

- Watermelons are 92% water!
- Watermelons are in the same gourd family as squash and cucumber!
- Watermelons are a good source of vitamin C, potassium, magnesium.

COLORADO CHARTER SCHOOL INSTITUTE

This is an equal opportunity provider.



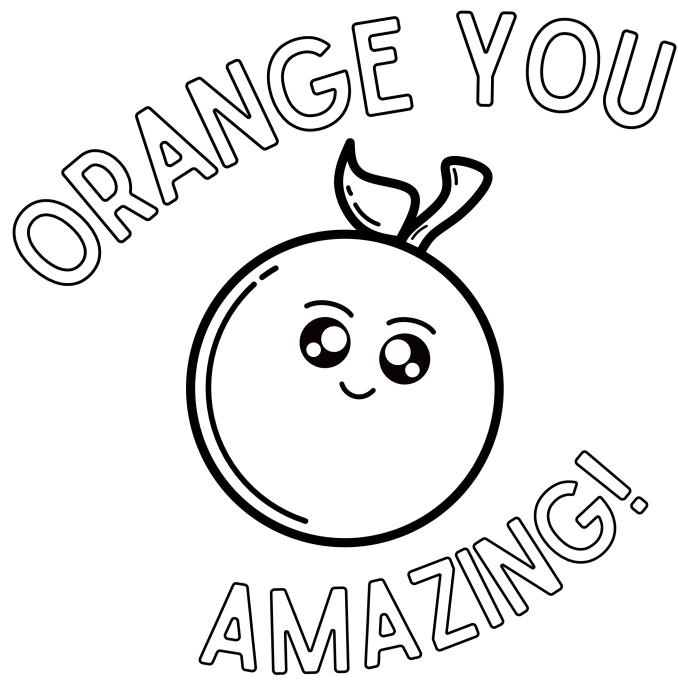
- There are over 3000 varieties of pears!
- Pears grow on trees that can be 100 years old!
- Pears are a good source of vitamin C, potassium, and fiber.



- Mangoes were first grown in India.
- Mangoes are the national fruit of 3 countries: Pakistan, India, and the Philippines.
- Mangoes contain over 20 different vitamins and minerals.
- Mangoes are a good source of vitamin C, potassium, folate, and fiber!



This is an equal opportunity provider.



- Florida grows 70% of the United States' oranges.
- There are over 600 types of oranges.
- Oranges are a great source of vitamin C!



- Peas are commonly green but can be yellow and purple!
- Peas grow best in cold weather.
- Peas are a great source of fiber, vitamin B, and vitamin C!