

# Vegetables

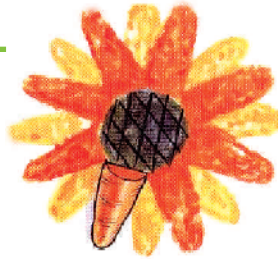
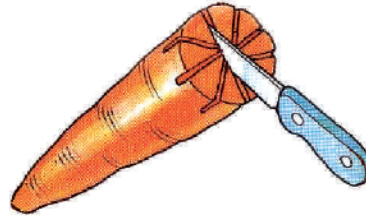
... they're not just for eating anymore!

## Veggie Flower Printing

Here's an art project for you and the kids to do this summer using supplies from your own garden.

### What to do:

- Cover the table or work area with newspaper.
- Prepare the veggies ahead of time (see suggestions below).
- Firm veggies work best.
- Paint the end of the vegetable with a brush.
- Carefully stamp it onto your art surface (thick paper, cardboard, canvas or t-shirts).
- Let dry completely.

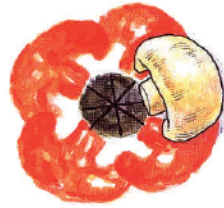


### Carrots

- Cut the top off the carrot with one clean slice, then carve cross lines in the end to make a design for the center of your flower.
- OR ... For a petal, cut a baby carrot in half lengthwise and stick a toothpick in it to make a handle.

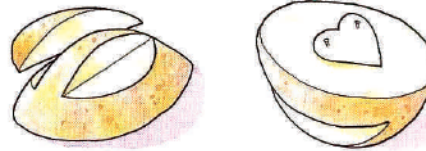
### Mushrooms

- Cut them in half lengthwise to make petals, use mushrooms big enough that you can hold on to the rounded half.
- OR ... Just cut the very top off the rounded head to make a flat round stamp with the stem for a handle.



### Potatoes

- Cut them in half then carve designs into the flat side.
- It's a good idea to cut a handle into the rounded side to have something to hold on to.



## Did You Know?

Carrots are more nutritious when eaten cooked than eaten raw (except when juiced). Cooking dissolves cellulose-thickened cell walls, freeing up nutrients by breaking down the cell membranes.



Mushrooms are not a true vegetable in the sense that they do not have any leaves, roots, or seeds, and really do not need any light to grow. So what exactly is a mushroom? It is a fungus, which grows in the dark, and creates more mushrooms by releasing spores.



Captain Nathaniel Butler, governor of Bermuda, sent a cargo of potatoes to Francis Wyatt, governor of Virginia in 1621. This is the first time potatoes arrived in North America. "French Fries" were introduced to America when Thomas Jefferson served them at a White House dinner.

