



VEGETABLE SCRAMBLE



C A U L I F L O W E R A B C S
D T O M A T O E C A R R O T S
F B J P O T A T O R O C U H C
G R K L P O D Q R K T O A V X
N O C E L E R Y N O R L I M A
I C A M H F A H U P L R E O N
A C B N S A H W S O Y B E A N
T O B N E A V C S T U R I P I
N L A L U A L S O C E M T R B O
A I G A Q E G G P L A N T E N
L E E K S N I N S I H C U Z S
P A R S N R V M B P I A C H T
H N U O R V M B E A N S O A Q
I R U T A B A G A C S E P E B
B O K C H O Y U S R E P E P E P

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|---------------------|----------|----------|----------|
| BEANS | CELERY | MUSHROOM | RUTABAGA |
| BEETS | CHARD | OKRA | SOYBEAN |
| BOK CHOY | CORN | ONIONS | SPINACH |
| BROCCOLI | EGGPLANT | PARSNIPS | SQUASH |
| BRUSSELS
SPROUTS | FAVA | PEAS | TOMATO |
| CABBAGE | KALE | PEPPERS | TURNIP |
| CARROTS | LEEKS | PLANTAIN | YAM |
| CAULIFLOWER | LIMA | POTATO | ZUCCHINI |



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
 EXPANDED FOOD AND NUTRITION
 EDUCATION PROGRAM

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