Sample Tasting Schedule

Sept - Nov	Apples*	Cauliflower*	Papaya	Broccoli*
	Dragon Fruit	Cranberries*	Pears*	Mushrooms*
	Tangerines	Grapes	Pineapple*	Pumpkin*
	Sweet Potatoes	Carrots*	Zucchini*	Tangelos
Dec - Jan	Artichoke*	Sweet Potatoes *	Lemons	Kumquat
	Bananas*	Oranges*	Mushrooms	Pears
	Clementine	Blood Oranges	Star Fruit	Celery*
	Pomegranates	Jicama*	Grapefruit*	Kale
March - May	Asparagus*	Strawberries*	Kohlrabi	Spinach*
	Apricots	Green Beans	Scallions	Mangos*
	Bananas	Honeydew Melon	Nectarine	Cabbage*
	Avocado	Ugli Fruit	Snap Peas	Rhubarb*
June - Aug	Bell Peppers*	Cherries	Grapes*	Plums*
	Blackberries	Sweet Corn	Green Beans	Radish*
	Blueberries	Cucumbers*	Raspberries	Kiwifruit*
	Cantaloupe	Watermelon	Tomatoes*	Peaches

* Pick-a-Better snack lesson is available for K-3: http://www.idph.state.ia.us/INN/PickABetterSnack.aspx?pg=Educators