



What's
growing
in our
garden?

Onions

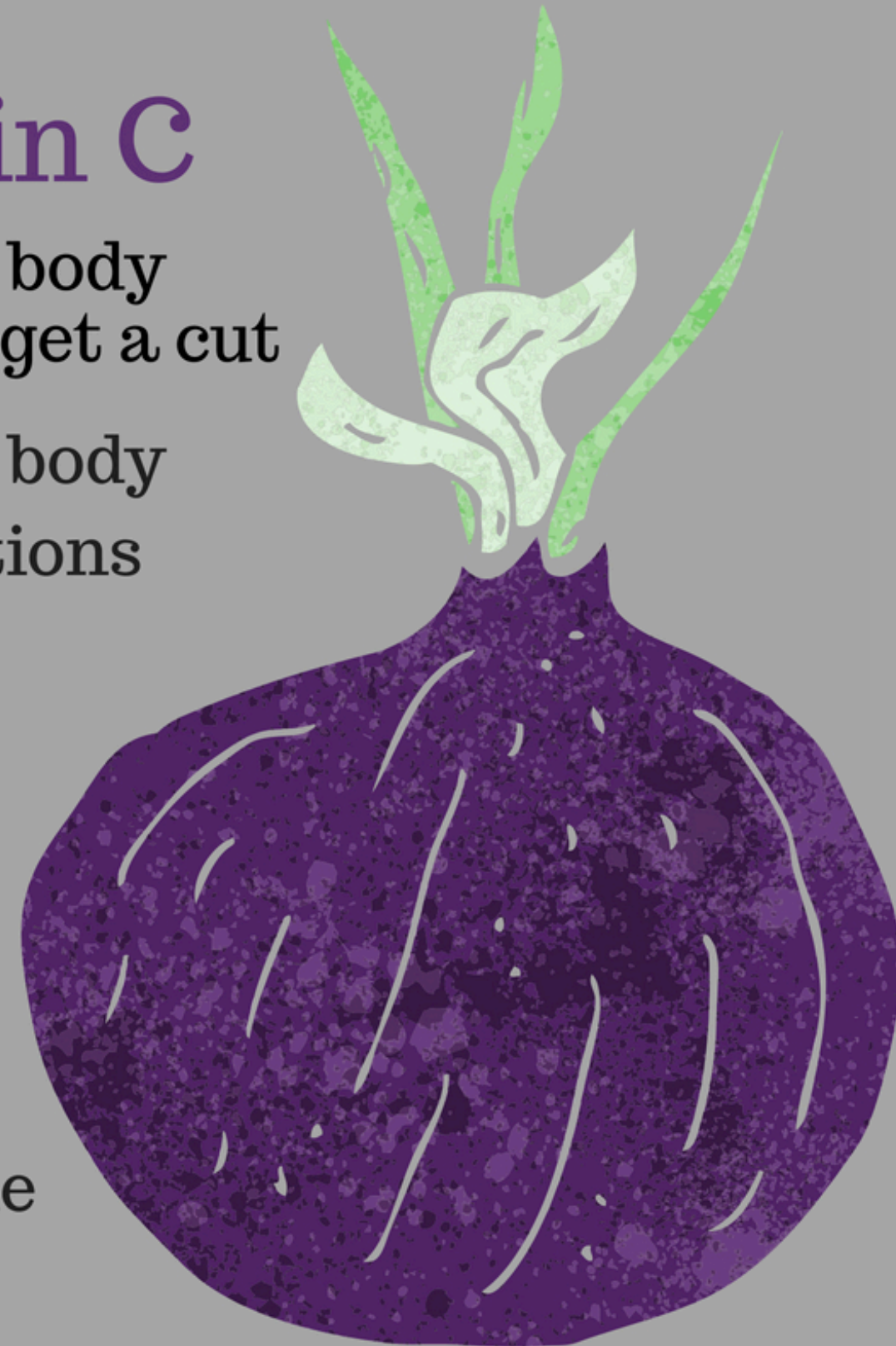
Vitamin C

Helps your body
heal if you get a cut

Helps your body
fight infections

Fiber

Keeps
things
moving
through the
digestive
tract



Kale

Protein

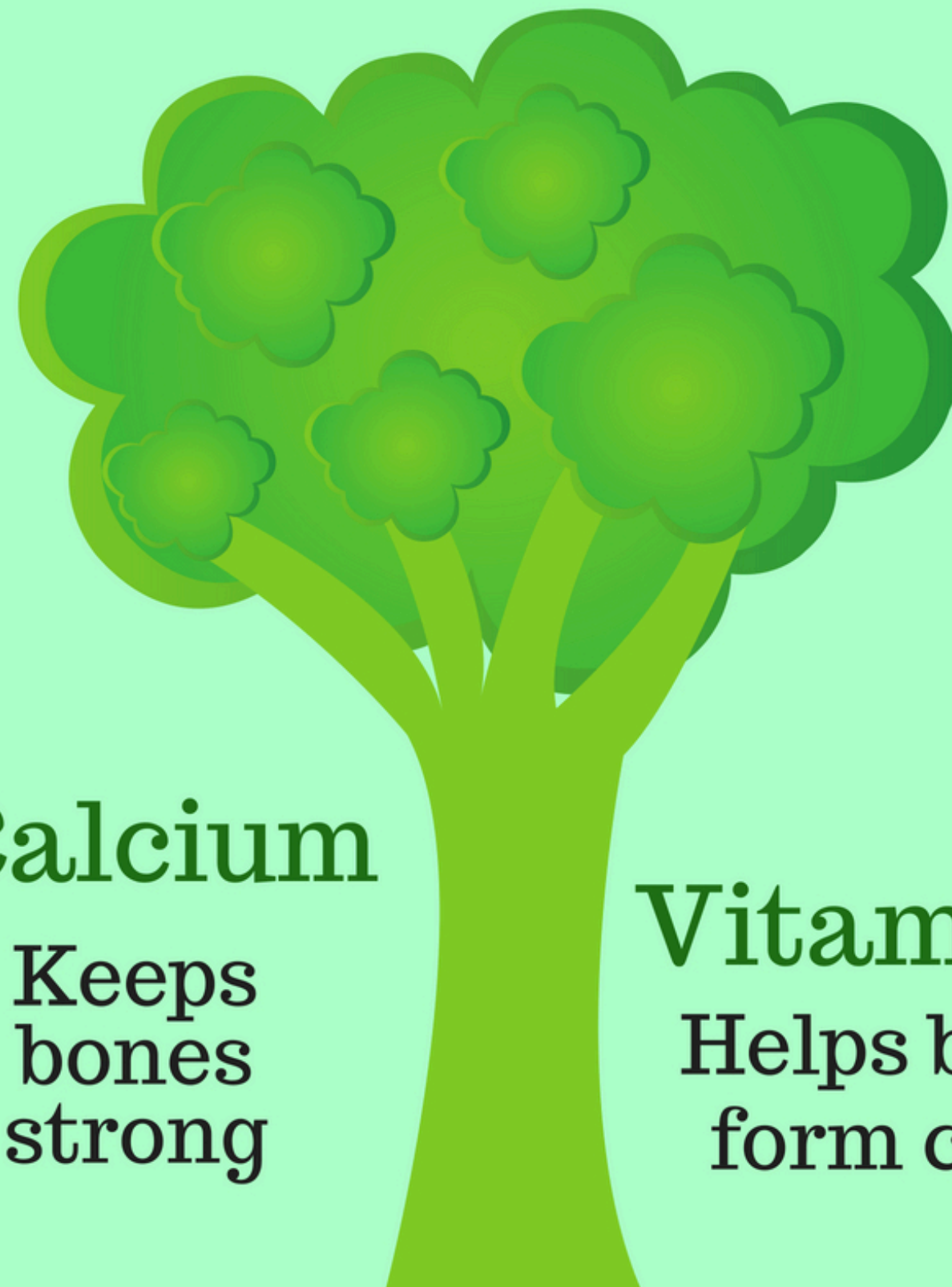
Builds
bones,
muscles,
and skin

Iron

Helps make
red blood cells



Broccoli



Calcium

Keeps
bones
strong

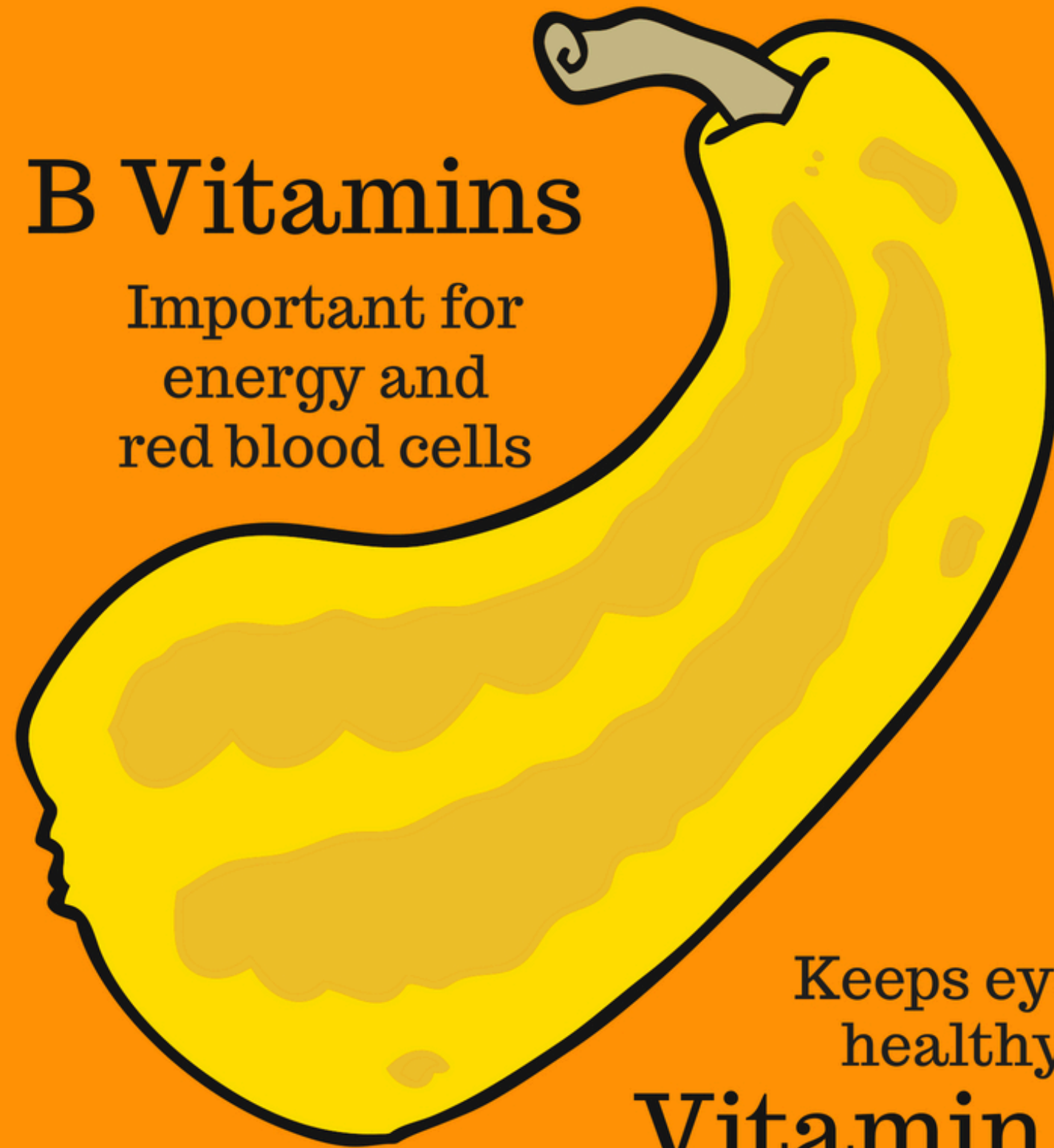
Vitamin K

Helps blood
form clots

Squash

B Vitamins

Important for
energy and
red blood cells



Keeps eyes
healthy

Vitamin A

Watermelon

Vitamin C

Healthy skin and immune system



Vitamin A

Helps you see
in the dark