

# VEGGIES ON BOARD!

Today \_\_\_\_\_, we harvested each of the circled/highlighted vegetables below from our schoolyard garden:  
(date)

Basil	Lunchbox Peppers	Arugula	Kale
Bell Peppers	Okra	Beets	Lettuce
Cucumbers	Sweet Potatoes	Broccoli	Mustard Greens
Garlic	Tomatoes	Bulb Onions	Radishes
Green Beans	Yellow Squash	Cabbage	Spinach
Jalepeno Peppers	Zucchini	Carrots	Spring Potatoes
		Collards	Sugar Snap Peas
		Cilantro	Swiss Chard
		Green Onions	

## Tips and tricks for enjoying these veggies:

- Store produce unwashed to delay mold development
  - Wash produce before eating
  - **Store at room temperature** - basil (in water), bulb onions\*, cucumbers, garlic\*, peppers, spring potatoes\*, sweet potatoes\* and tomatoes
  - **Store in the refrigerator** - beets, broccoli, cabbage, carrots, cilantro, green onions, leafy greens, sugar snap peas, yellow squash and zucchini
  - Store all cut produce in the refrigerator in an air tight container
- \* store bulb onions, garlic, spring potatoes, and sweet potatoes in a well ventilated area of your kitchen*



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