

K is for Kumquat

Kumquat is a little, round, orange colored fruit that is related to lemons, oranges, and limes. They are more commonly eaten whole. Other uses include adding to fruit salads, preserves, jams, jellied, and pickled. They are often used in recipes that call for oranges. Before eating, please squeeze the fruit between your fingers as it releases the oils in the rind. Kumquats are often eaten skin and all. They are the "little gems of the citrus family."



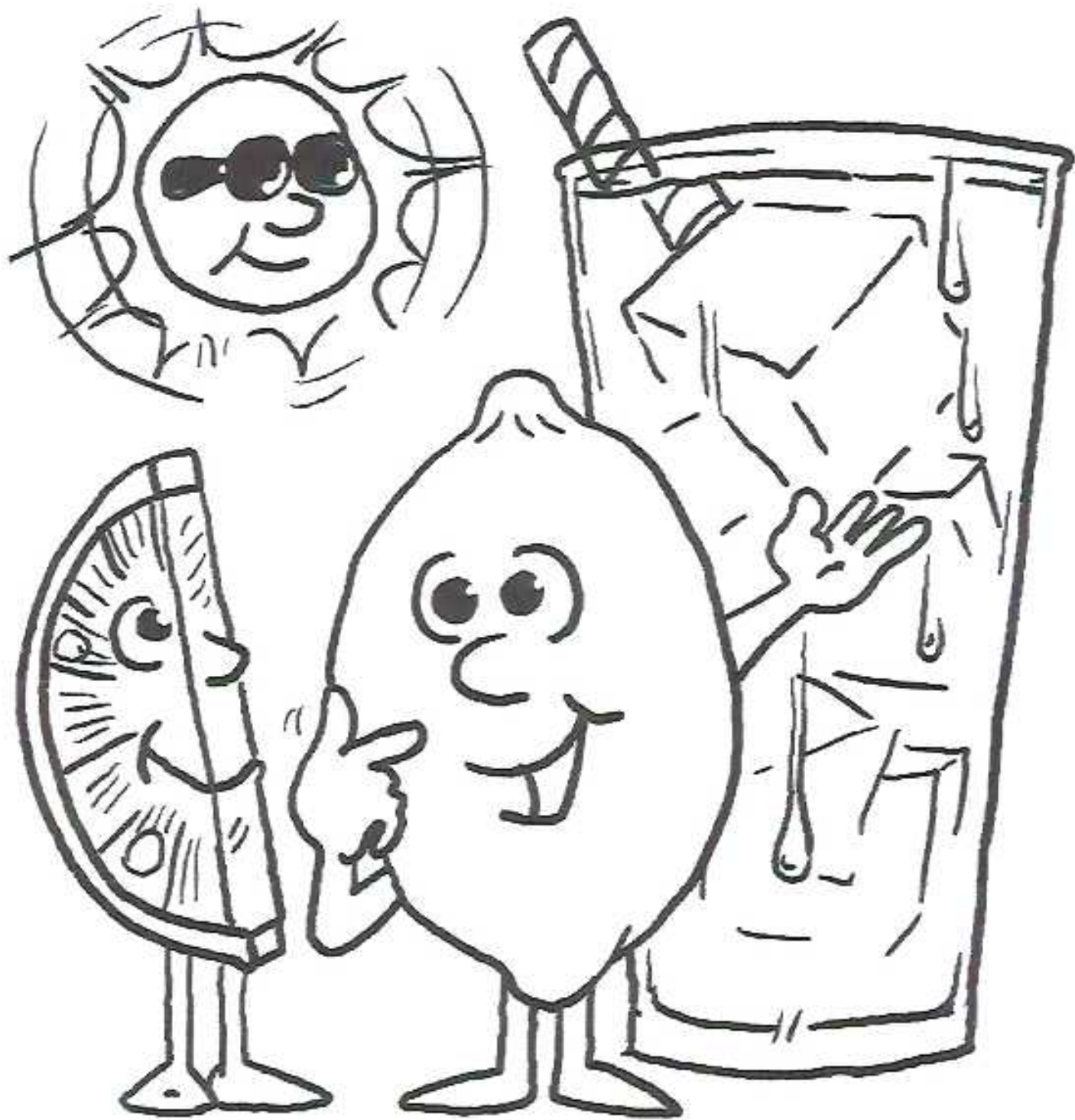
L is for Leek

L is for leek - a member of the onion family. They have a very interesting history and is the national emblem of Wales. Leeks have long thick flat leaves and a thick white stalk looking like a green onion. They have a sweet flavor and a crunchy texture. They can be boiled, baked and stewed and are delicious served with a cream sauce.



L is for Lemon

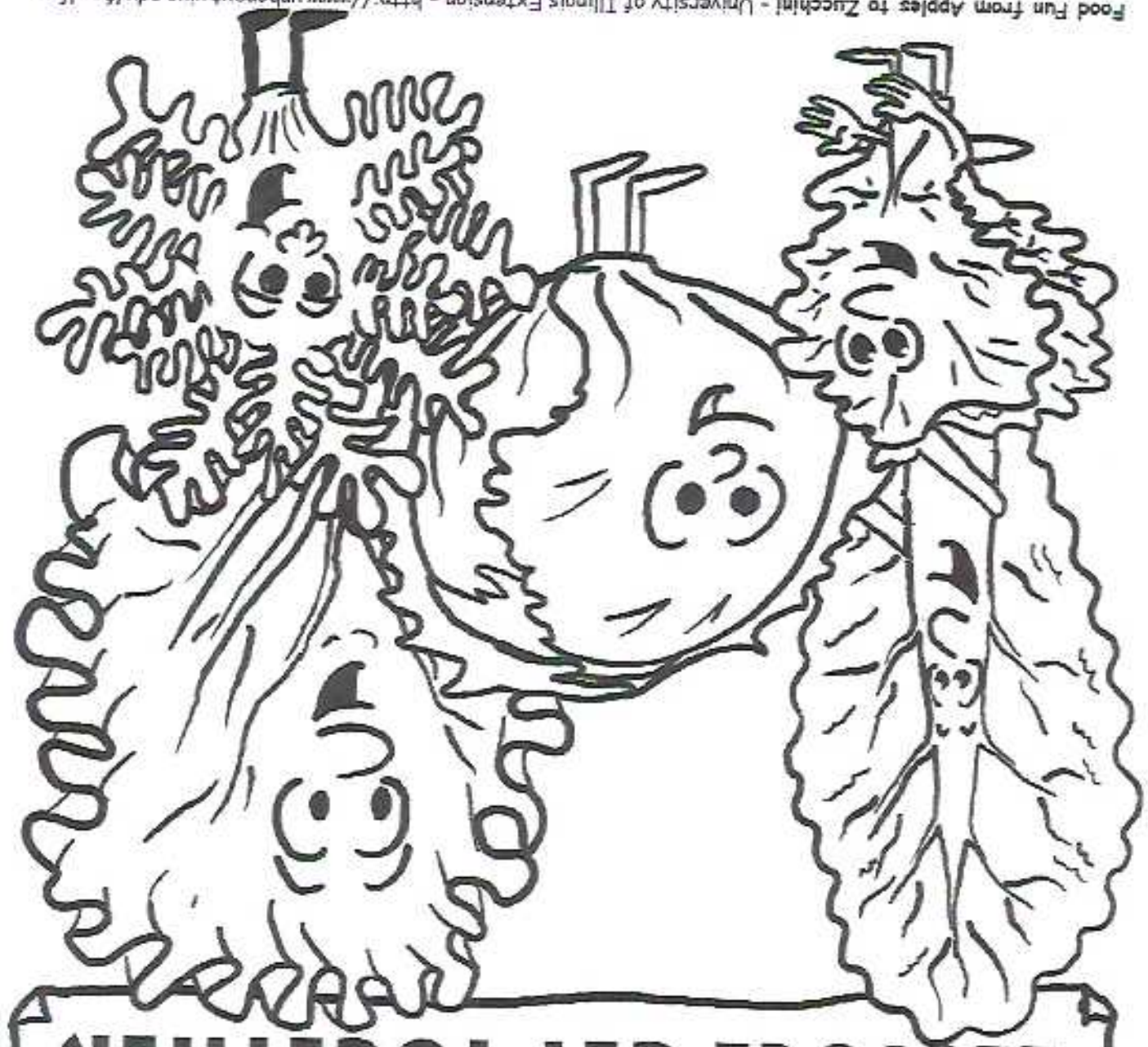
Lemons are the main ingredient of lemonade. They are a citrus fruit and rich in vitamin C. Lemons add flavor to vegetables, salads, ice tea, fish and chicken. Pucker up and enjoy a lemon. Summer and lemonade go together. Try making your own fresh lemonade.



L is for Lettuce

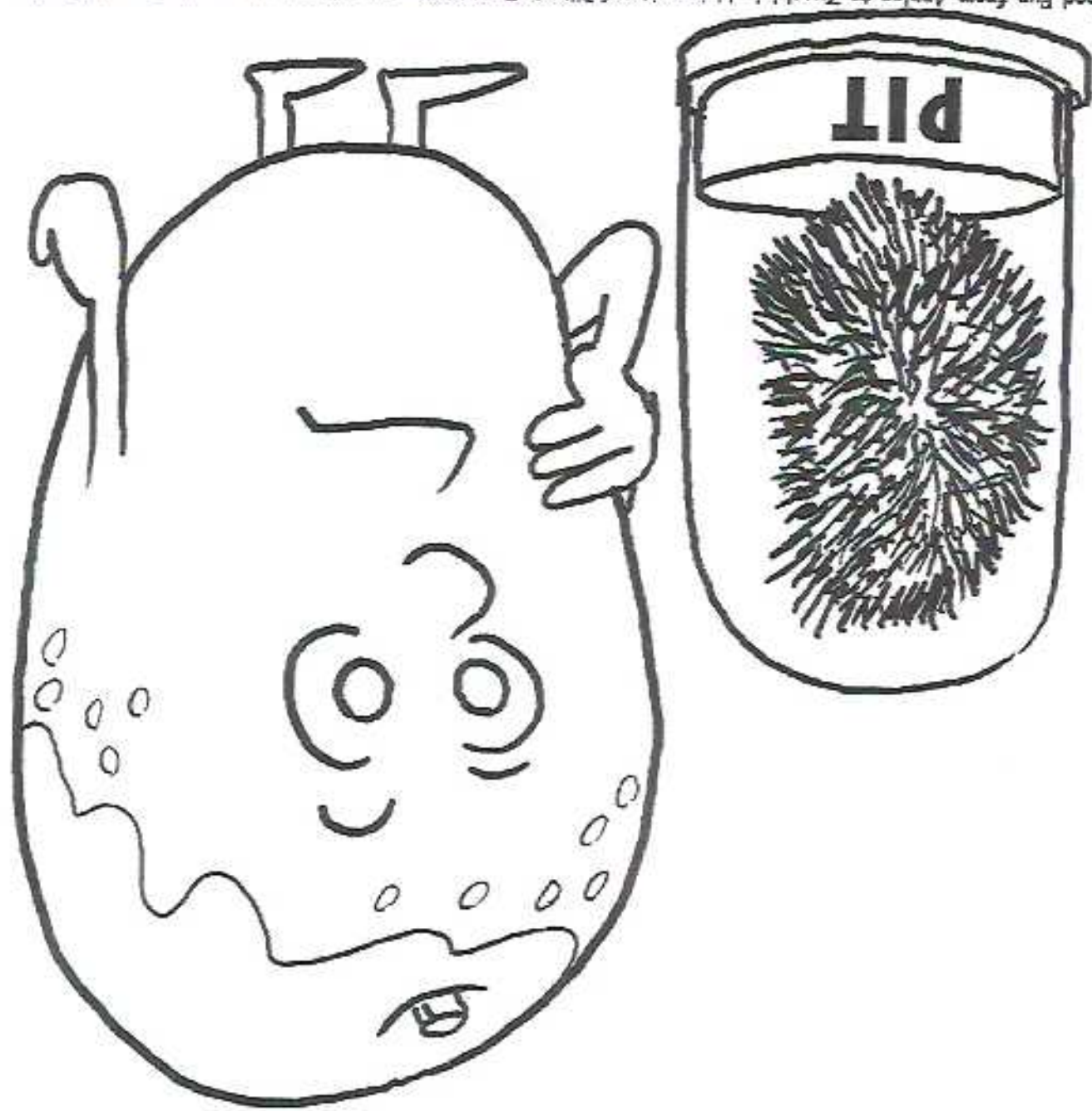
L is for lettuce - and there are many different kinds. Some are long, some are round, and some have short leaves. It is one of the world's most popular edible plants. It is often the major part of every green salad. The flavors are very different from mild to peppery depending on which lettuce you use. There's head, bibb, leaf, and Boston to name just a few. Try them all and you decide which one is your favorite.

LETTUCE GET TOGETHER



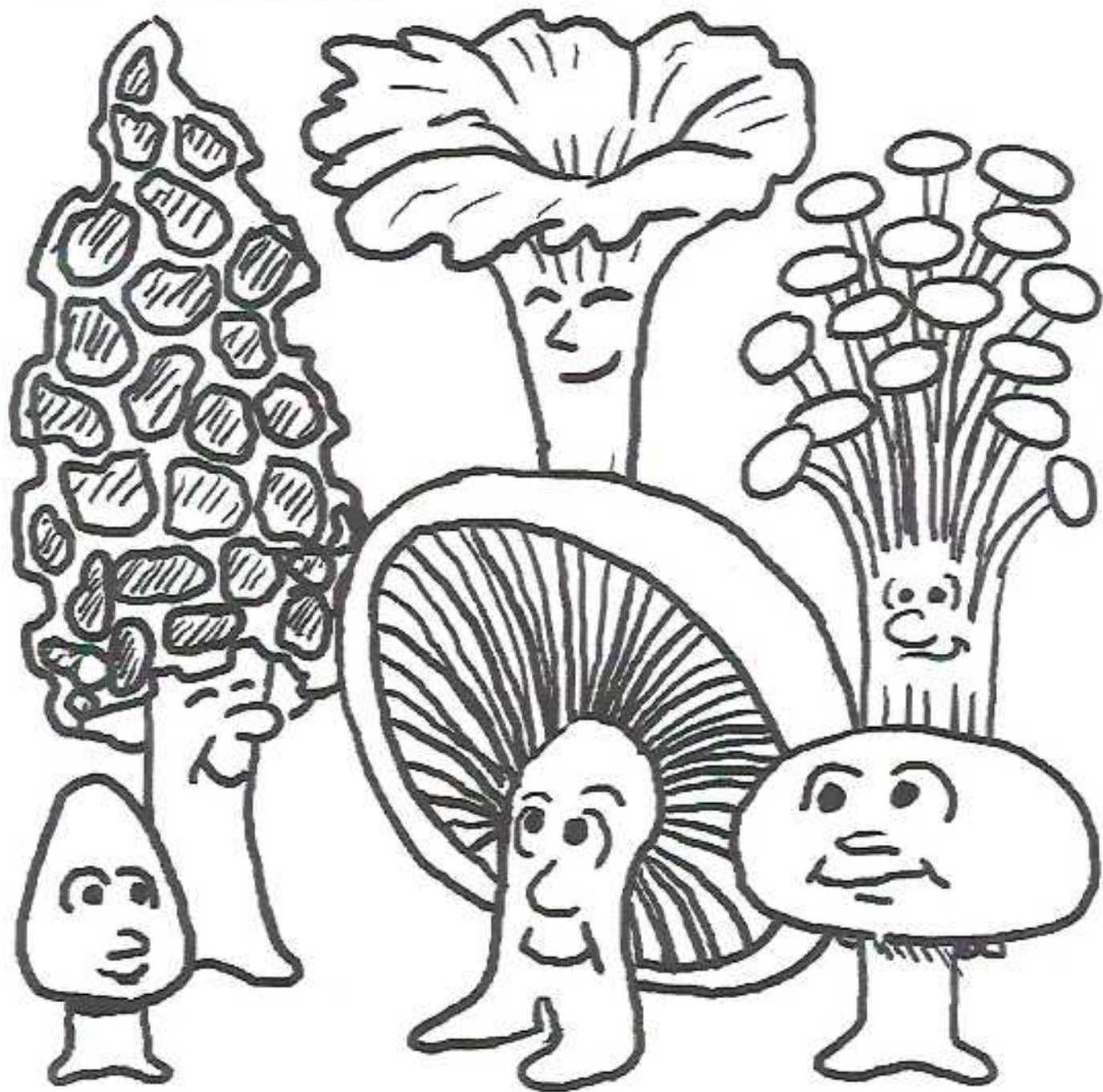
M is for Mango

M is for mango. They are round, oval or kidney shaped and about the size of a large avocado. Most mangoes start off green, but in the store they may have spots of red yellow or gold. The fruit is juicy, orange-colored and tastes like a combination of peaches and pineapples. They are hard to peel and pit. But with practice, you can learn to slice a mango. The seed looks like a large fuzzy lime bean. If you plant the seed, and have patience, you can grow a mango tree.



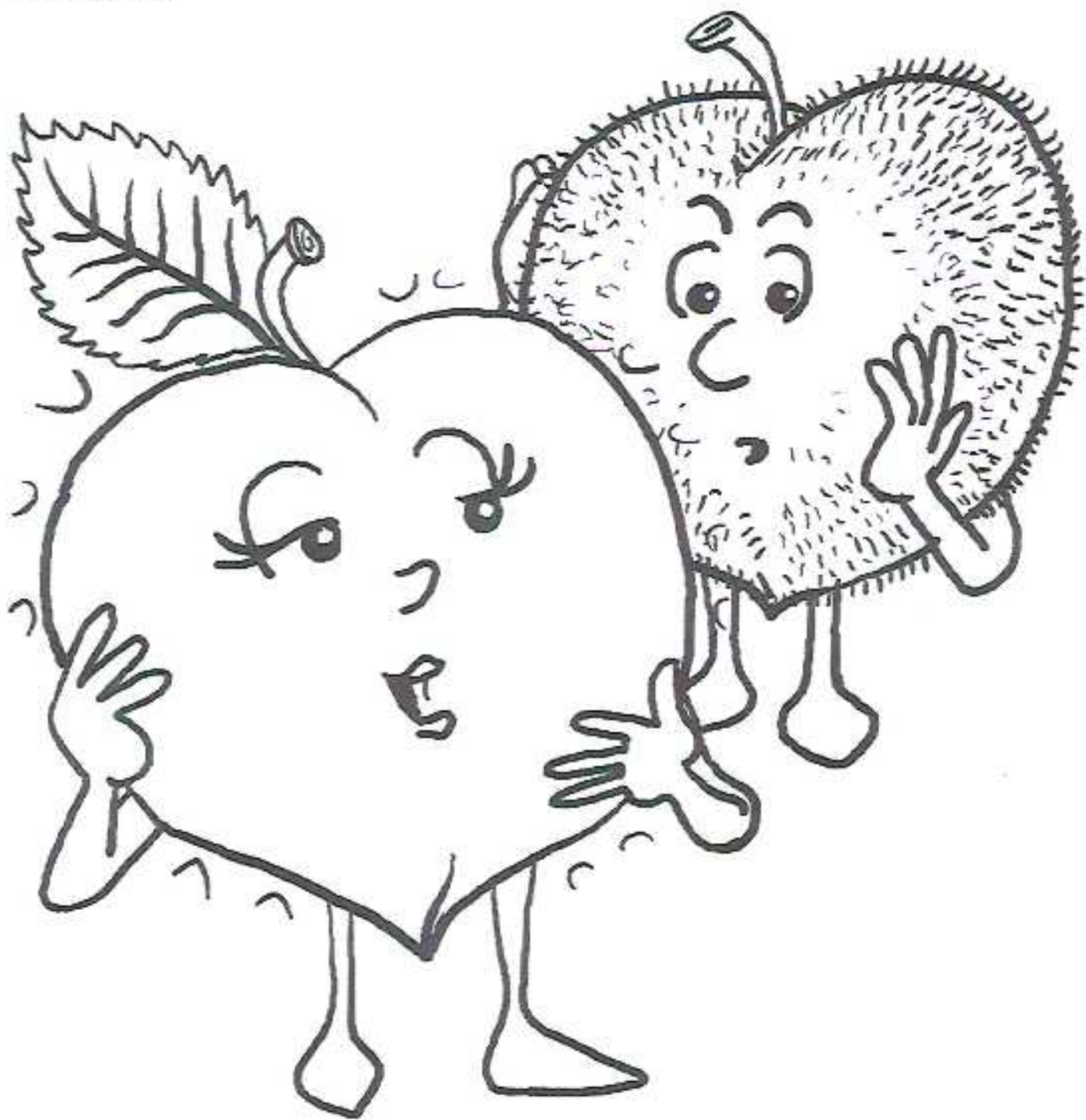
M is for Mushroom

M is also for mushrooms. They are not vegetables, but a fungi that has no roots or leaves, flowers or seeds and needs no light to grow. In the store, you can find a variety of different kinds of mushrooms - different sizes, shapes, and colors, all having unique tastes. Try them on your pizza, in salads and on meat. Some mushrooms are used in place of meat to make a tasty sandwich.



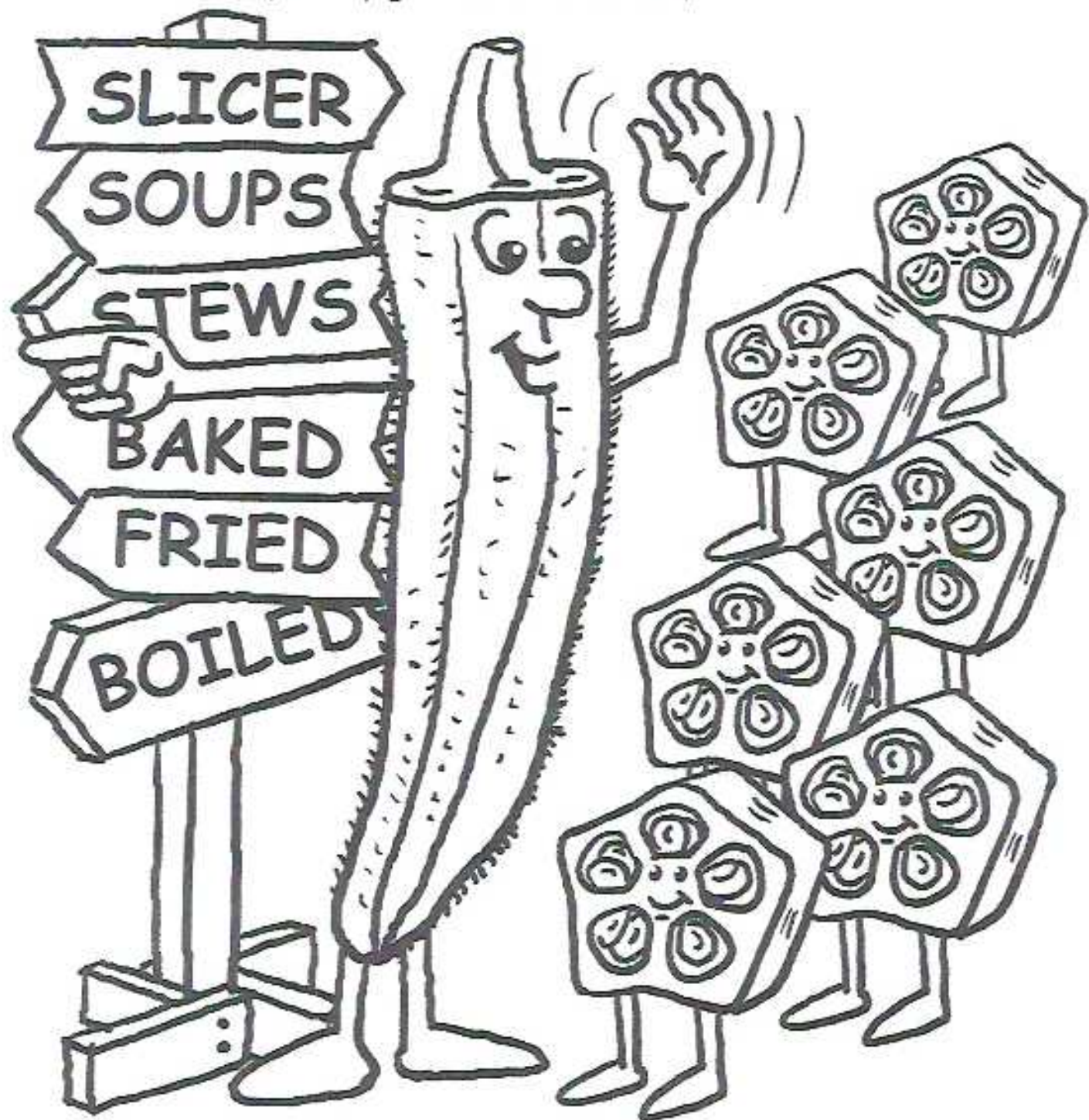
N is for Nectarine

Nectarines are fruit shaped like a peach. They look like a peach, but their skin is smooth and not fuzzy like a peach. They can be yellow or white on the inside. Do a taste-test. See which one you like the best - peaches or nectarines. They are excellent in pies, cobblers and fresh fruit salads.



O is for Okra

O is for okra. You either like okra or you say, "No thank you." Okra is a small, green, fuzzy pod. It can be used in a stew often called gumbo. This comes from the word "gombo" which in West African language means okra. It can be used in soups and stews. It can be fried, boiled, pickled or baked. It is especially good with tomatoes.



O is for Onion

Onions are round and covered with yellow, white or red papery skins. First they must be peeled and then can be sliced, diced, chopped, or grated. They can be eaten raw, cooked, boiled, or pickled. They are best known for making you cry. This is because of a unique chemical reaction. Did you know that chilling the onion or cutting it under cold water might help to keep you from crying?

