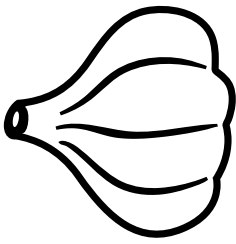


The Nutrients in My Garden

By: _____

Garlic



I get these vitamins and minerals
from the garlic I eat:

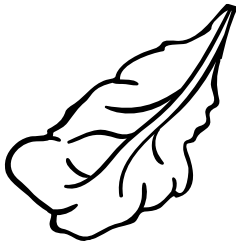
Vitamin B6, Vitamin C and these

minerals: manganese, selenium,

iron, copper, and potassium.

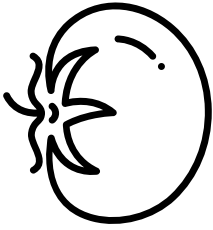
About the
author/illustrator:

Lettuce



I get these vitamins and minerals
from the lettuce I eat:

Tomatoes



I get these vitamins and minerals
from the tomatoes I eat:

I get these vitamins and minerals
from the _____ I eat:

I get these vitamins and minerals
from the _____ I eat:

I get these vitamins and minerals
from the _____ I eat:
