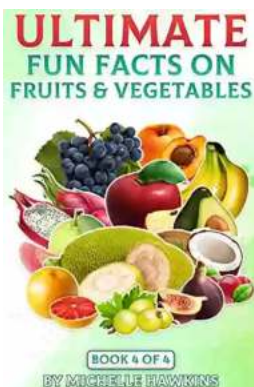


Astonishing Fun Facts on Fruits and Vegetables That Will Blow Your Mind!

Everyone loves fruits and vegetables. Not only are they incredibly delicious, but they also provide us with essential nutrients that keep our bodies healthy and strong. However, did you know that there are some fascinating facts about these colorful wonders that you might not be aware of? Prepare to be amazed as we delve into the world of fruits and vegetables!

1. The World's Largest Fruit

Have you ever wondered which fruit holds the title for being the largest in the world? Well, it's the mighty jackfruit! Native to South Asia, this massive fruit can grow up to a staggering 80 pounds (36 kg) in weight. Its size is so impressive that a single fruit can feed an entire village!



Ultimate Fun Facts on Fruits & Vegetables: Book 4 of 4 (Fun Facts on Fruits and Vegetables)

by Michelle Hawkins (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 39764 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 395 pages
Lending : Enabled



2. The Only Fruit That Bears Seeds on the Outside

Strawberries are undeniably delectable, but did you know that they are the only fruit that bears seeds on the outside? Interestingly, those tiny specks you see on the strawberry are not actually seeds, but achenes – the true fruit is the swollen part that we typically consume!



3. The Origins of Carrots

Carrots are often associated with their orange color, but did you know that they once came in different shades? Originally, carrots were purple, white, and even yellow. It wasn't until the 16th century when Dutch farmers selectively bred carrots to be orange as a tribute to the Royal House of Orange, which led to the vibrant orange we know today!



4. Peppers with Superpowers

If you've ever had a spicy pepper, you've probably experienced the burning sensation caused by capsaicin. But did you know that birds are immune to the effect of capsaicin? As a result, peppers use their spiciness to keep mammals away while attracting birds who help to spread their seeds. Talk about an ingenious survival strategy!



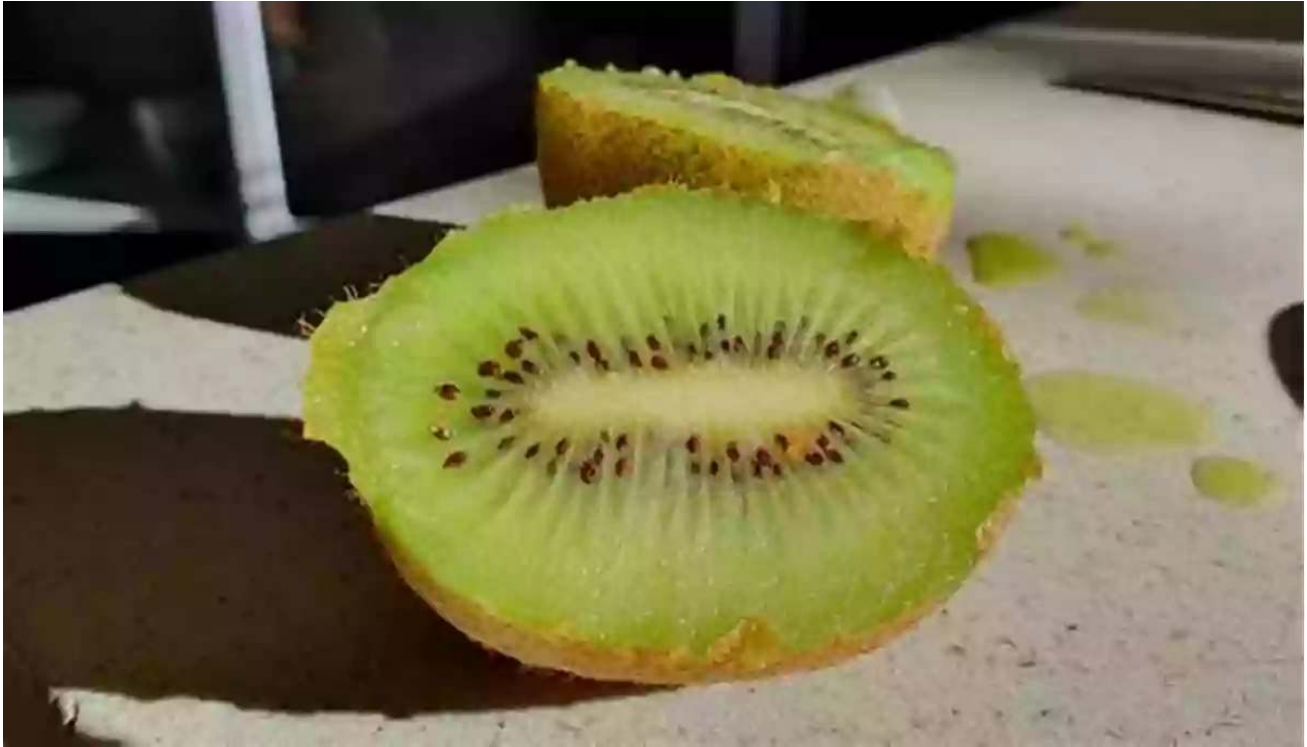
5. The Unforgettable Avocado

Avocado toast has become an immensely popular food trend in recent years. However, did you know that avocados were around during the time of the dinosaurs? They have been traced back to over 65 million years ago, making them one of the oldest fruits on Earth. It's safe to say that avocados are truly timeless!



6. The Power of Kiwis

Kiwis might seem small and unassuming, but don't be fooled by their size! These humble fruits contain twice the amount of vitamin C compared to oranges. Not only that, they are packed with antioxidants, fiber, and numerous other essential nutrients. Time to stock up on these nutrient powerhouses!



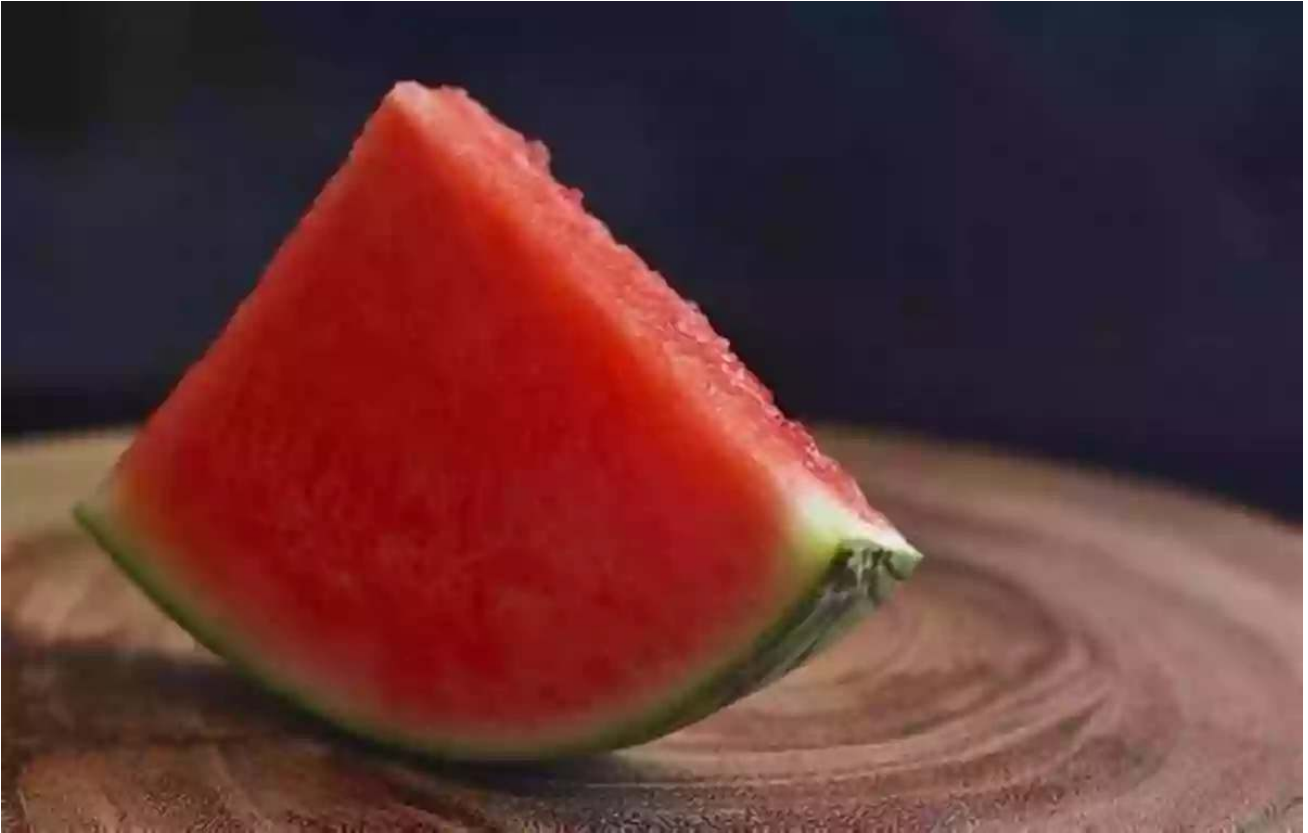
7. The Strange Durian

Known as the "king of fruits" in Southeast Asia, the durian is loved by many, yet also despised by some. What makes durian a unique fruit is its pungent smell – it's so strong that it's even banned in some public places! However, for those who can surpass the smell, the taste is often described as a combination of sweet, creamy, and fruity flavors. Definitely a fruit for the adventurous!



8. Watermelon's Hidden Talent

Watermelons are the perfect refreshing treat on a hot summer day, but did you know they have a hidden talent? As its name suggests, watermelon is about 92% water! It's nature's way of quenching your thirst while satisfying your taste buds.



9. Magical Broccoli

Broccoli might not be everyone's favorite vegetable, but it certainly has some magical properties. Not only is it packed with vitamins and minerals, but it also contains a compound called sulforaphane that has been shown to have anti-cancer effects. Time to embrace the power of this green wonder!

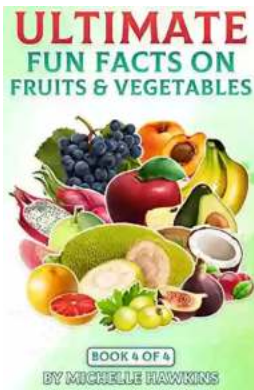


10. The Curious Iceberg Lettuce

You might be surprised to learn that iceberg lettuce is not actually named after icebergs. Instead, the name comes from the way the lettuce heads were transported back in the day – they were packed in ice to keep them fresh during transit. This crisp and refreshing lettuce got its name from its cooling companion – the iceberg!



These fun facts on fruits and vegetables only scratch the surface of the incredible world of these colorful, nutritious delights. Next time you enjoy a piece of fruit or include a vegetable in your meal, take a moment to appreciate the fascinating journey they have taken to reach your plate. And who knows, you might uncover even more mind-blowing facts along the way!



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Ebook includes Apple, Apricot, Avocado, Banana, Cranberry, Guava, Fig, Coconut, Dragon Fruit, Gooseberry, Grape, Grapefruit, and Jake Fruit.

This ebook combines all of the previous Fun Facts on Fruits and Vegetables for Kids into four handy ebook.

Do you know that an Apple can be as small as a cherry but as big as a grapefruit?

Do you know that Brazil and Indonesia eat Avocados with chocolate syrup?

Do you know that Bananas float in water like apples and watermelons?

Do you know that Cranberries got its name because it looks like the head and bill of a crane when the vine blossoms?

Do you know that the outer surface of Gooseberries can be hairy, prickly, or smooth?

Do you know that once an acre of Grapes can make 15,000 glasses of wine?

Do you know what temperature Grapefruit is best eaten at?

And do you know that the Jackfruit tree trunk can be used to make drum barrels?

It is sometimes difficult to make our children understand the beauty of nature, to make them appreciate the small things, the beauty of a flower, the freshness of the air, the scent of grass. Many times we are not fortunate to be in contact with nature, far from a meadow, closed in the cities. Still, so often, while looking out from our balcony in a beautiful country house, we know how to observe but do not appreciate creation's beauty.

Know the details of fruits and vegetables is as common as it is surprising, through a simple path, which fuels your child's interest and curiosity. That's the purpose of this book.

But beware, prepare for the challenge!

You will have to be able to answer the questions that your child will ask you by showing off their deep knowledge in the world of fruits and vegetables:

- Mom, do you know that you can harvest one Dragon Fruit plant four to six times per year? I do!
- Hey, dad, do you know how many different types of Figs there are in the world? I do!
- Grandpa, do you know how many different shapes Guava can be? I do!
- Grandma, do you know that one Coconut tree can produce 180 Coconut per year? I do!
- Sarah, you're my big sister and you've studied a lot, but I bet you don't know where Apricots originated from! I know that.

You don't need anything else; just one click on "Buy Now," and you will let your child live a magical new adventure with their Fruits and Vegetables and the magic natural world of food.

This ebook combines all of the previous Fun Facts on Fruits and Vegetables for Kids into one handy ebook.

Ebook will include

Apple

Apricot

Avocado

Banana

Cranberry

Guava

Fig

Coconut

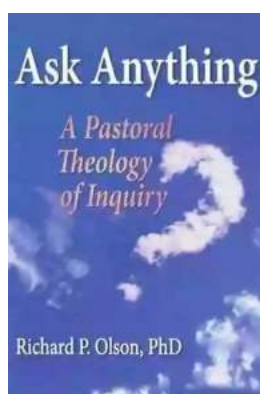
DragonFruit

Gooseberry

Grape

Grapefruit

Jakefruit



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