

Garden to Table: Herbs, Fruits, Veggies

Write the letter of the correct match next to each problem. Have fun and good luck!

Created on TheTeachersCorner.net Match-up Maker

- | | |
|---------------------|---|
| 1. _____ parsley | a. _____ is packed with many beneficiaries that can help vision, increase immune system health, and promote heart health. |
| 2. _____ kabobs | b. _____ not only smells good, but it can also sooth skin, reduce stress, and improve oral health and digestion. |
| 3. _____ dill | c. _____ can be made into a refreshing juice that can really help to keep you hydrated. |
| 4. _____ produce | d. Making _____ allows you to use vegetables in a fun way while participating in grilling season. |
| 5. _____ Watermelon | e. Add _____ and vegetables to your food to add color! |
| 6. _____ cucumbers | f. While _____ can get expensive at the store, you can plant them at home and even teach your children about nutrition. |
| 7. _____ Zucchini | g. _____ food is by far the tastiest and can be healthier compared to frozen and canned food. |
| 8. _____ summer | h. In the Midwest harvest season is late _____ and early fall which means there is a lot of fresh produce to go around. |
| 9. _____ freezed | i. Using this _____ instead of salt is a great and, often, a healthier way to season your food. |
| 10. _____ Mint | j. Green beans, zucchini, and _____ are all green vegetables that can be easily grown in a garden! |
| 11. _____ fruits | k. Used in salads, soups, pickling, ranch, etc. _____ is a great garden herb that can be used for seasoning? |
| 12. _____ Fresh | l. As usually encouraged, meals can be prepared beforehand and _____ for later enjoyment. |