

Wolff's News

Local is lo-cool!



Tomatoes are **red**, string beans are **green**, and carrots are **orange**, right? Yes... and no! When you get produce from local farms, you will find things you'll never see in a regular supermarket! Like **interesting tomatoes of all colors and shapes**, or **purple carrots and beans!** Big faraway farms can't grow these fun fruits and vegetables because they don't travel well. Lucky for us, most of our farmer friends live close by! So you get to try fun new veggies that are good for you...and also **REALLY COOL!**

What kind
of veggie
am I?

Vegetables grow in many different ways!
Can you match each veggie with its description?

Corn	Stem
Tomato	Flower Bud
Potatoes	Seed
Celery	Root
Carrots	Fruit
Broccoli	Leaf

(answers: corn--seed, tomato--fruit, potatoes--stem, celery--leaf, carrots--root, broccoli--flower bud)

Vegetable of the Month: EGGPLANT!



Eggplants are in the same plant family as tomatoes and peppers, and like to grow in the same hot weather. This is the best month for them! At Wolff's you can find them in a range of colors, shapes, and sizes. Have you ever tried eggplant? A pretty yummy way is to make something called "baba ghanoush." It's basically a dip made from roasted or grilled eggplant, and a good first way to try it because there are no skins! Use pita bread, veggies, or crackers for dipping.



Q:
What do
chickens
grow on?

A:
Eggplants!

