

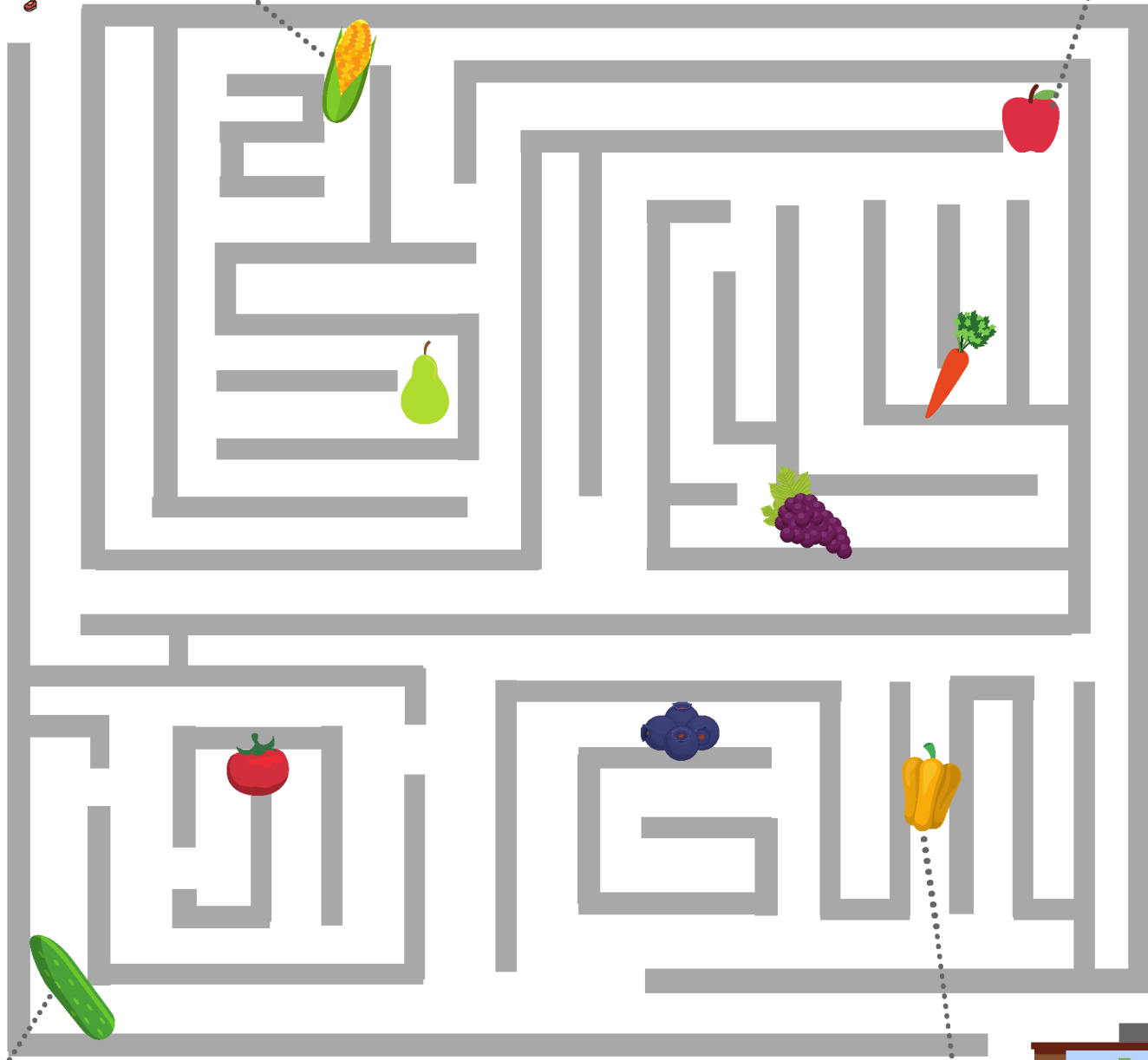
# FARMERS' MARKET FRENZY

Help Sarah and Jake collect **ALL** the fruits and vegetables in the maze **BEFORE** heading to the checkout table at the farmers' market.



**Fun Fact:** Corn is a 100% whole grain.

**Fun Fact:** Apples contain no fat, sodium or cholesterol and are a good source of fiber.



**Fun Fact:** In addition to being a healthy snack, cucumbers can also erase pen marks. Slowly rub the peel against the marks on paper and watch them disappear.

**Fun Fact:** The bell pepper tops the list of foods with the highest levels of Vitamin C. (They even beat oranges!)



## What are specialty crops?

According to USDA, specialty crops are fruits and vegetables, tree nuts, dried fruits and horticulture and nursery crops, including floriculture.

With more than 95 farmers' markets across Kansas, there are plenty of opportunities to purchase specialty crops while supporting the local community.



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