



Eat the Alphabet Challenge for Five to Thrive

Starting August 28 through September 24, choose and eat a produce item that starts with the letter of the day and then record it on the calendar below. If you need ideas, see the list on the next page.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			28 A is for:	29 B is for:	30 C is for:	31 D is for:
1 E is for:	2 F is for:	3 G is for:	4 H is for:	5 I is for:	6 J is for:	7 K is for:
8 L is for:	9 M is for:	10 N is for:	11 O is for:	12 P is for:	13 Q is for:	14 R is for:
15 S is for:	16 T is for:	17 U is for:	18 V is for:	19 W is for:	20 X is for:	21 Y is for:
22 Z is for:	23 Letter of Choice:	24 Letter of Choice:				



Eat the Alphabet Challenge for Five to Thrive

a	apple, avocado, apricot, asparagus, artichoke, arugula
b	banana, beet, blueberry, brussels sprout, broccoli, bell pepper, bok choy
c	cabbage, carrot, cucumber, cauliflower, celery, corn, cassava, collard greens, cress, cantaloupe
d	dandelion greens, date, dinosaur kale, daikon, dragon fruit, durian, delicata squash
e	edamame, endive, eggplant, elderberry, eggfruit, etrog, earthnut pea, escarole
f	fig, fennel, fava bean, fenugreek, fiddlehead fern, frisee, fingerlime
g	ginger, grapefruit, grape, green bean, garlic, guava, goji berry, gooseberry
h	honeydew melon, huckleberry, hominy, heirloom tomato, heart of palm, hijiki
i	iceberg lettuce, Italian parsley, imperial artichoke, Indian pea
j	jicama, Jerusalem artichoke, jalapeno, jackfruit
k	kiwi, kohlrabi, kumquat, kale, kelp, kombu
l	lettuce, lemon, lime, leek, lychee, longan, lingonberry, loganberry, lotus root
m	mango, mushroom, mandarin orange, melon, mulberry, mustard greens
n	nectarine, nectacot, napa cabbage, naranjilla, naartjie
o	orange, orangelo, okra, onion, olive

p	peach, plum, pear, pineapple, pomegranate, persimmon, parsnip, pea, potato, pumpkin, pepper, plantain, prune
q	quince, quandong, queen anne cherry, quinault strawberry
r	raspberry, radish, rhubarb, rutabaga, radicchio, raisin, red cabbage, red potato
s	strawberry, swiss chard, spinach, sweet potato, starfruit, seaweed, snow pea, savoy cabbage, shallot
t	tomato, tamarillo, turnip, tangerine, tangelo, taro, tamarind, tomatillo, tatsoi
u	ugli fruit, uvilla, umeboshi, ulluco, ube (purple yam)
v	violet cauliflower, vidalia onion, verdolaga (purslane), vainita (green bean), valencia orange
w	watermelon, watercress, water chestnut, wax bean, wasabi, winter squash, wheatgrass
x	xerophyte (pineapple), xigua (watermelon), xoconostle cactus fruit, xi yan cai (napa cabbage)
y	yam, yuzu, yangmei (Chinese strawberry), yellow beetroot (golden beet), yukon gold potato, yucca root
z	zucchini, zebra eggplant, zingiber officinale (ginger), zante currant, zarzamora (blackberry)

