Who is Kanbe's Markets?

Kanbe's Markets is a nonprofit here in Kansas City. We bring fresh fruits and vegetables into neighborhood gas stations and convenience stores every day of the week.

Why? Because Cheetos are delicious but not every day. And because getting to a grocery store every week isn't always easy.
Q: Which one of these vegetables is considered a root vegetable?  
   Hint: Root vegetables grow in the ground.

A: Technically, **carrots** are the root vegetable. The part of the vegetable that grows underground is called a root. **Celery** is a green vegetable and is most familiar with the stalks. But celery root or celeriac is the part of the celery you’re probably the most familiar with. The part of the vegetable that grows underground is called a root. The part of the vegetable that grows above the ground is called the stalk.

"When the roots are deep, there's no need to fear the wind."

– African Proverb
Smart snacks, run fast!

When we think of sugar, most of the time we think of candy and chocolate. But did you know that strawberries and other fruits are sources of natural sugar? Natural sugars can give you great bursts of energy that will keep you up and running, not let you crash.

"Inhale confidence. Exhale doubt." – Author Unknown
Broccoli is known as the "Crown Jewel of Nutrition" because it's low in calories, yet rich in vitamins and high in fiber. All of those things help our bodies with digestion and make us feel full longer.

Ever get a cramp while running or playing sports? Bananas are a wonderful source of Potassium, which is a mineral your body uses to help your muscles and nerves function properly. Psst! That means fewer muscle cramps.

"The best you can be is you." – Author Unknown
So much goodness to taste!

Q: How many varieties (types) of apples are there in the world?

A: 7,500

Taste and smell are two of our most powerful senses. Smell the orange. Does your mouth water? Our saliva glands can produce up to two liters of saliva each day! This helps moisten our mouth, protect our teeth from decay and, most importantly, initiate digestion. Saliva contains enzymes that start to break down food before it reaches our stomachs.

"Take time to see the world and taste the fullness of life." – Jeff Goins
Fruits and vegetables have something in them called "phytochemicals". Phytochemicals mean "plant chemicals" and sometimes they can give fruits and vegetables their color. It's important to eat foods that are different colors because they help our bodies with different things!

**Color Signs:** Red fruits and vegetables help our heart to be healthy. Yellow and orange fruits and vegetables are good for our eyes, immune system, skin and bones.

"Why fit in when you were born to stand out?" – Dr. Seuss
Peppers come in three different colors, green, yellow and red – just like a stoplight! Most, but not all, green peppers will turn yellow to red over time. That means a red pepper is a mature green pepper.

Color Signs: Green fruits and vegetables are good for our eyes and help make our bones and teeth strong.

"If nothing ever changed, there'd be no butterflies." – Author Unknown
An unlikely friendship.

What do spinach and oranges have in common?

Both contain vitamin C, which is good for your immune system.

Have you ever tried fruit salad? It's super simple!

**Ingredients:**
- 5-6 cups spinach
- 3 oranges
- 1/2 red onion
- 1/3 cup olive oil
- salt and pepper

**Directions:**
- Wash spinach with cold water and add peeled, sliced and seeded oranges.
- Chop onion or slice into rings, add to your mix.
- Drizzle olive oil and sprinkle salt and pepper to taste.
Did you know: Cucumbers can easily be canned and turned into pickles? Bet you see the resemblance now, don't you?

Refrigerator Pickles

Don't toss those cucumbers just yet! With the help of an adult, preserve your summer veggies for a few weeks longer & add a delicious pickle-y tang!

Step 1: Cut plain cucumbers into spears. Chop yellow squash, onions and cherry tomatoes.
Step 2: Combine and divide into jars, filling to top. Add seasonings – try fresh dill, whole peppercorns, and/or dried spices.
Step 3: Make the pickling liquid.
Boil 3 cups water with 3 cups white vinegar, 2 tablespoons salt, and 2 tablespoons sugar. Pour liquid into jars until full, and seal with airtight lid.
Step 4: Refrigerate and enjoy within three weeks.
Pro Tip: To “upgrade” your recipe: Add your favorite hot sauce to make the pickles spicy!
Fiber

fiber /ˈfɪbər/
noun
1. a thread of filament from which a vegetable tissue, mineral substance or textile is formed
2. dietary material containing substances such as cellulose, lignin and pectin, that are resistant to the action of digestive enzymes

Remember, when it comes to food, fiber helps our body with digestion. These foods make us feel fuller for longer periods of time and lower "bad" cholesterol levels. In general, the darker the vegetable, the richer it is in fiber. But fruits also contain high amounts of fiber.

Did you know: The most fiber in an apple is found in its peel?

"I implore you, with every fiber of my being, to give it further study." – Marybeth Kuznik
Tips to prep safe produce

1. **Give it a saltwater soak.** Research suggests that soaking fruits and vegetables in a 10% saltwater solution for 20 minutes rids most pesticide residues.

2. **Mix vinegar.** Soaking produce in a solution of 4-parts water to 1-part vinegar for ~20 minutes should help remove pesticides and many types of bacteria.

3. **Baking soda bath time.** Add 1 ounce of baking soda to 100 ounces of water to wash off pesticides. Soak produce in the solution for 12-15 minutes and rinse with water.

4. **Good ol' cold water.** If you have nothing else, produce rinsed under cold water has been shown to remove 9 out of 12 pesticides tested.

5. **Peel it.** Most produce can be peeled to remove the outside, exposed skin. However, for many fruits and vegetables, the peel is a nutrient-dense source.
Similar, but different

What's the difference between cherries, cherry tomatoes (sometimes referred to as grape tomatoes) and grapes?

With the help of a parent, cut a tomato, grape and cherry down the middle.

What has seeds? What doesn't? How do they feel?

Q: Are tomatoes a fruit or a vegetable?

For how they're used in cooking, nutritionally, they are considered vegetables. They form a flower and contain seeds.

A: Botanically, tomatoes are fruits because...
The more you know...

Planet Earth is unique for its billions of flourishing plants and produce species.

With so much to learn, it can be hard to know where to start. We promise to keep things fun, interesting and easy to apply!

"Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family." – Kofi Annan
A few basics

Did you know: The study of fruit is called "pomology"?

And horticulturists, people who grow and study plants used for food, believe bananas were the first fruit on earth!
A few basics

It is recommended that you eat at least five servings of fruit or vegetables a day.

*Hint:* One serving equals one-half cup.
The city of Chicago is named after garlic. 'Chicagaoua' was the Native American word for wild garlic.

Radishes were paid as 'wages' to the Ancient Egyptian laborers who built the Pyramids.
The more you know...

Have you ever seen a cranberry bounce? If you have one, try it!

Cranberries have air pockets inside them that help them float and fly. To this day, growers test a berry's quality using a tool called a "bounce board separator."

**Did you know:** Cranberries don't actually grow in water? That's right, Ocean Spray! Fresh cranberry fields are flooded to make harvesting easier (remember, cranberries are full of air).

"Things are not always as they seen; the first appearance deceives many." – Phaedrus
Mushrooms have their own immune system.

They contain powerful compounds used to help them survive in various conditions. Those same compounds can help us fight inflammation, destroy infectious microbes, slow down aging (not that you need to worry about that) and even regenerate nerve cells.
Potatoes have remained an important food in the human race's diet for centuries.

Potatoes are only 20% solid and 80% water.

Potatoes do not have to be stored in a refrigerator, but they should be kept somewhere dark and dry.