

MAY 2025

the CRUNCH Club

VOL 4 MAY EDITION

SPRING TIME FOOD FUN!

Strawberries, asparagus, carrots, and cherries are all freshly in season during the spring months. When a fruit or vegetable is in season this means, they are fully grown and ready to be picked and eaten. All fruits and vegetables have special growing seasons.

Have you ever spotted in season fruits and vegetables in the grocery store?

MIX & MATCH!

Match the in-season fruit & vegetables to their photo.

Strawberries

Asparagus

Carrots

Cherry

Onion

Peas



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WHEN IS THE RIGHT TIME FOR PICKING?

- *Strawberries grow from the flower of a plant. When they are ready to pick, they turn bright red and come off the flower easily.*
- *Asparagus is a long, skinny vegetable that grows straight up from the ground. It's ready to pick when it's about 6 to 10 inches tall. You need to cut it with a knife or garden scissors.*
- *Peas grow inside green pods on a vine. They are ready to pick when the pods look fat and are about 3 inches long. The best time to pick peas is in the morning when they are crisp*
- *What recipe can you make with spring time fruits and vegetables?*

DRAW YOUR OWN COOKOUT!

Memorial Day (May 26th) Is The Unofficial Start Of "Hot Dog Eating Season," Summer Grilling & BBQ Season In The United States. Draw A Picture Of Your Favorite Cookout And BBQ Foods! Do You Like Hamburgers, Grilled Chicken Or Grilled Corn On The Cob?



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