



**GOAL:** Teach your kids about eating seasonally and how it makes for tastier meals.

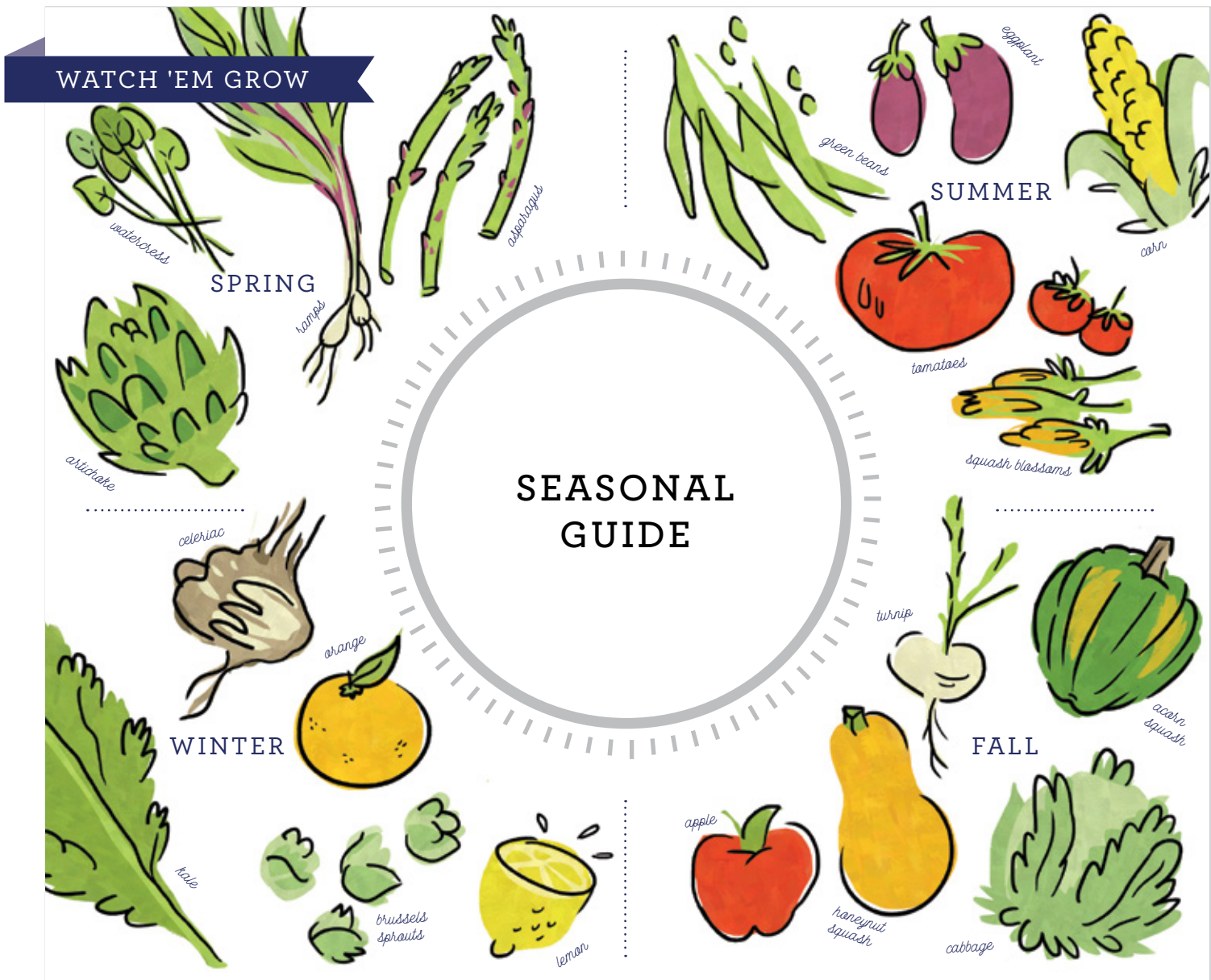
## EATING IN SEASON

ACTIVITY DIFFICULTY: EASY

●○○ Ask Mom or Dad for help.

Different fruits and vegetables grow best at different times of the year. Some like hot and sunny weather; others like it cool and rainy. If you eat what's in season at that time of year, your ingredients will be at their most nutritious and delicious.

And, the more natural colors on your plate, the healthier it is—after all, variety is the spice of life! Luckily, summer is one of the best seasons to try a wide range of produce. Let's explore what's out there together.





When you're done with this week's activity, color me in!



**INSTRUCTIONS:** You'll be seeing loads of different ingredients this summer. Using the fun facts and names, decide what the ingredients below look like in real life and color them all in. If you get stumped, ask your parents to help you find them on the menus at [blueapron.com/cookbook](http://blueapron.com/cookbook).

**FAIRYTALE EGGPLANT**

While not all eggplant are purple, the purple skins of certain kinds have been used to dye yarn.



**SALT AND PEPPER CUCUMBER**

This cucumber varietal is smaller than your typical cucumber. It's also a different color but what color?



**CARROT**

The leafy part of this root veggie can grow up to 3-feet tall.



**CORN**

When settlers first came to America, these yellow cobs were used as money.



**CAMP CONTEST**

Share a photo of you with your favorite summer ingredient at [cook.ba/camp](http://cook.ba/camp) or on Instagram by tagging [@blueapron](https://www.instagram.com/blueapron) and [#BAcookingcamp](https://www.instagram.com/BAcookingcamp)

**CHERRY TOMATOES**

Tomato plants are usually 3 to 5 feet tall, but they can be much larger: the world's tallest tomato plant was 65 feet tall.



**ISLANDER PEPPER**

Islander peppers change color after harvest, from purple, to orange, to red. Pick your favorite color.



**ROMANESCO CAULIFLOWER**

Neon green with a shape that's out of this world! The whole vegetable is actually a gazillion (count them!) copies of its miniature self.



**MINT**

Tiny green leaves like mint (a kind of herb) make salads smell nice and sweet and add pretty color.



**ZUCCHINI**

Zucchini is actually a relative of pumpkins and cucumbers.

