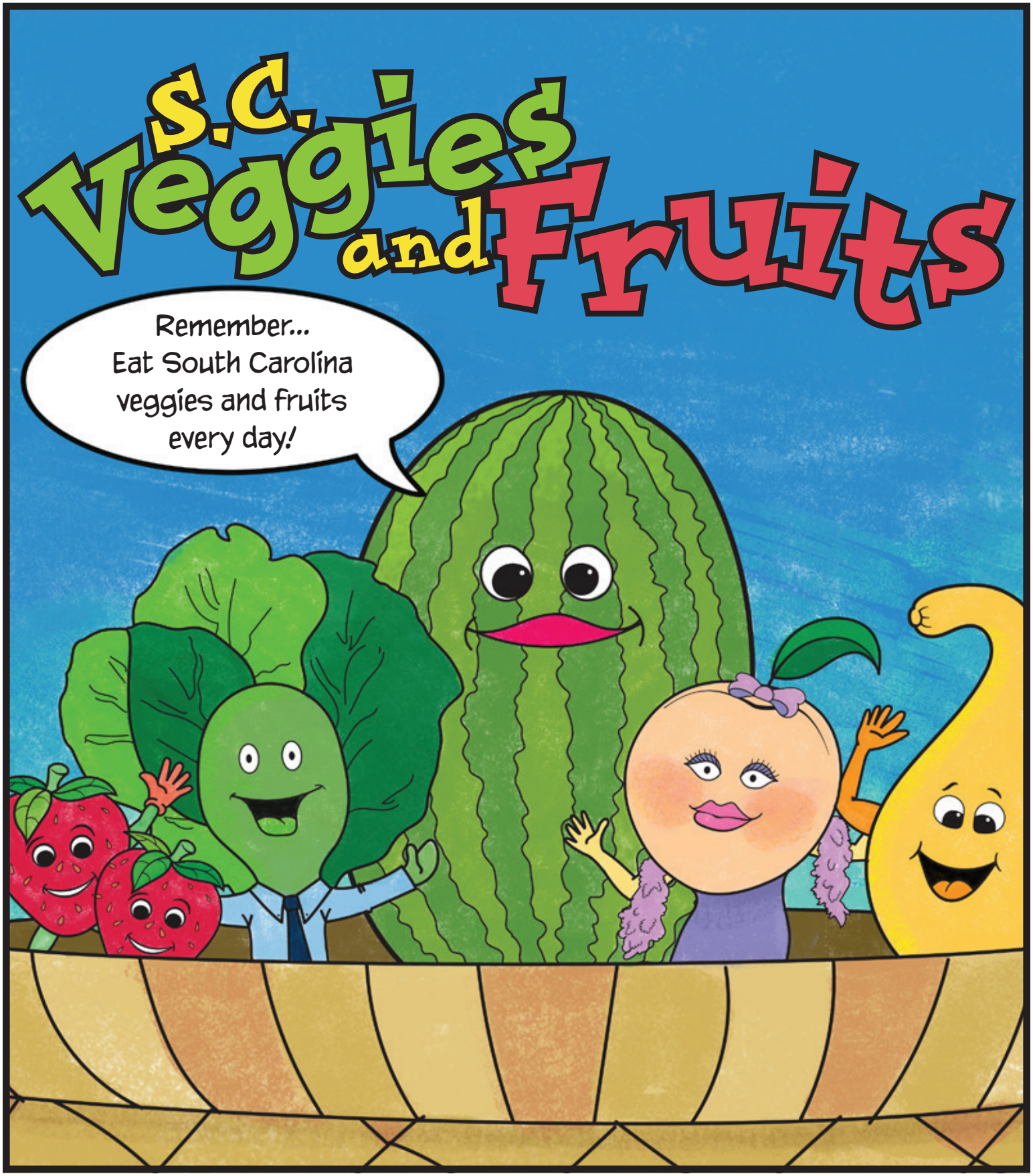
S.C. Veggies and Fruits



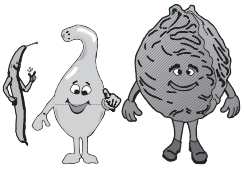
SOUTH CAROLINA
Association of Farmers Markets

CERTIFIED SC GROWN℠

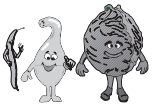
dhec
Healthy People. Healthy Communities.

fruits & veggies more matters®
fruitsandveggiesmorematters.org

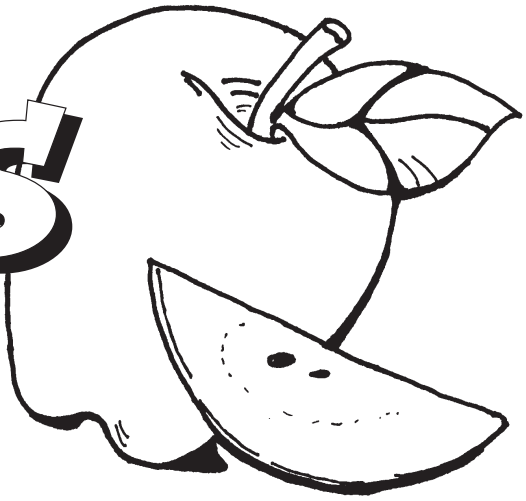
Lots of care about you and how you feel.

To keep your body healthy, you can eat 

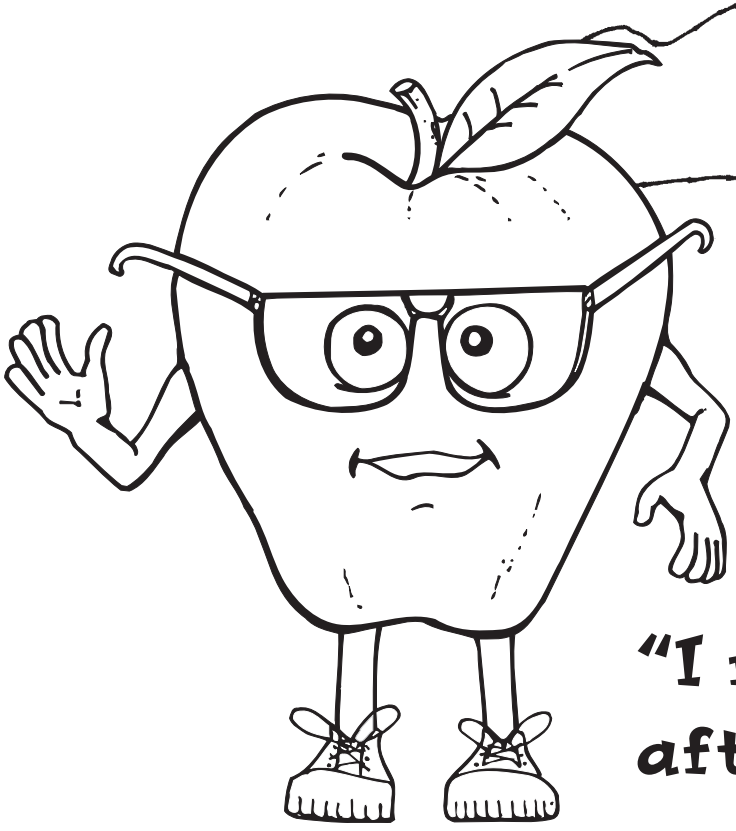
and every day.

Look for fruits & veggies more matters in the grocery store and at markets. fruits & veggies more matters tells you the food is a healthy choice. This coloring will show you the most popular  and that grow in South Carolina. Taste the ones you've never tried before, and keep eating those you like!

Apples



South Carolina apple trees grow mostly in the mountains, in orchards. An orchard is a field full of fruit trees.

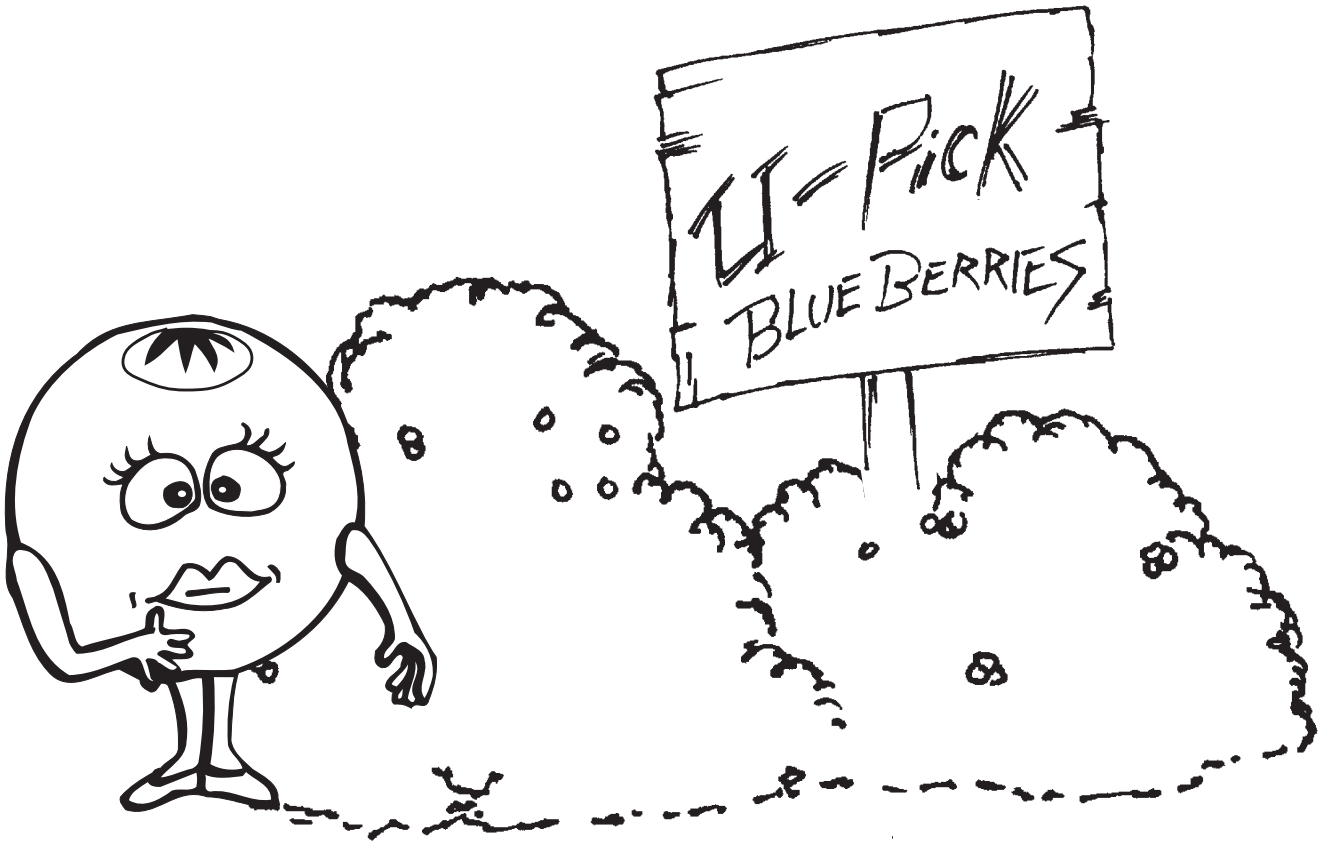


"I make a great afternoon snack!"

Blueberries

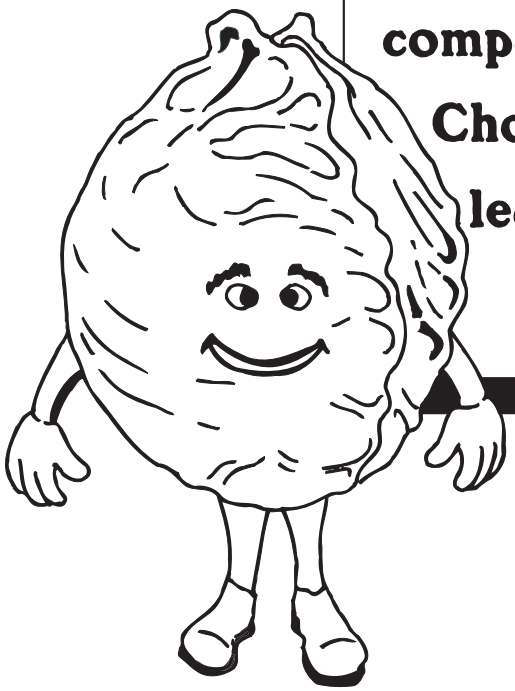
Most South Carolina blueberries are grown on "U-Pick" farms - that means you can pick the berries yourself. Blueberries grow on bushes.

"I taste great and can be eaten alone or added to yogurt, cereal, or a smoothie!"



Cabbage & Kale

Eating more of these protects your health and taste good, too. Cabbage grows in a round head and kale grows in a bunch. Choose cabbage with compact leaves and heavy for its size. Choose kale with dark colored leaves for the most health benefits.



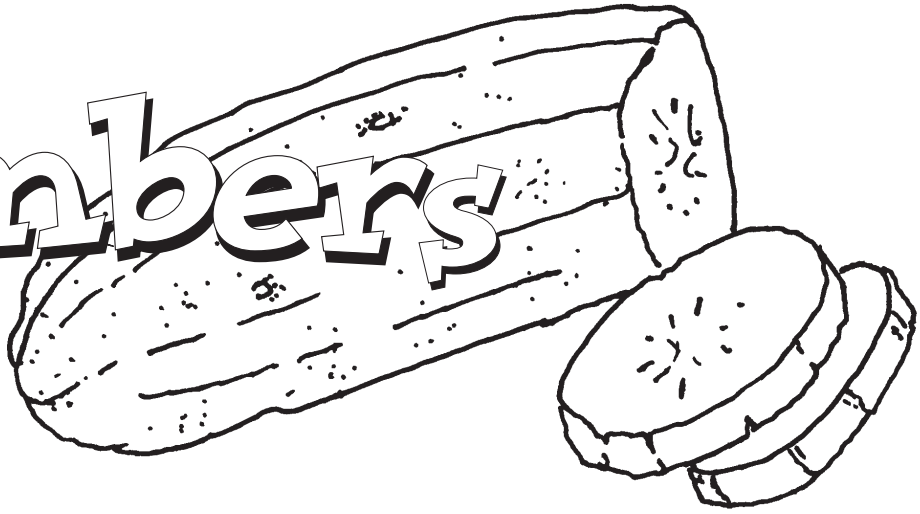
"We are cousins in the same vegetable family!"

Collard Greens

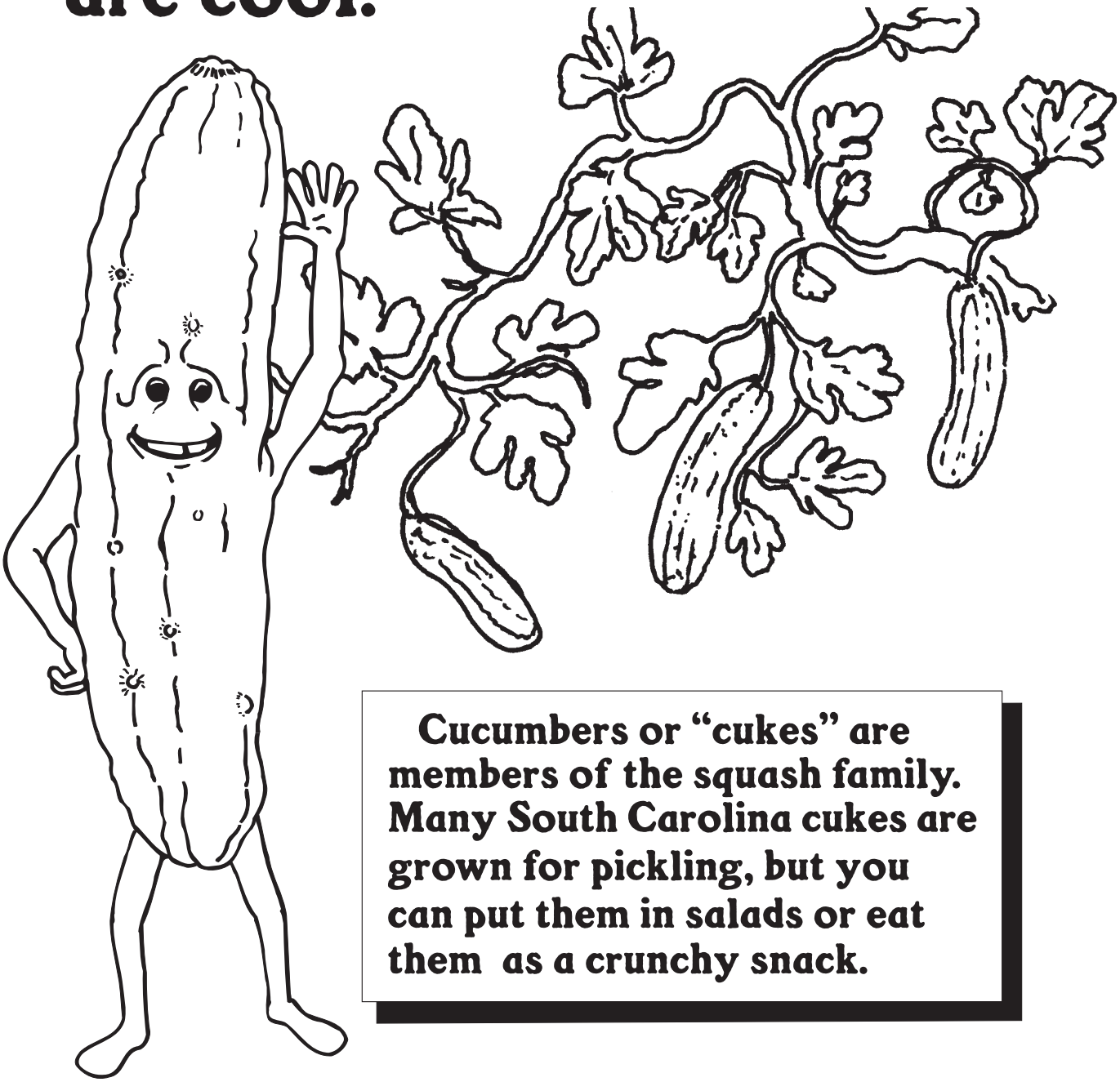
Collard greens are grown in every county in South Carolina and are grown year round. That means you can enjoy collards every month of the year for good health!

"I'm the official state vegetable of South Carolina!"

Cucumbers



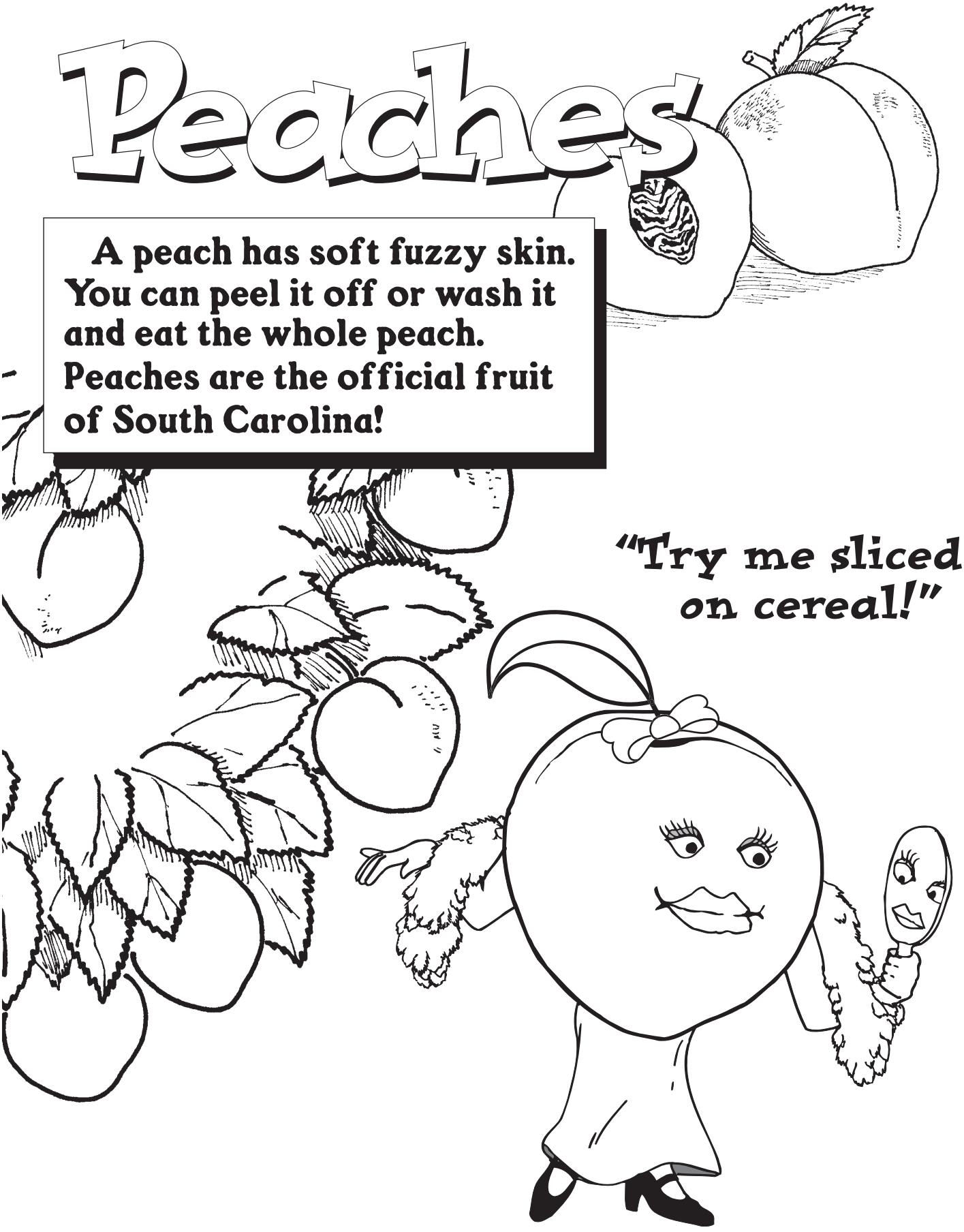
"Cukes are cool!"



Cucumbers or "cukes" are members of the squash family. Many South Carolina cukes are grown for pickling, but you can put them in salads or eat them as a crunchy snack.

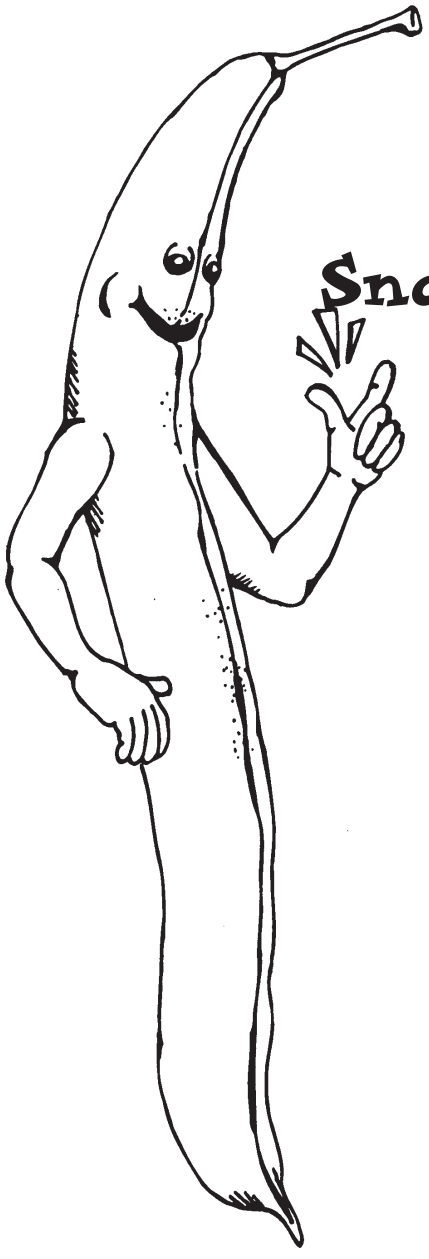
Peaches

A peach has soft fuzzy skin. You can peel it off or wash it and eat the whole peach. Peaches are the official fruit of South Carolina!



Snapbeans

"Try me!
I'm a...



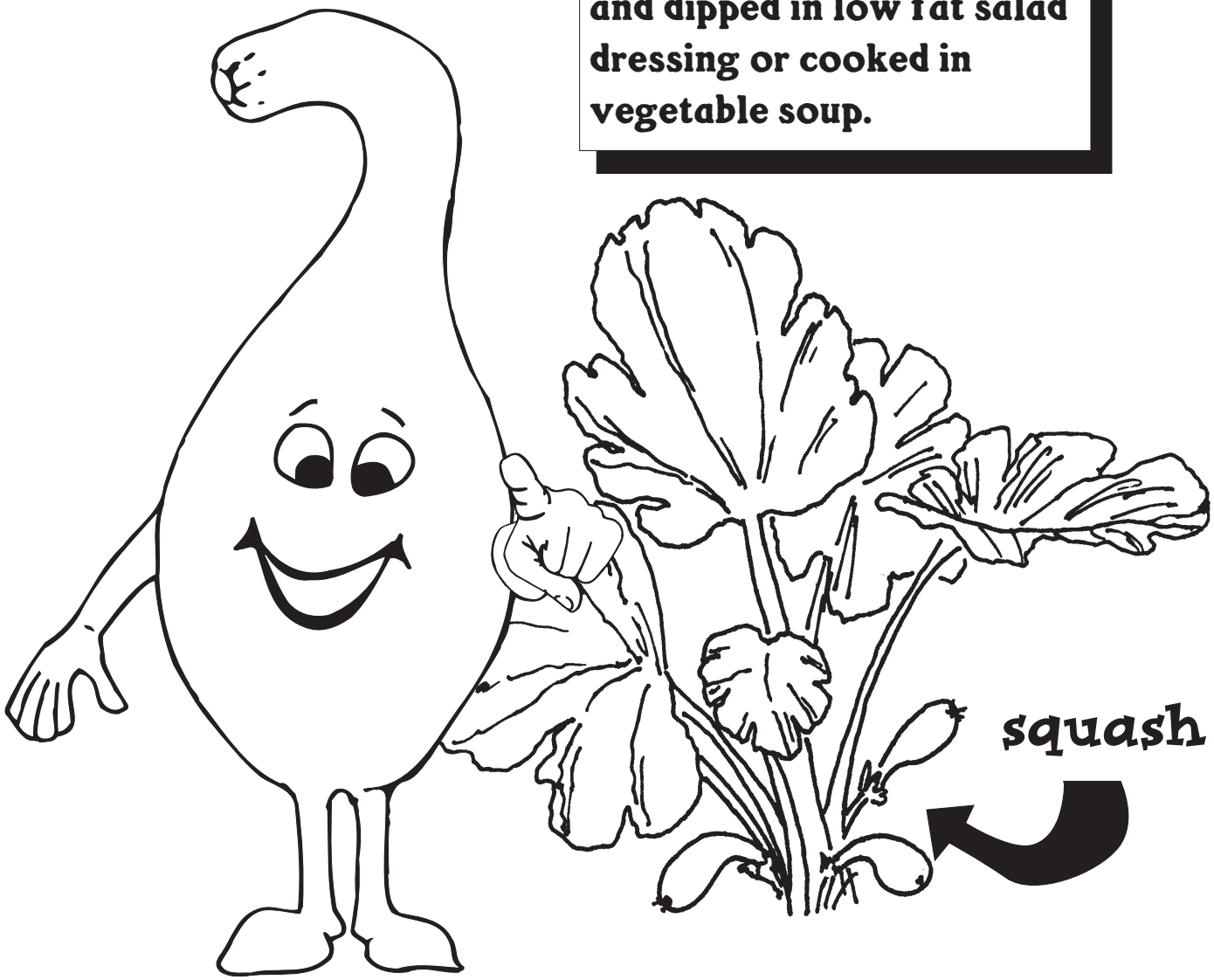
Snap!"

South Carolina snapbeans get their name from the sound they make when you break the skinny pod of the bean.

Squash

"Try me as a finger food!"

Their bright yellow color tells you squash are an extra special vegetable. Try them cut up into sticks and dipped in low fat salad dressing or cooked in vegetable soup.

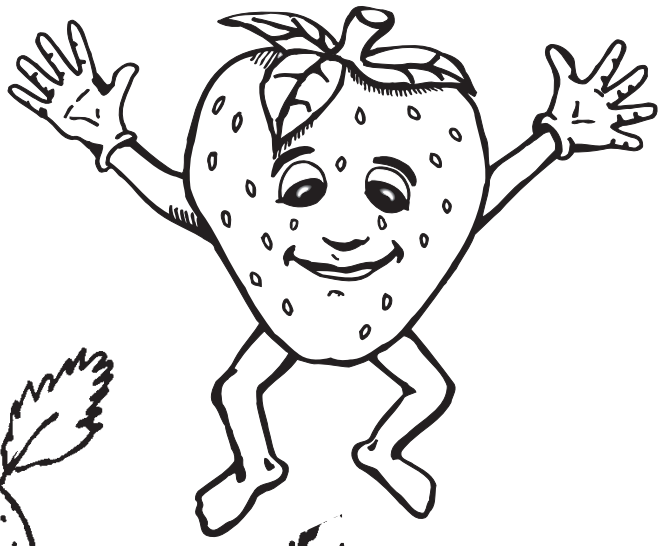


squash

Strawberries

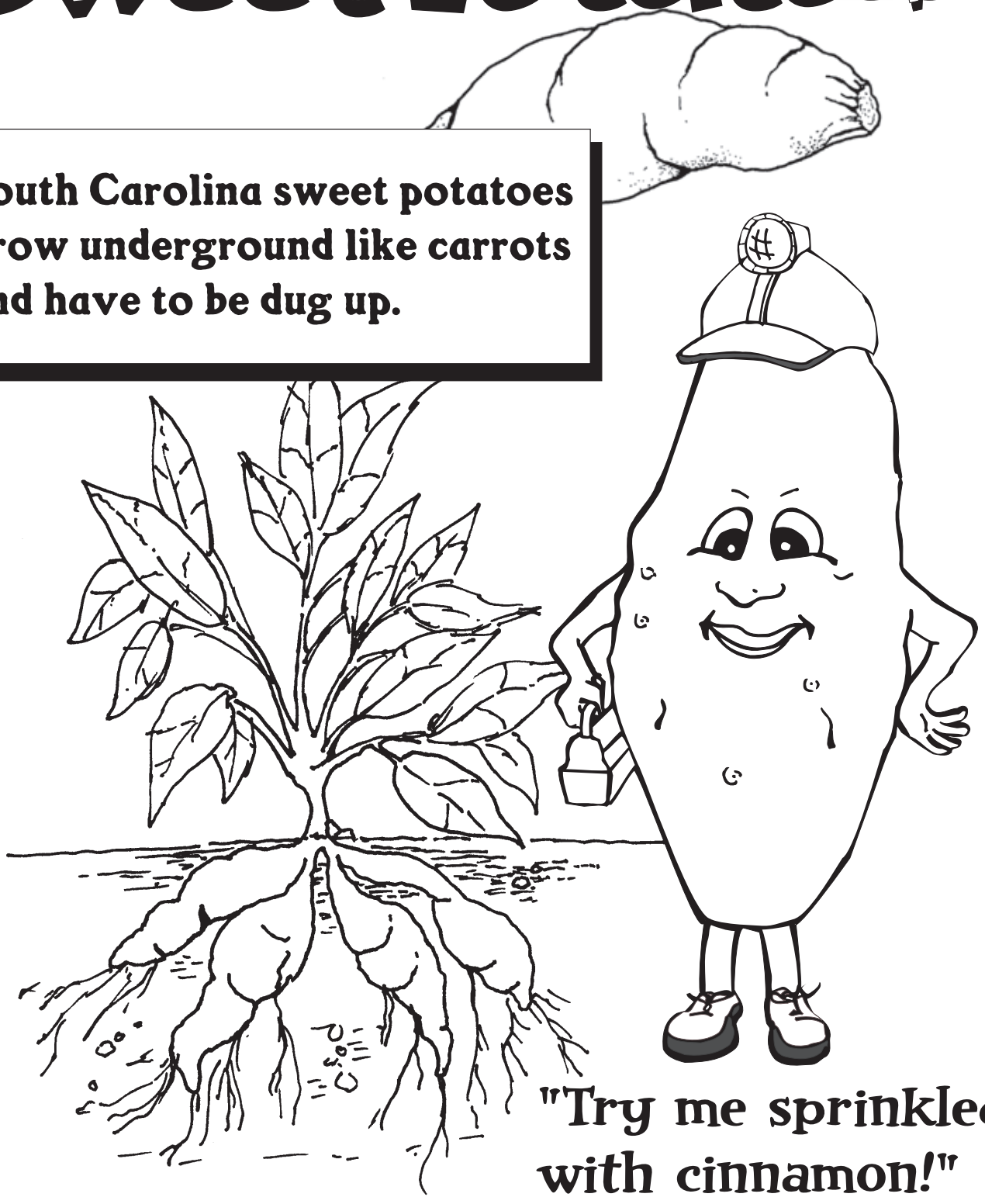
Strawberries are easy to grow and have leaves that stay green all year. Try fresh strawberries for dessert!

"We're so yummy that the birds might eat us before you can!"



Sweet Potatoes

South Carolina sweet potatoes grow underground like carrots and have to be dug up.

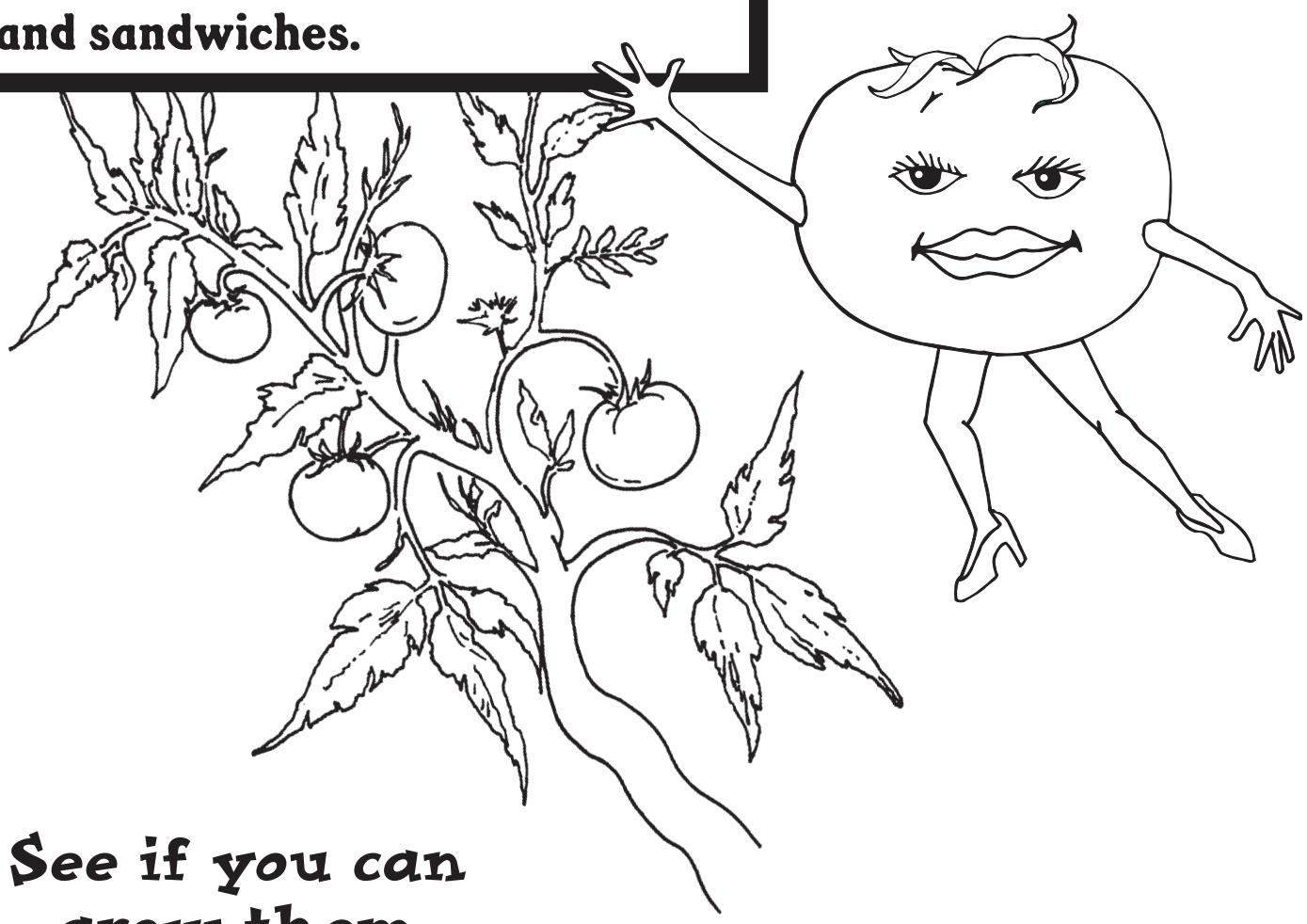


"Try me sprinkled with cinnamon!"

Tomatoes

Tomatoes are so easy to grow almost anyone can do it. They can be prepared in a lot of different ways. Tomatoes are used in spaghetti sauce and salsa or can be added to salads and sandwiches.

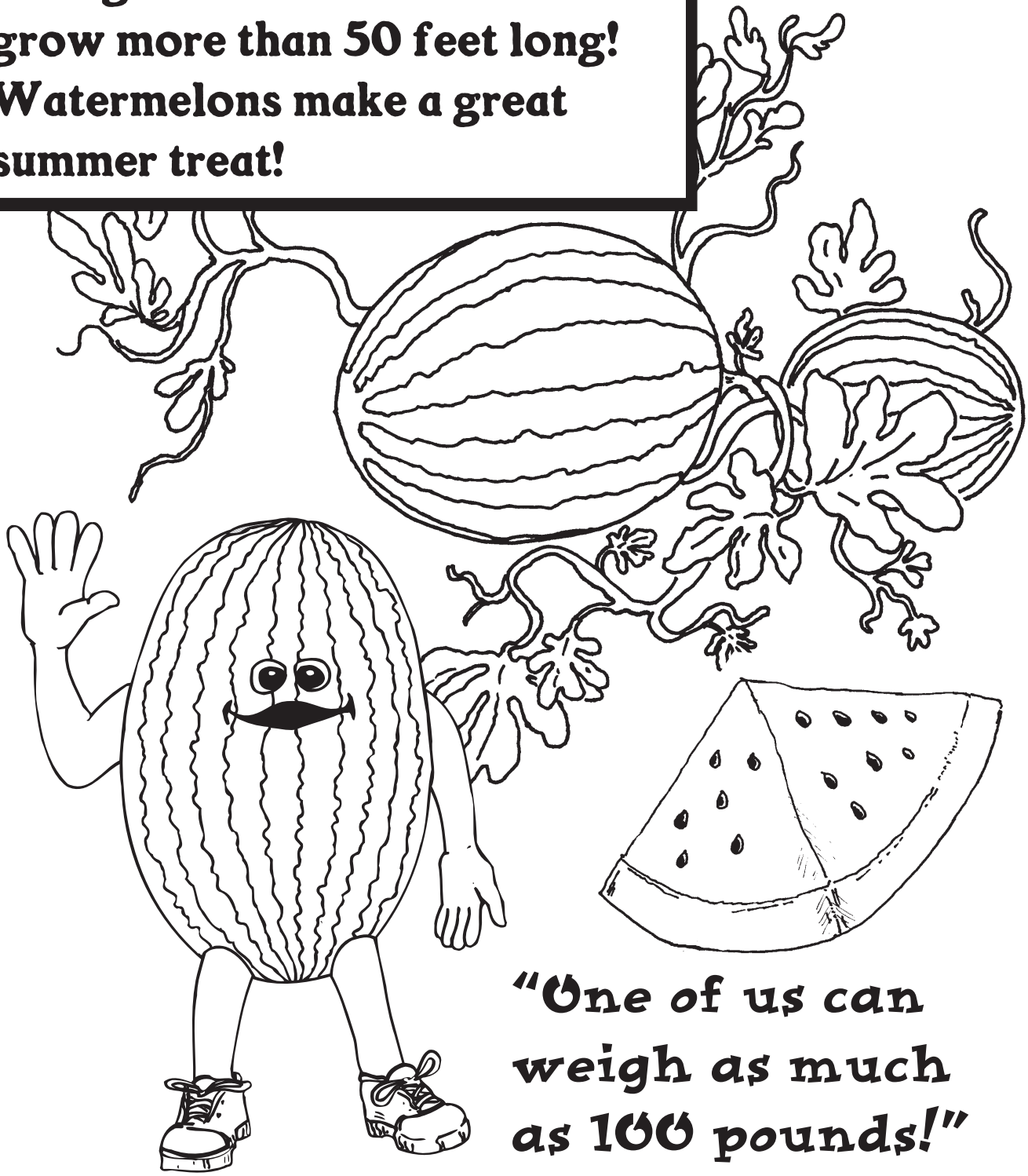
"Try me in a tomato sandwich for lunch!"



See if you can grow them this summer!

Watermelons

A single watermelon vine can grow more than 50 feet long! Watermelons make a great summer treat!



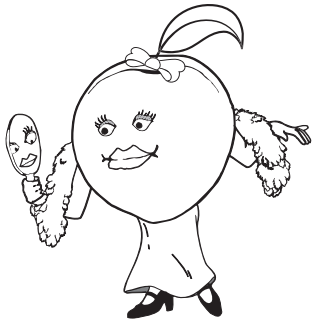
"One of us can weigh as much as 100 pounds!"

Zippy Peach Salsa

Be safe in the kitchen! Ask an adult to do the peeling and chopping. You can gather the ingredients and mixing bowl. Be a good helper and measure the lime juice and honey. Measure other ingredients after they have been chopped. Stir it all together, then let stand for 5 minutes.

2	Tablespoons lime juice	2	fresh peaches, peeled and diced
1	Tablespoon honey	½	jalapeno pepper, seeded and minced
½	teaspoon minced garlic	2	teaspoons minced fresh cilantro
⅛	teaspoon ground ginger		

In small bowl, combine the lime juice, honey, garlic and ginger; let stand for 5 minutes. Stir in the peaches, peppers and cilantro. Refrigerate leftovers.



Serve with your favorite dipper and enjoy!

Yield: 1 to 1¼ cups.

Note: when cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.

Recipe contributed by:
Katherine L. Cason, PhD, RD, LD, Professor, Director of the Center for Healthy Living
Department of Food, Nutrition, and Packaging Sciences, Clemson University

Fresh Collard Dip

1 (1-pound size) NATURE'S GREENS™ Bagged Collards

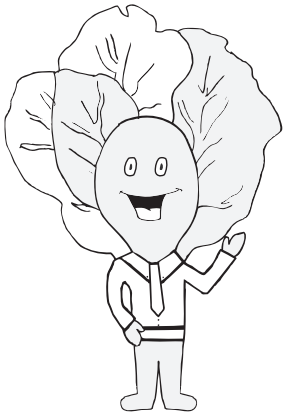
1 (1.4-ounce size) pkg. Knorr Vegetable recipe mix

1 (16-ounce size) container sour cream

1 cup Hellman's mayonnaise

1 (5-ounce size) RAWL BRAND VERSATILE VEGGIES® Diced Green Onions

2 dashes Worcestershire Sauce



Pour collards into a pot. Fill pot with enough water to cover the collards. Bring water and collards to a full rolling boil. Lower heat to medium-high and cook for at least 20 minutes or until collards are of desired texture. Once collards are cooked to desired texture, drain well and cool thoroughly. Place thoroughly cooled collards in the refrigerator overnight. The next day, cut the cold collards into fine pieces. In a medium bowl, combine the cut collards with remaining ingredients. Cover and chill at least 2 hours to blend flavors.

Serve with corn scoops.

Recipe contributed by:
Walter P. Rawl & Sons, Inc.
Pelion, SC

WPRawl
our business is growing®

Count Your Colors

Eating different colors of veggies and fruits helps keep you healthy. Plus, they are yummy in your tummy! Keep track of the colors you eat every day with our color counter. Use crayons or markers to count your colors and compare with your friends!

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Red							
Yellow or Orange							
Green							
Purple or Blue							
White							

South Carolina Produce Availability Calendar

Commodity	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples									■	■	■	■
Asparagus			■	■	■							
Beans (Snap, Italian, Variety)					■	■	■	■	■	■		
Beets	■	■	■	■	■	■	■	■	■	■	■	■
Blackberries						■	■					
Blueberries						■	■					
Broccoli					■	■	■			■	■	■
Butter Beans							■	■	■	■	■	
Cabbage				■	■	■						
Cantaloupes						■	■	■				
Cilantro	■	■	■	■	■	■	■	■	■	■	■	■
Cucumbers					■	■				■		
Green Onions		■	■	■	■	■	■	■	■	■	■	
Leeks	■	■	■	■	■	■	■	■	■	■	■	■
Mixed Leafy Greens (Collard, Kale, Mustard, Turnip)	■	■	■	■	■	■	■	■	■	■	■	■
Muscadine Grapes									■	■	■	
Okra							■	■	■	■		
Oriental Vegetables			■	■	■	■			■	■		
Parsley		■	■	■	■	■	■	■	■	■	■	■
Peaches					■	■	■	■	■			
Peanuts (Green)							■	■	■			
Peas					■	■	■	■	■	■	■	
Pecans										■	■	■
Peppers (Variety)						■	■	■	■	■	■	
Radishes		■	■	■	■	■	■		■	■	■	■
Squash (Yellow)					■	■	■	■	■	■		
Strawberries			■	■	■	■						
Sweet Corn					■	■	■	■				
Sweet Potatoes								■	■	■	■	■
Tomatoes						■	■			■	■	
Watermelons						■	■		■	■		
Zucchini Squash					■	■	■	■	■	■		

Stir-fry Chicken with Squash & Corn

Be safe and begin by washing hands! You can help gather the ingredients. Next, measure the vegetables after they have been diced. Then, help mix it all together.

- 1 pound cooked chicken strips
- 1 pound of diced squash
- ½ pound of frozen corn
- 4 ounces of diced green chili
- 4 ounces of raw diced onion
- 4 ounces of raw diced red pepper
- 2 Tablespoons of canola oil
- 4 ounces of canned diced tomatoes with juice
- ½ teaspoon of black pepper
- ½ teaspoon of cumin
- ½ teaspoon of garlic powder
- 4 cups of cooked brown rice

Heat a skillet with the canola oil. Sauté onions, add chicken and squash and stir fry until squash becomes tender. Add red pepper, corn, green chili, tomatoes and spices. Mix and let simmer 2-3 minutes.

Serve over rice.

Yield: Serves 8

Fruit Smoothie

- ½ cup of fruit, such as peaches, strawberries, or blueberries *(look for Certified SC Grown℠ fruit)*
- 1 cup of fat-free or low-fat (1%) vanilla yogurt
- ½ cup of fat-free or low-fat (1%) milk

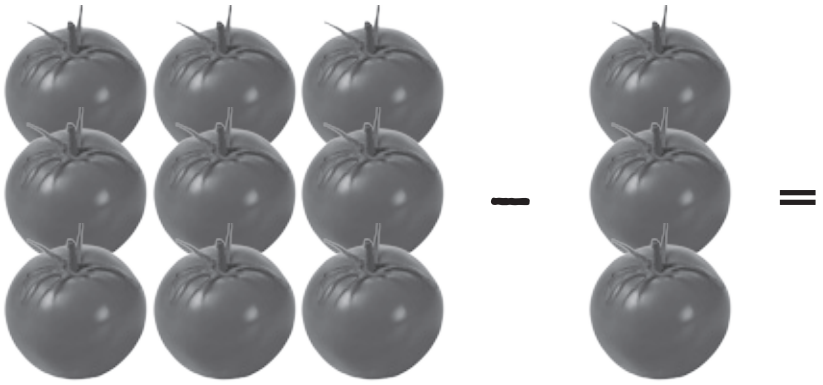
Help wash fresh fruit. (If using peaches or strawberries, help cap the strawberries or get help with peeling the peaches. Then get help cutting the fruit into small pieces.) Place all ingredients into a blender. Blend until smooth. Pour into a chilled glass.

Serve with a straw and enjoy!

Fruit & Veggie Activities

How many pieces of broccoli are there? _____

9 tomatoes – 3 tomatoes = _____



4 peaches + 10 peaches = _____

2 bunches of collard greens + 4 bunches of collard greens = _____

My Farmers Market Story

Today is _____.

We visited the _____ Farmers Market.

I was amazed at how many different vendors and tents there were filled with fruits and vegetables such as _____, _____, _____.

My favorite fruit is: _____.

My favorite vegetable is: _____.

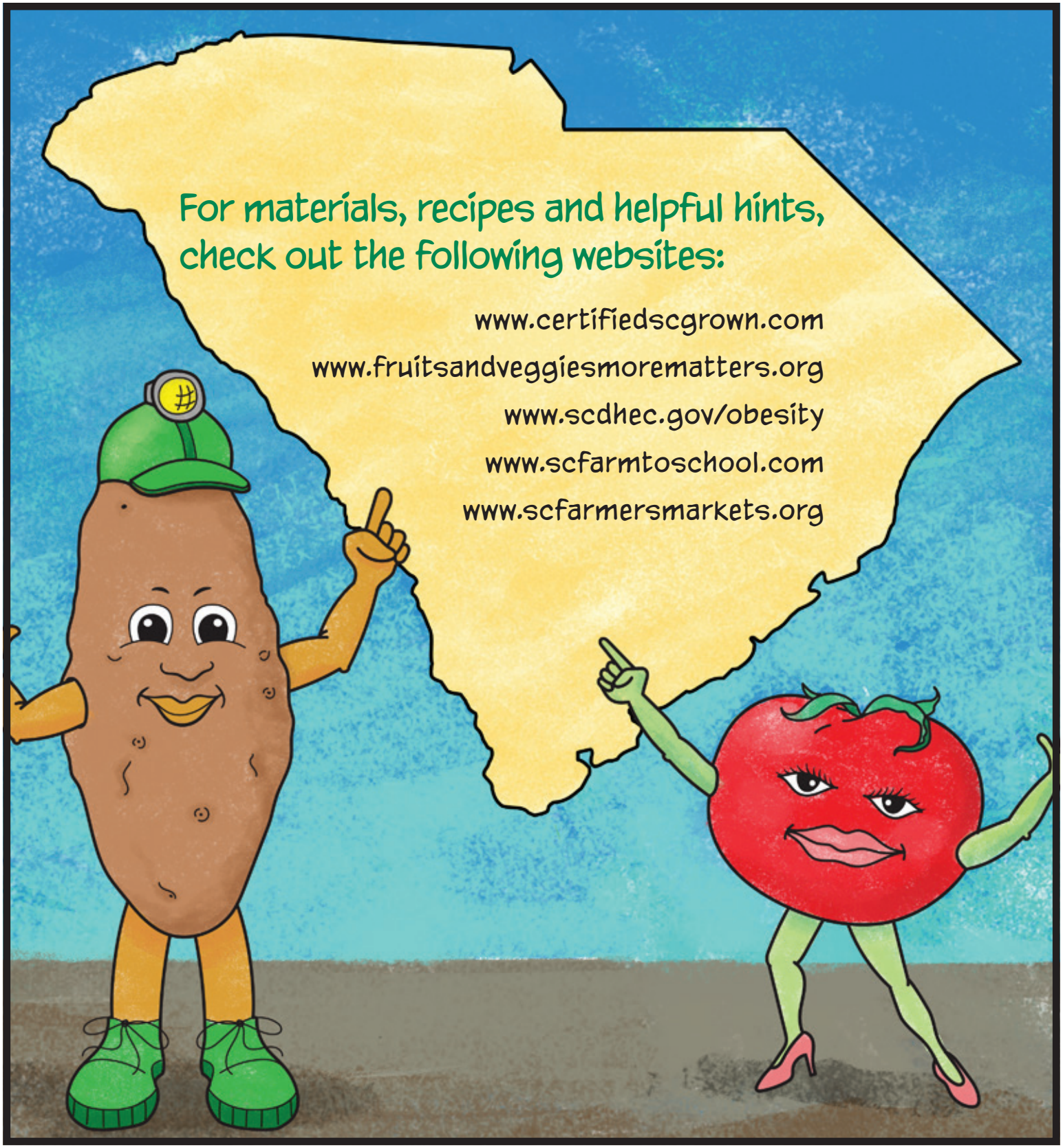
While I was at the Farmers Market, I met Farmer _____ from _____, South Carolina.

I like visiting my local farmers market to shop for fresh, local fruits and vegetables!

To find directions to your local farmers market visit the South Carolina Department of Agriculture's website at www.agriculture.sc.gov/statefarmersmarkets

Create Your Own Farmers Market Stand

Below is your own Farmers Market stand!
Color the tent with your favorite colors and then
fill in each bin with your favorite fruits and veggies to sell.
Don't forget to draw yourself behind the counter!



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