



## Winter Blues

Sara was a little girl about the age of four. She was little in size but she was a big helper. Today Sara and her mom were packing the outside things away for the winter. They put all the outside furniture, outdoor toys, and planting pots in the garage. Sara's mom then went into the garden and began chopping down some of the plants. "Mom, what are you doing?" Sara's mom replied, "I am cutting down these vegetable and fruit plants for the winter. They can't grow when it is so cold outside." Sara was shocked and so sad. It was exciting for her to watch all the fruits and vegetables grow through the summer and fall. She loved coming out to the garden to pick tomatoes, strawberries, green beans, lettuce and carrots. She loved to eat them right away after she picked them and of course after her mom washed them. But now there was none to pick. Now Sara couldn't have carrots, strawberries or green beans until next summer and even then she'd have to wait until they grew.

Sara's mom knew that Sara was blue (sad). She tried to explain that they can still eat those foods. Sara couldn't understand how, her mom told her it was too cold. Sara's mom called Carol Carrot for help. Carol Carrot came to the rescue. Sara's mom told her about Sara's troubles. Carol Carrot knew just what to do to help. Carol Carrot told Sara and her mom that they were going on a field trip. Carol took them both to their local grocery store. Carol led them to the produce aisles where they saw lots of carrots, strawberries, peppers, lettuce, squash, etc. Sara was excited. She couldn't believe all the yummy fruits and vegetables. But she was confused. She asked Carol Carrot, "I don't understand? Where did all these yummy foods come from? My mom told me it is too cold to grow fruits and vegetables. I don't understand?"

Carol Carrot knew this all must be confusing for a little girl and she explained, "You see in different parts of the country the weather is warmer. It may still be winter there but much, much warmer. Many places never even get snow, only lots of sunshine. People who live in warmer places can wear shorts even in the winter but they never get to build snowmen or go sledding. In these places it is warm enough to grow all kinds of vegetables and fruits. After the farmers grow them, they pick them just like you and your mom did in your garden. Then they ship them by car, boat, or even by plane to grocery stores just like this one all over the country. So you can enjoy all the vitamins and minerals that you get from carrots or strawberries all year long." Sara was so happy. Sara and her mom filled their grocery cart and Carol Carrot knew her job here as done, another happy customer.

