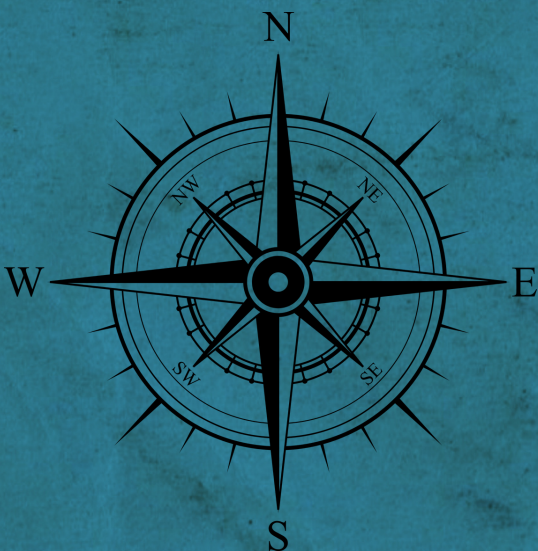




FRUITS AND VEGGIE PASSPORT



Papaya



Where its from:

Mexico and Central America

Nutrient and Flavor profile:

Papayas are sweet soft fruits that are grown on trees in tropical areas that have plenty of rainfall. They are high in vitamin A, vitamin C, vitamin E, antioxidants, and fiber.

Pairs great with/in:

Yogurt, berries, and sometimes used in making salsa

Starfruit

Where its from:
Southern Asia

Nutrient and Flavor profile:

Starfruits are grown on trees that can get up to 20 or 30 feet tall and when they are fully ripened starfruits are crisp and sweet in taste. These fruits are a great source of vitamin C, vitamin A, potassium, and phosphorus.

Pairs great with/in:

Goes great in smoothies, fruit salads, and sometimes with savory dishes.



Kumquats



Where its from:
Eastern China

Nutrient and Flavor profile:

Kumquats are a citrus fruit with a sweet-tart flavor with an edible skin that grows on a tree. Rich in vitamin C and adequate levels of vitamins A, C, and E. Also a good source of copper, potassium, iron, selenium, folates, and manganese.

Pairs great with/in:

Peeled pairs well with chocolate, salads, and other fruits

Dragonfruit



Where its from:

Southern Mexico and along the Pacific coast of other countries which are Costa Rica, El Salvador, and Guatemala

Nutrient and Flavor profile:

Dragonfruits have a subtly sweet flavor with a hint of sourness. They are grown on climbing cacti that have stems that reach about 6 meters in length. Dragonfruits are rich in phytonutrients, antioxidants, vitamin C, carotene, fiber, omega-3 and -6 fatty acids.

Pairs great with/in:

Smoothies, fruit salads, seafood, and frozen desserts

Guava

Where its from:

Southern Mexico, Central America, and the Caribbean

Nutrient and Flavor profile:

Guava is oval fruit that is sweet in taste with edible seeds. They are grown on trees in tropical areas. These fruits are rich in antioxidants, vitamin C, potassium, and fiber.

Pairs great with/in:

Other fruits such as mangoes, papayas, and coconut



Pomegranate

Where its from:

Iran to the Himalayas in Northern India

Nutrient and Flavor profile:

Pomegranates are sweet juicy ruby-red seeded fruits that are grown on trees. They are rich in nutrients such as vitamin C, copper, fiber, potassium, magnesium, calcium, and phosphorus.

Pairs great with/in:

Fruit salad, salads, savory dishes and other fruits such as apples and dragonfruit



Jicama

Where its from:
Mexico

Nutrient and Flavor profile:

Jicama is a root vegetable that has a similar taste to apples but is not as sweet. This vegetable grows on a vine that is about 20 feet long. Jicama is a good source of fiber, vitamin C, protein, fiber, and potassium.

Pairs great with/in:

Seafood, coleslaw, acidic fruits, and savory dishes



Okra

Where its from:

West Africa, Ethiopia, Southeast Asia and South Asia

Nutrient and Flavor profile:

Okras are vegetables that are grown on trees that have a slimy texture with a sweet-grassy flavor. This vegetable is a good source of vitamin C, potassium vitamin K, calcium, fiber, antioxidants, copper, iron, niacin, and phosphorus.

Pairs great with/in:

Soups, stews, and gumbo



Rhubarb

Where its from:
Southern Siberia

Nutrient and Flavor profile:

Rhubarb is a red-colored vegetable with an extremely tart flavor where the stalks of the plant are the only edible part. This vegetable that is a good source of vitamin K, vitamin A, vitamin C, folate, magnesium, potassium, calcium, and manganese.

Pairs great with/in:

Pies, juices, salads, and makes a great ice cream



Cauliflower

Where its from:
Cyprus

Nutrient and Flavor profile:

Cauliflower is a plant that grows in the ground as a shrub/flower. This vegetable has a nutty and almost sweet flavor. Cauliflower is a good source of vitamin C, fiber, vitamin K, vitamin B6, folate, potassium, magnesium, and phosphorus.

Pairs great with/in:

Savory dishes such as stir-frys, curries, soups, and sauces



Zucchini



Where its from:

Central America and Mexico

Nutrient and Flavor profile:

Zucchini is a summer squash with a sweet flavor that gives a nutty undertone and has a firm texture. This vegetable is grown on a vine. This vegetable is a great source of vitamin A, manganese, vitamin C, potassium, magnesium, iron, calcium, zinc, and vitamin B.

Pairs great with/in:

Salsas, casserole, rice bowls, and other savory dishes

Sugar Snap Peas



Where its from:

West Africa, Ethiopia, Southeast Asia and South Asia

Nutrient and Flavor profile:

Sugar snap peas are a legume that is grown on trees and has a sweet fresh taste with a firm texture. This vegetable is a good source of fiber, vitamin C, vitamin A, vitamin K, iron, calcium, potassium, and folate.

Pairs great with/in:

Stir-frys, stews, salads, casseroles and pasta



alfalfa	beans	clover	eggplants	hops	melons	pears	rice	sunflower
almonds	blueberries	cocoa beans	faba beans	kiwi	millets	peas	rye	sweet potatoes
apples	cabbages	coconuts	figs	leeks	oats	pigeonpeas	sesame	taro
apricots	carrots	coffee	garlic	lemons and limes	olives	pineapples	sorghum	tea
artichokes	cassava	cottonseed oil	ginger	lentils	onions	plums	soyabean	tomatoes
asparagus	cherries	cowpeas	grapefruit	lettuce	oranges	potatoes	spinach	vanilla
avocados	chickpeas	cranberries	grapes	maize	palm oil	pumpkins	strawberries	watermelons
bananas and plantains	chillies and peppers	cucumbers	groundnut	mangoes	papayas	quinoa	sugar beet	wheat
barley	cinnamon	dates	hazelnuts	mate	peaches and	rape and	sugarcane	yams