

FRED

Fred represents the spring planting season. He was created from the bounty of seasonal produce at the San Rafael Farmers Market in May.

Head: Plum- A stone fruit and members of the rose family, like cherries, strawberries and peaches. In Australia, there are over 200 varieties of plums, all high in fiber and essential nutrients.

Hair: Parsley- This food is more than just a garnish on your plate. It is important to your health because it's high in B vitamins which protect your heart, keeping your blood pumping so you can do all of the active things you enjoy.

Body: Kiwi- This fuzzy fruit grows on vines, like grapes, and was originally called the Chinese Gooseberry. It is high in Folic acid, fiber, and phytochemicals, which improves your health.

Legs: Stringbeans- The yummy beans in a stringbean are really the seeds. Stringbeans are the only plant that enriches the soil instead of depleting it as it grows.

Feet: Cauliflower- Cauliflower is not actually a flower, nor a group of flowers, but actually a collection of tiny stems. When cooked, you might not like the stinky smell, but that is because of a compound called indoles that all cabbage family members have, that can help with cancer prevention.

I ♥
THE CONSCIOUS
KITCHEN

Arms/Eyes:

Delicata Squash-

This is an heirloom squash that tastes like a sweet potato and comes cream-coloured or yellow with green or orange stripes. The seeds of the squash can also be eaten, usually after being toasted.

Shorts/Hat: Purple Cabbage-

Being high in Vitamin C and antioxidants, it is an immune system booster that helps prevent you from getting sick by strengthening your body's ability to fight off germs.