

# A Celebration of Fruits and Veggies

Fruits and veggies! So good for you, and so versatile! We like them raw or in a salad, and there are many creative ways to prepare them. This month's puzzle contains the scrambled names of nine favorite ways people cook with fruits and veggies. Unscramble the words, and then read down the center shaded column to find another increasingly popular serving suggestion for delicious produce. (Answer at bottom of this sheet.)



ASTOR						
MEATS						
LOBIR						
CAPOH						
ESTUEA						
LIHLC						
RIGLL						
KABE						
			WEST			

Answers to "A Celebration of Fruits and Veggies": ROAST, STEAM, BROIL, POACH, SAUTE, CHILL, GRILL, BAKE, STEW. Center column: SMOOTHIES.