

Arbor Fun Page



Fruit & Veggie of the Month

Word Search

BLUEBERRY

SPINACH

VITAMIN C

FLORENTINE

PHYTONUTRIENT

POWERHOUSE

DELICIOUS

VITAMIN K

F V I T A M I N C K A N E
L E A R N I N G N E W I N
O G N A T I V I S T A R T
R E A D E R M U P H T Y R
E T A V T A O N I N D I A
N A M E T H A T N I N J A
T B Y I R P O P A C D E L
I L V E D E L I C I O U S
N E W F R U I T H A P P Y
E O N E B L U E B E R R Y
P H Y T O N U T R I E N T



BLUEBERRY

Blueberries have been on Earth for over 13,000 years! Native Americans used to call blueberries “star berries” because of the star-shaped crown on top. Sweet, tart and juicy, blueberries are a delicious snack! Even more than flavor, blueberries are tiny bursts of nutrition. Packed with antioxidants, vitamin C, and phytonutrients—which are bonus nutrients from plants! Give them a try—pop a fresh handful in your mouth.



SPINACH

Spinach was Catherine de Medici’s favorite vegetable. She loved it so much that when she left Florence, Italy to marry the King of France, she brought her cooks with her to make it. Today, meals served on a bed of spinach are called, “a la Florentine!” As an excellent source of 13 nutrients, spinach is a powerhouse vegetable with vitamin K and calcium for bones, vitamin A for eyes, iron for energy, and potassium for the heart!