Slice sweet red onions for a great sandwich topping.

Bananas are the fruit with appeal!

Have you tried orange or purple cauliflower?

Crunchy radishes are high in vitamin C.

Brussels sprouts are a good source of fiber.

Apples come in all shades of red, green and yellow.

Juicy red watermelon is a tasty summer treat.

Make sure it’s 100% juice!

Sweet potatoes are a great source of vitamin A.