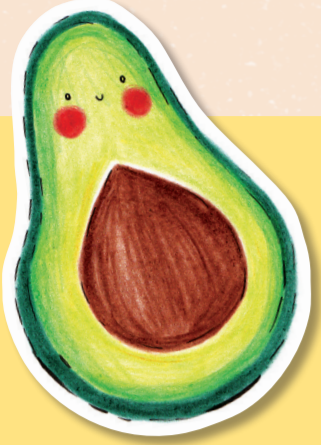


Our little A-Z of fruit & veg



AVOCADO
I'm actually a fruit!

A



BROCCOLI
I look just like a mini tree!

B

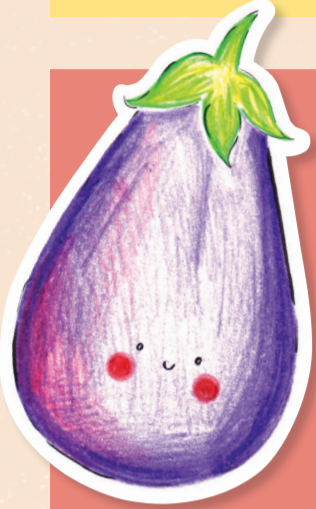
C

CARROTS
I'm not only orange! Have you tried purple carrots?



DRAGON FRUIT
Check out my dragon style skin!

D



EGGPLANT
In the UK I'm called "aubergine" & I have bright purple skin!

E



FIG
I'm deliciously sweet and juicy

F



GARLIC
Have you ever tried my leaves? They smell wonderful!

G

HARICOT BEANS
I'm great for adding fibre to your dinners!

H



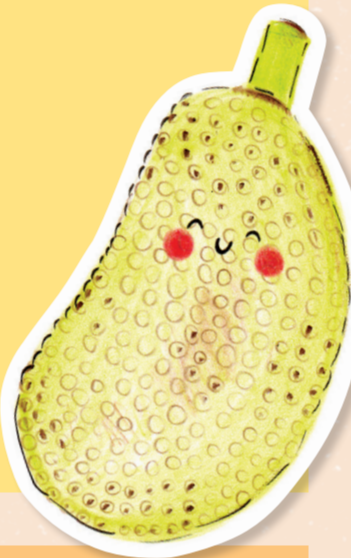
I

ICEBERG LETTUCE
Flavour me with a little squirt of lemon juice



JACK FRUIT
I grow on trees called Jack Trees!

J



K

KALE
Try me roasted with some paprika



L

LEMONS
I work brilliantly as a flavour booster



M

MUSHROOMS
I'm great at brekkie, lunch and dinner

NECTARINE
I taste yummy and contain vitamin C

N



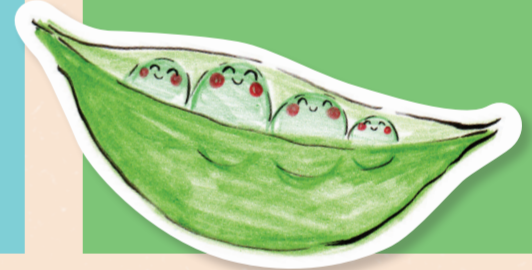
O

OREGANO
I'm great to flavour tomato sauce



PEA
I come in a little pod with my other pea friends!

P



Q

QUINCE
I'm a bit unusual, have you heard of me?



RHUBARB
I'm perfect with porridge and puddings!

R



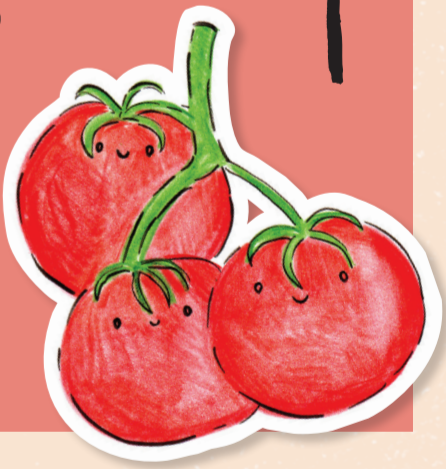
S

SWEET POTATOES
I add some colour to your dishes



TOMATOES
Do you like my bright red colour?

T



UGLI FRUIT
I taste sweet and juicy

U

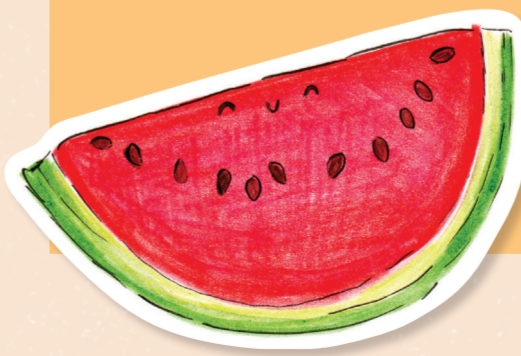


VICTORIA PLUMS
I'm perfect to snack on!



WATERMELON
Super pink and juicy - I'm very refreshing!

W



X-TRA PORTION OF VEG!
Helping you get towards your 5-a-day!

X

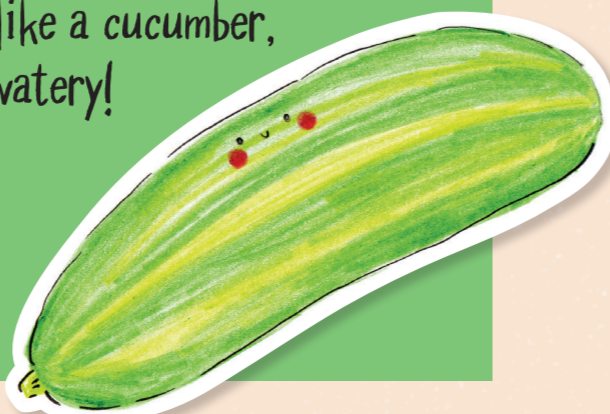


YAM
I'm used in soups or stews like a potato

Y

ZUCCHINI
I'm a bit like a cucumber, but less watery!

Z



Created by

little dish

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In partnership with

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