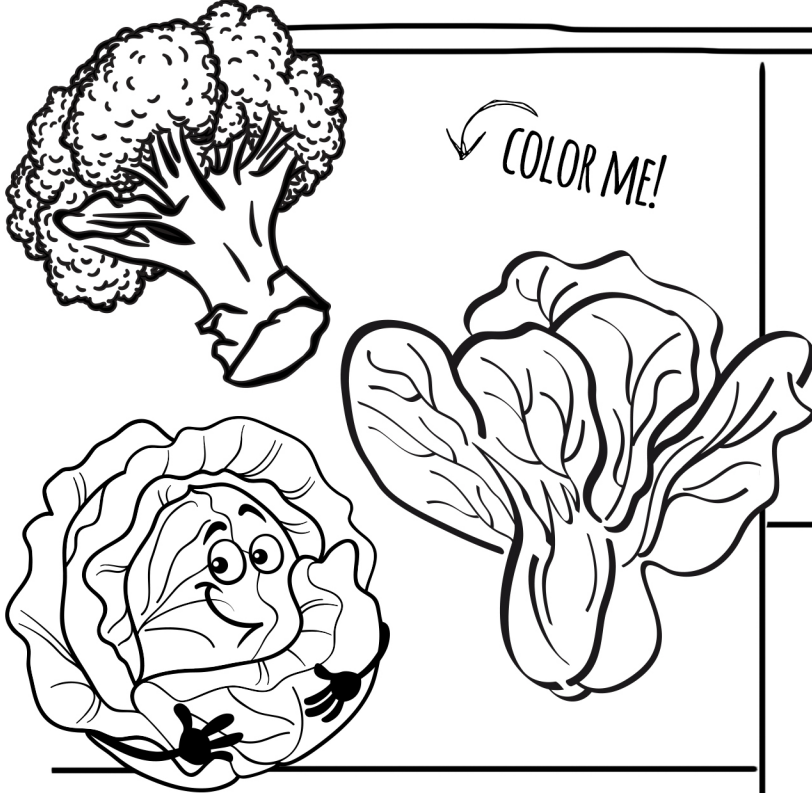


# CRUCIFEROUS VEGETABLES



## FILL IN THE MISSING LETTERS

1. K \_ \_ L \_ \_
2. B \_ \_ US \_ \_ \_ LS  
S \_ \_ ROU \_ \_ S
3. C \_ \_ \_ B \_ \_ G \_ \_

*Kale, Brussels Sprouts, Cabbage*

## WORDSEARCH

Find the words in the puzzle below. They may be horizontal, vertical diagonal or even backwards!

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

## WORDS

- |                |                |
|----------------|----------------|
| BOKCHOY        | KOHLRABI       |
| BROCCOLI       | NAPA CABBAGE   |
| CAULIFLOWER    | PHYTOCHEMICALS |
| COLLARD GREENS | SWISS CHARD    |
| CRUNCHY        | TURNIP GREENS  |

#LOL

**Q: What is the best kind of flower you can eat?**

**A: Cauliflower!**

## FOOD FACTS AND FUN

- Cruciferous vegetables contain phytochemicals which have anti-cancer properties.
- Because cabbage contains lots of vitamin C, sailors traveled with it long ago in order to prevent scurvy.
- Cruciferous vegetables like growing in cooler temperatures.
- Kale has been grown for over 6,000 years and can continue to grow late into the winter.
- Dark green vegetables like broccoli are also rich in folate and chlorophyll.