

# My Vegetable Cooking Guide

Vegetable name:

Other names for this vegetable:

Draw a picture of your vegetable below.



What parts of the plant do we eat?

☐ Root  
☐ Stem

☐ Leaf  
☐ Fruit

☐ Flower  
☐ Seed

Nutritional information

Serving Size:

Calories:

Fiber:

Vitamin A:

Vitamin C:

Calcium:

Iron:

Growing season

☐ Spring  
☐ Summer

☐ Fall  
☐ Winter

## Harvest time

☐ Spring  
☐ Summer

☐ Fall  
☐ Winter

## How to Clean:

## How to Eat:

☐ Raw

☐ Cooked

## Recipe Ideas to Try: