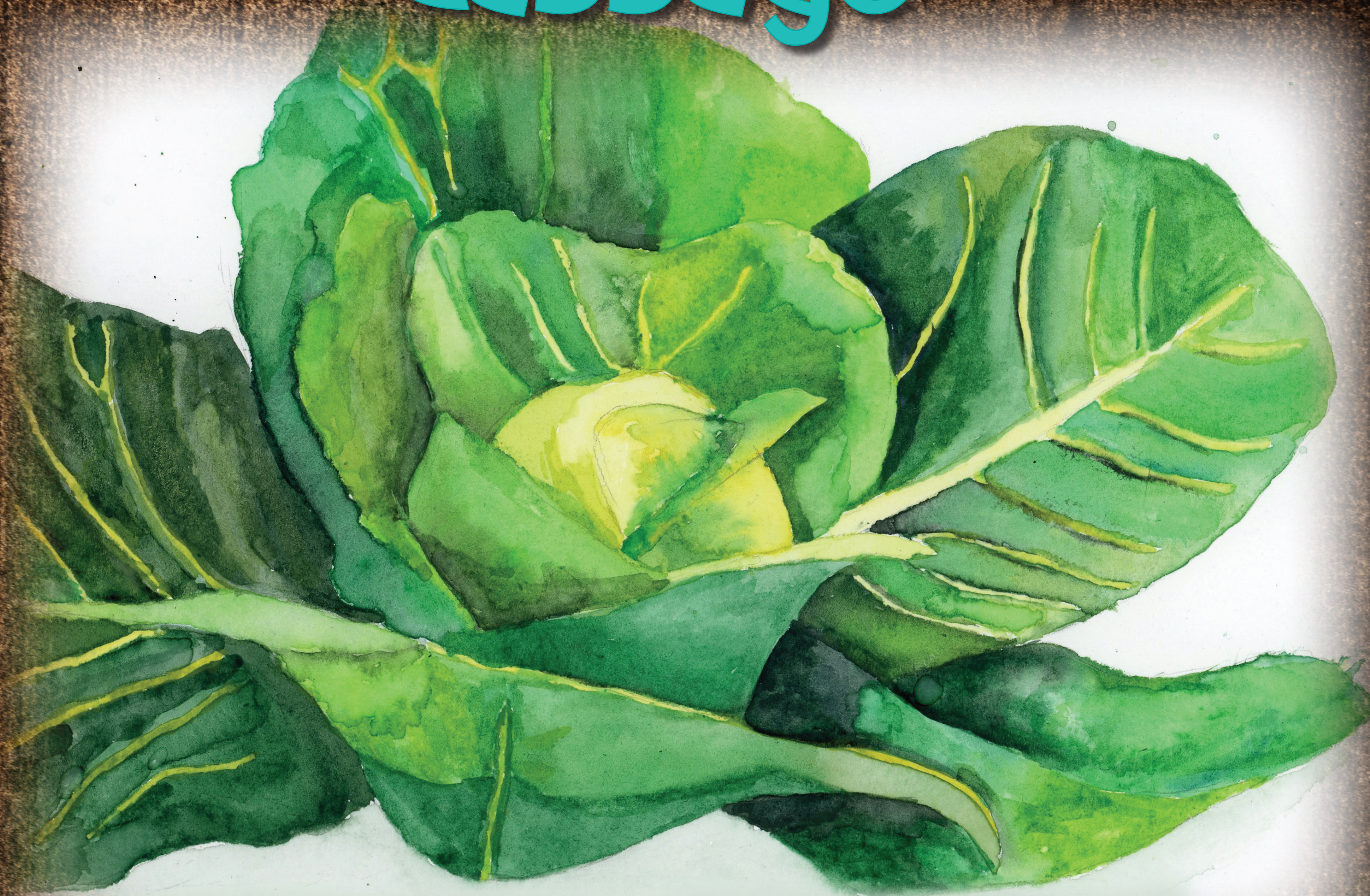


Illustration by Caroline McLellan, Charlottesville City Public Schools


Try Cabbage at Home!

Health and Nutrition

Cabbage is a good source of:
Vitamin K, Vitamin C, Fiber, Electrolytes and minerals.

Which cabbage you choose makes a difference in its health benefits. Lightly steamed cabbage has cholesterol-lowering and high fiber benefits.

Red cabbage has high levels of vitamins. Savoy cabbage has shown unique cancer preventive properties. Raw cabbage is low in saturated fat. The take away – enjoy a variety of cabbage types several times a week.

Did YOU Know 

The heaviest cabbage ever recorded was 138.25 lbs and was grown in 2012 in Palmer, Alaska.

Reading Together

Check out our featured book:
Katie's Cabbage
by Katie Stagliano



December Harvest of the Month Spinach



Illustration by Maya Wimer, Charlottesville City Public Schools



Try Spinach at Home!

Health and Nutrition

Spinach is low in calories and has a substantial amount of dietary fiber.

One cup of spinach contains 181% of daily Vitamin K, 56% of daily Vitamin A, 15% of daily folate, and 14% of daily Vitamin C recommendations. It also contains: Riboflavin, Vitamin E, Vitamin B6, Manganese, Magnesium, Iron, and Potassium.

Did YOU Know ?

When choosing spinach, pick the most tender, brightest green leaves because they have the highest concentration of Vitamin C.

Reading Together
Check out
our featured book:
Sylvia's Spinach
by Katherine Pryor

