

Ag *for* Life  
Kids

# VEGGIE SUPERHEROES



*Veggies to the Rescue!*

# BROCCO-BOOST



The broccoli superhero looks like a little green tree that you can eat. It grows above the ground and has big leaves that grow with it.

The broccoli superhero is sometimes forgotten about because of its small size and its green colour. Although it might be little, this mighty green vegetable is known to have superpowers that make you strong.

**Where does broccoli get its superpower strength from?**

It comes from a source called vitamin C.

When you eat it, your body and the broccoli work together to give your immune system a power boost! This means it gives YOU the superpower of fighting off unwanted germs. It keeps you healthy and stops you from getting sick.



## GET THE SAME SUPERPOWERS AS BROCCO-BEAST



### **Snack Idea:**

#### **What you will need:**

- 1 cup of broccoli
- $\frac{1}{4}$  cup of hummus

#### **What you will do:**

- Carefully break up the broccoli into bite sized pieces using your hands and put them on a plate.
- Add about a  $\frac{1}{4}$  cup of hummus.
- Dip the broccoli into the hummus and enjoy!



# CAROTENA



The carrot superhero stays hidden underground because it is a root vegetable. To eat it and gain its superpowers, we must pull it from the ground to reveal its bright orange colour.

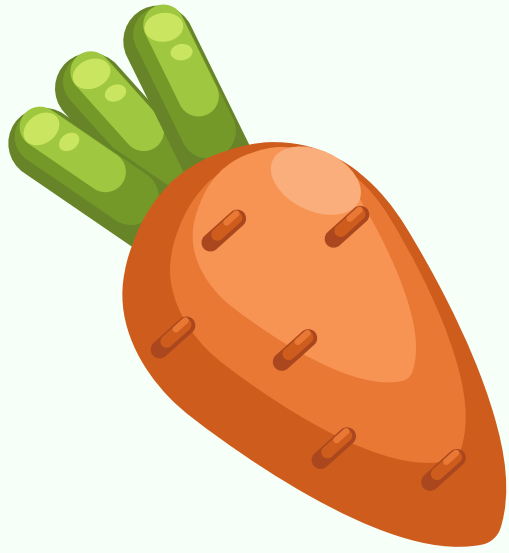
The carrot superhero is strong and grows fast underground. But it is so strong that it sends its green stem and leaves upwards towards the sky.

Where does the carrot get its superpower strength from?

From a source called vitamin A.

This vitamin will give you good, healthy eyes. Although it won't give you night vision, it will help you to see clearly!

## GET THE SAME SUPERPOWERS AS CAROTENA



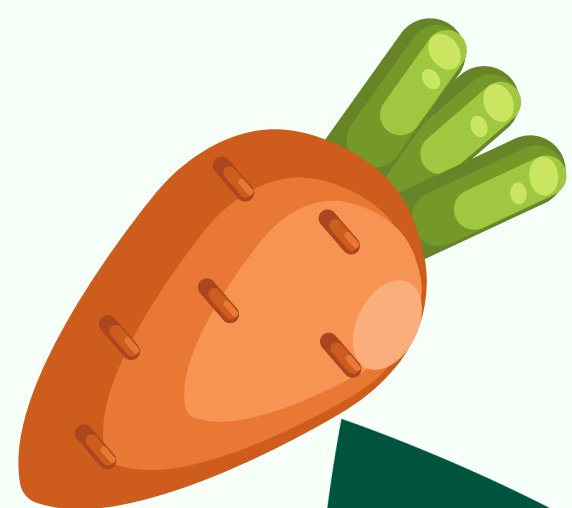
### Snack Idea:

### What you will need:

- 2 cups of carrots
- 2 tablespoons of butter or olive oil

### What you will do:

- Wash the carrots.
- Carefully slice them to be around the same size.
- Place a skillet over medium heat and add the butter or olive oil.
- Add the carrots and cook until the carrots are soft.
- Remove from the heat and enjoy!



# ASPARAGUSTUS



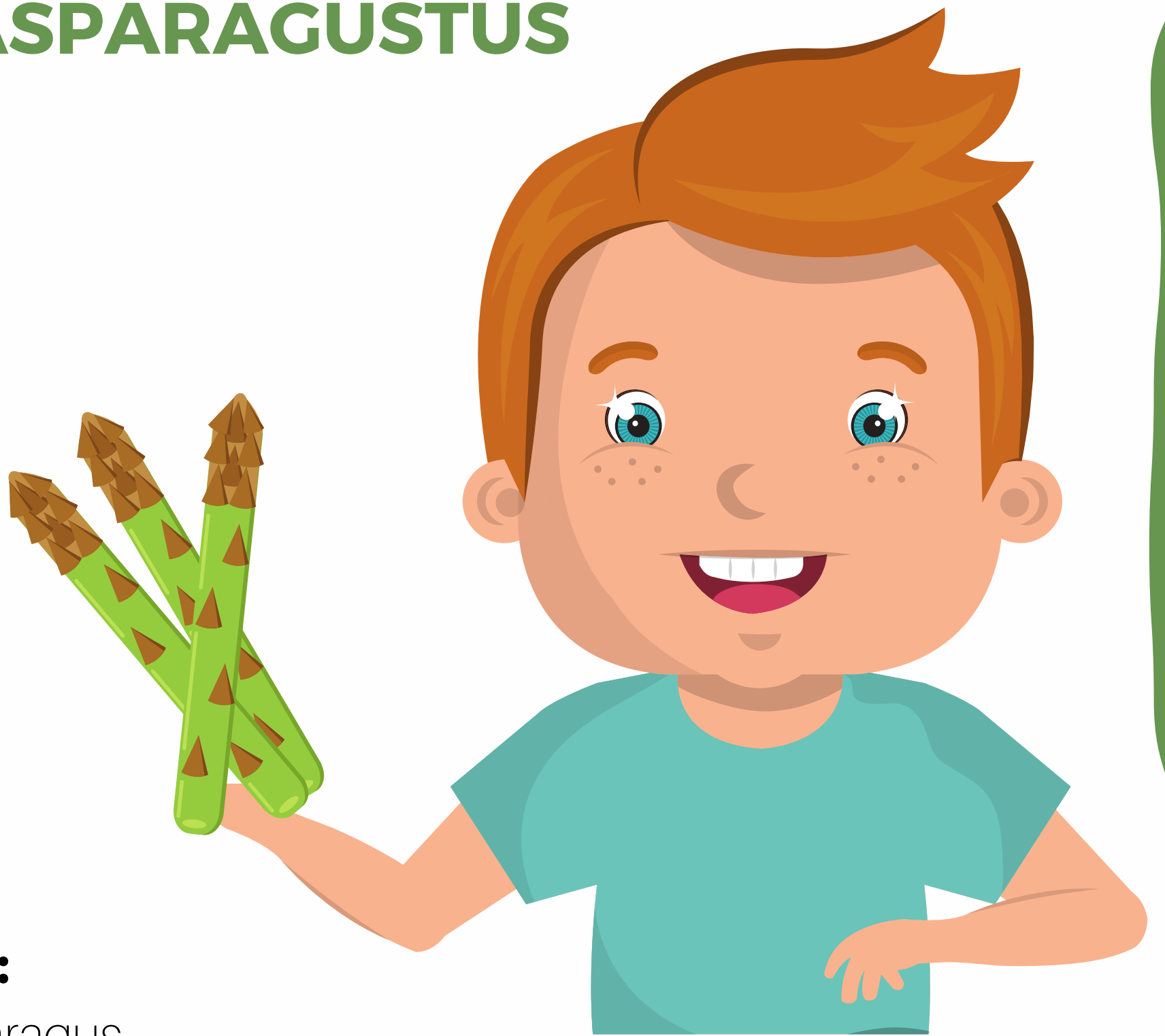
The asparagus superhero shoots up from the ground towards the sun. To gain its superpower, we eat the tall green part that grows towards the sky. The asparagus superhero takes a long time to grow because it has to have very strong roots in the ground. Once the roots are strong and the asparagus starts to grow, it keeps coming back to your garden year after year!

**Where does the asparagus get its superpower strength from?**

From a source called fibre.

Fibre is a very special power because it keeps you feeling full for a long time. It also gives you a strong and healthy heart, which allows you to continue on superhero adventures!

## GET THE SAME SUPERPOWERS AS ASPARAGUSTUS



### Snack Idea:

#### What you will need:

- 5 spears of cooked asparagus
- 5 slices of prosciutto
- 1 tablespoon of olive oil

#### What you will do:

- Wrap one slice of prosciutto around each asparagus spear.
- Drizzle with a bit of olive oil and enjoy!



# GO-GO GARE



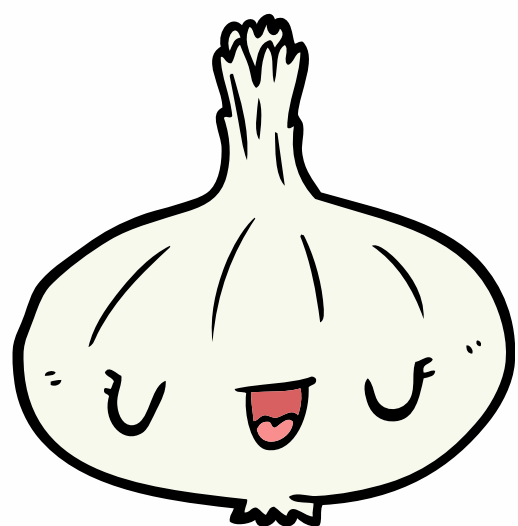
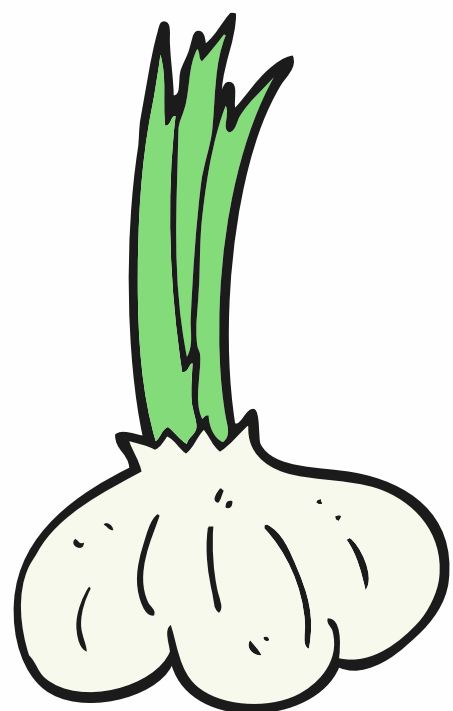
The garlic superhero grows underground. But it does not grow alone! Garlic grows in a 'bulb' that has 5-10 pieces of garlic cloves. The garlic superhero has a strong smell and an even stronger taste! But don't let its super powerful smell stop you from eating it. Its superhero taste may be too much when eaten alone, but when added to other foods its superpowers make any dish taste super yummy.

Where does the garlic get its superpower strength from?

From a source called vitamin B6.

This vitamin is very powerful because it helps turn the food you eat into energy!

## GET THE SAME SUPERPOWERS AS GO-GO-GARE



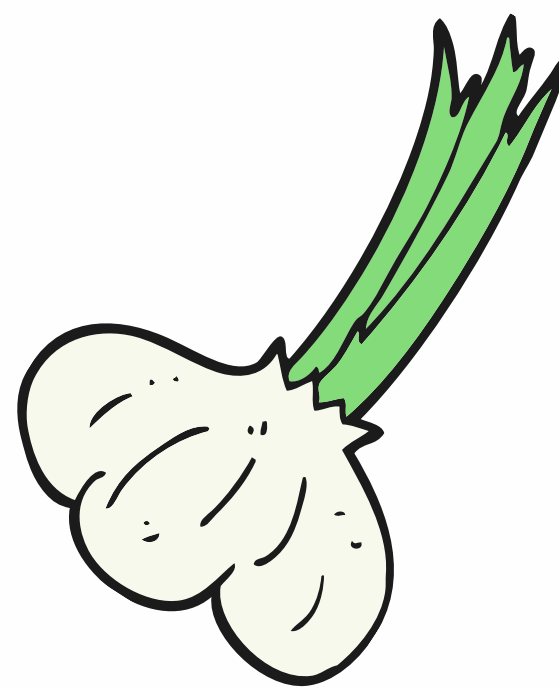
### Snack Idea:

#### What you will need:

- ½ cup of sour cream
- ⅓ cup of mayonnaise
- ½ tablespoon of minced garlic
- 1 tablespoon of lemon juice
- salt and pepper to taste

#### What you will do:

- In a bowl, mix together the sour cream, mayonnaise, minced garlic, lemon juice, and salt and pepper.
- Chill in the fridge or eat right away. Try dipping vegetables in!



# POWERFUL PETE



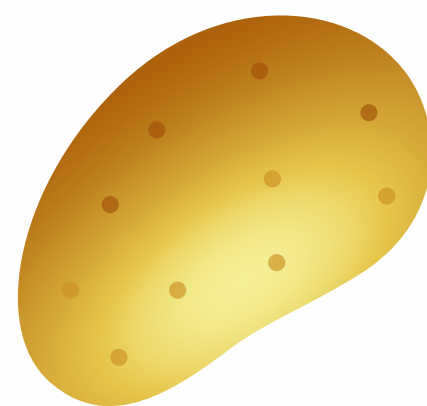
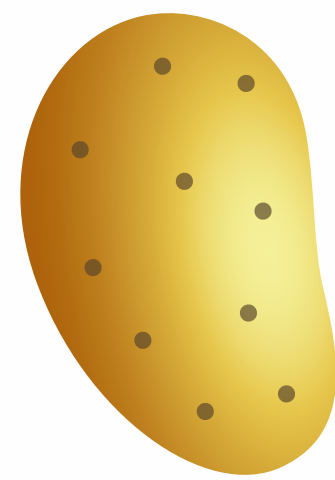
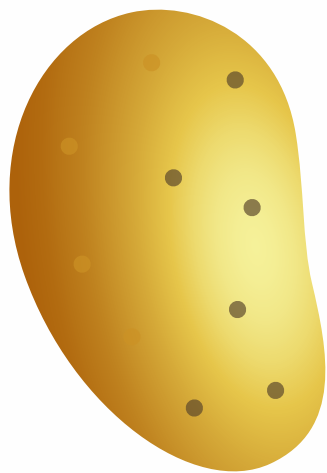
The potato superhero also grows under the ground but it shoots up green leaves above the ground. The green leaves produce so much power that the power is stored in the root (or the potato) underground. The potatoes are done harvesting energy and power underground once the plant tops die. The plant tops die so that the last energy can go down into the potato.

Where does the potato get its superpower strength from?

From a source called potassium.

The power from potassium is what makes your muscles and nerves function.

## GET THE SAME SUPERPOWERS AS POWERFUL PETE



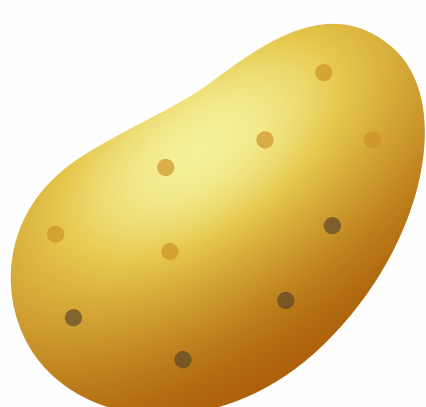
### Snack Idea:

#### What you will need:

- 3 russet potatoes
- 2 tablespoons of extra virgin olive oil
- 1 teaspoon of salt
- 1 teaspoon of sesame seeds

#### What you will do:

- Slice the potatoes thinly.
- Toss them with the extra virgin olive oil and salt.
- Sprinkle on the sesame seeds.
- Bake for 10 minutes at 425 degrees Fahrenheit.



# CAPTAIN CORN



The corn superhero grows very tall. It does not grow very deep into the ground, but instead it shoots up high into the sky because it likes the sun a lot. This superhero kernel of corn grows on what is called an ear- what you would find on your plate known as corn on the cob. The corn superhero does have a villain that it needs to be aware of. The villain is birds. Birds will try to eat the corn right from the plant. It must be protected with bags as it grows and then with scarecrows to scare the birds away.

Where does the corn get its superpower strength from?

From vitamin B.

The B vitamins work together to give you lots of energy and power your brain and cells.



## GET THE SAME SUPERPOWERS AS CAPTAIN CORN



### Snack Idea:

#### What you will need:

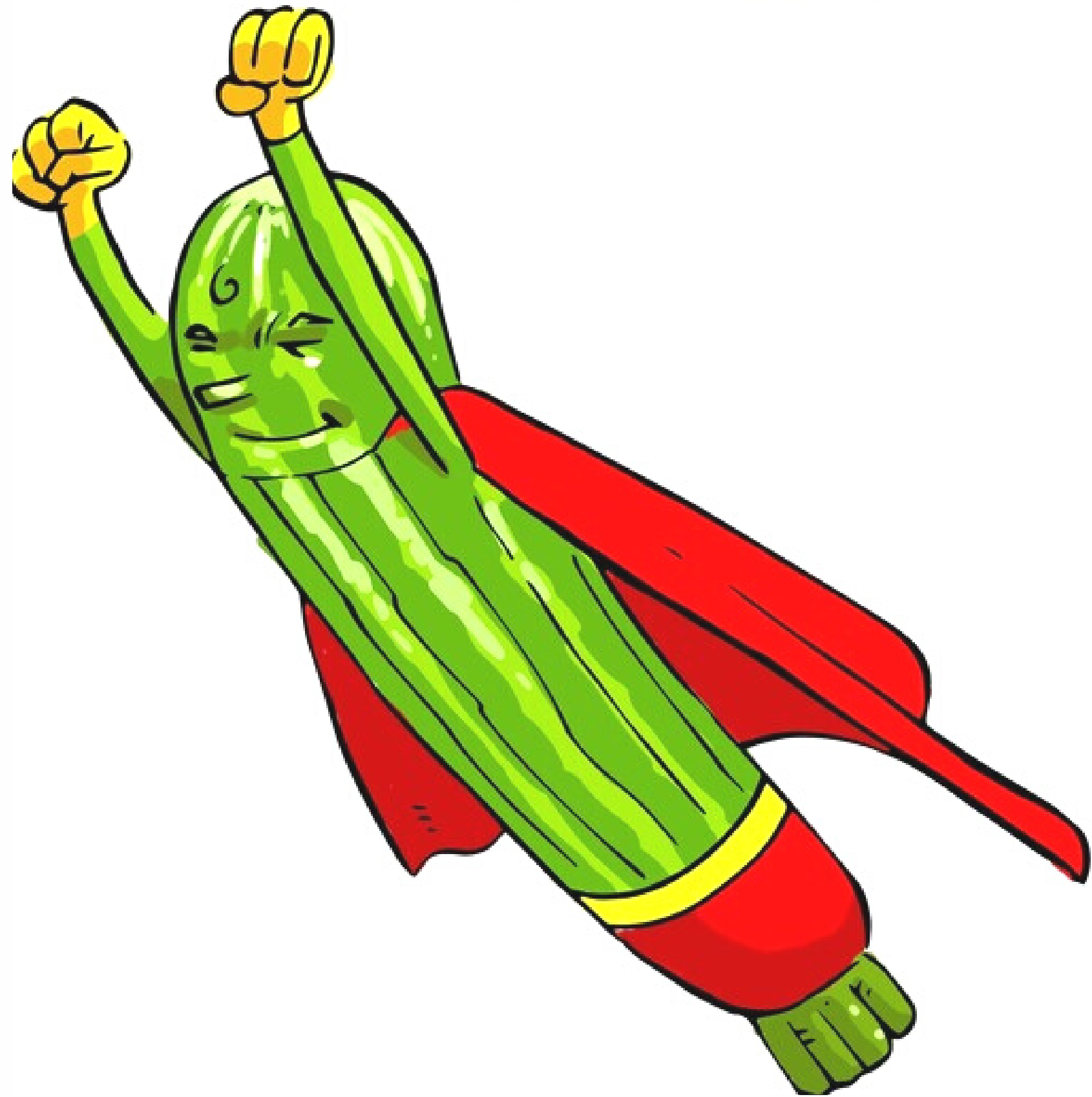
- 1 cup of corn
- ½ cup of cherry tomatoes
- ½ cup of red onion, chopped
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of lime juice

#### What you will do:

- Add all of the ingredients together in a large bowl.
- Toss to mix together and enjoy!



# ZIPPY ZUCCHINI



The zucchini superhero is a type of green squash that can grow up to one meter long. It gets its power to grow big from the sun and grows under big green leaves.

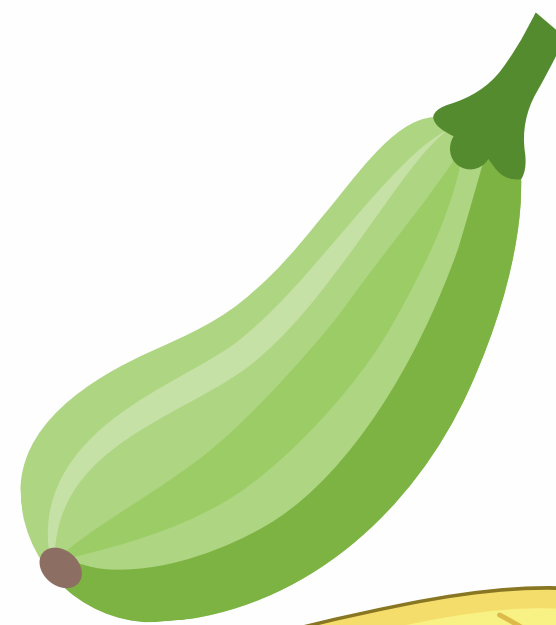
Where does the zucchini get its superpower strength from?

From a source called potassium.

Potassium is good for your muscles and nerves and gives you the power to get through the day with a lot of energy!



## GET THE SAME SUPERPOWERS AS ZIPPY ZUCCHINI



### Snack Idea:

#### What you will need:

- 1 zucchini
- 1 egg
- $\frac{1}{4}$  cup onion finely chopped
- $\frac{1}{4}$  cup cheese
- $\frac{1}{3}$  cup Panko breadcrumbs
- 1 teaspoon of garlic powder

#### What you will do:

- Preheat the oven to 400 degrees Fahrenheit.
- Grate the zucchini and soak up the extra water.
- Combine all of the ingredients in a bowl and mix together.
- Spoon small amounts of the mixture and place onto a lined baking sheet.
- Bake for 20 minutes, turning halfway through. Enjoy!



# SUPER BEET



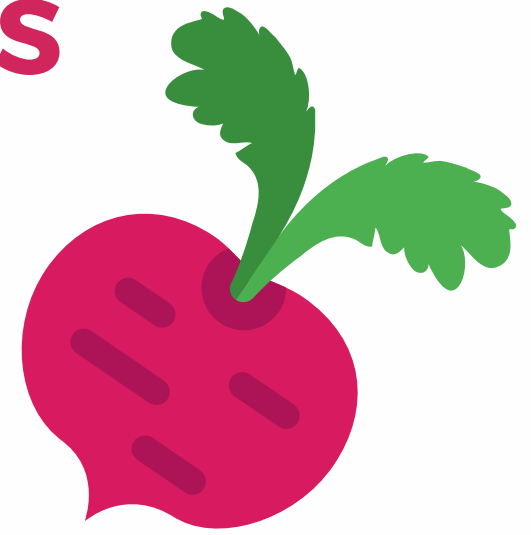
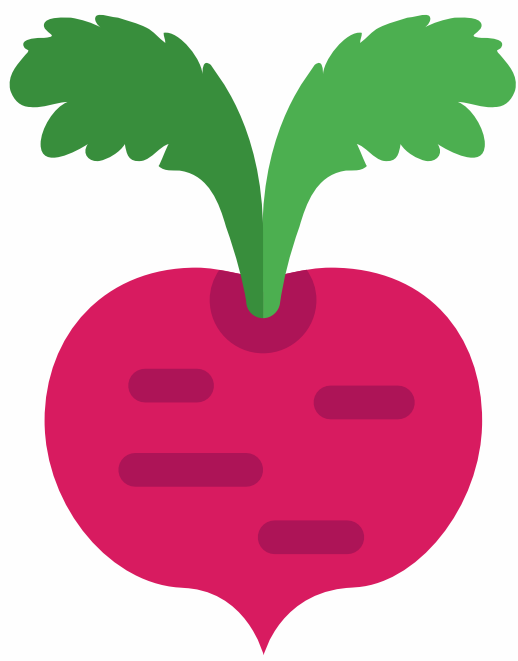
The beet is another superhero that grows as a root under the ground. It is best known for its powerful bright red colour that can turn your fingers pink! Not only does the superhero beet have superpowers but so does its delicious big green leaves that grow above the ground.

Where does the beet get its superpower strength from?

A source called folate.

Your body uses folate to make DNA for your body and to power your cells.

## GET THE SAME SUPERPOWERS AS SUPER BEET



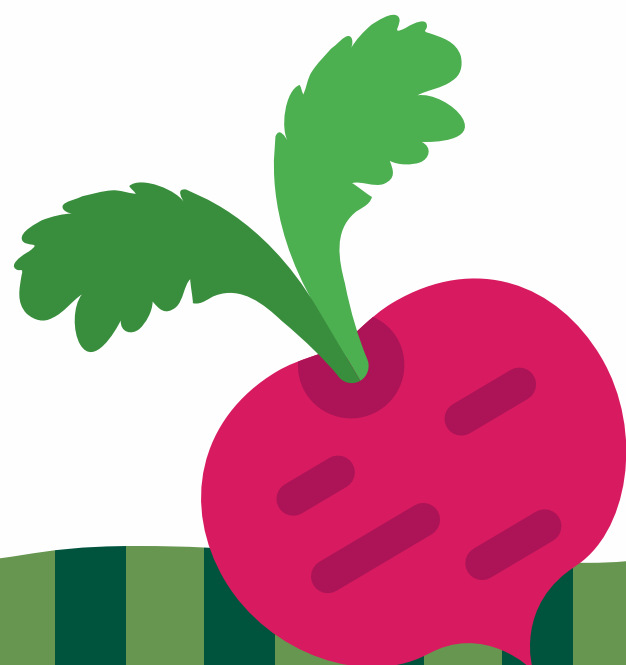
### Snack Idea:

#### What you will need:

- 1 beet 1 banana
- ½ cup frozen strawberries
- 1 cup of milk (or water)

#### What you will do:

- Peel and cut the beets.
- Put everything into a blender and blend until smooth!





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