



Durakson Alcide

## Ananas / Pineapple

Pineapples grow in the cooler areas of Haiti, mostly in the mountains. They make great snacks, and many people in Haiti also make fresh juice and jams with the fruit. They have a lot of vitamin C and people use them along with oranges when someone has a cold. At the school we have tried to grow them near the school by cutting the tops off and planting them in the ground.



Jecelene Joseph

## Mangue/ Mango



Mangoes are fruits grown on trees, and there are many different kinds of mangoes in Haiti. They can be green, red, orange, pink, yellow or almost purple in color and some can be stringy while others are smoother. Some names of the different mangoes in Haiti are "francique", "konn", "baptiste", "madanm blanc", "karot", "miska", "fil" and Rosalie. The season for most mangoes in La Plaine, where all of our students live, is from January to sometimes as late as May and June. Mangoes are a great snack for everyone and they are high in vitamin C.



Woodaby Eduoard

## Mirliton

This is a vegetable grown on a vine like cucumbers and squash. It's used in sauces and bouillon, and Haitians believe it is good for people who want to lose weight. Mirliton have a small seed in the middle and sometimes when these vegetables sit too long, the seed starts to sprout a vine!





Jefferson Geffrard

Chou / Cabbage

Cabbage is a vegetable and people make soup, sauces, and salads with it. Haitians also cut cabbage into very thin shreds to make a spicy cole slaw type dish called "pikliz", eaten with fried plantains, breadfruit and other fried foods. Cabbage grows all year round in the slightly colder areas of Haiti- the mountains, and is then transported to cities and towns like where Jefferson and his classmates live.





Kenley Poleau

## Tomate/ Tomato

Tomatoes are great for making juice, jams, salads, and sauces, and the seeds can be used for planting more tomatoes! In Haiti, tomatoes grow the best in cooler areas- in the mountains, like cabbage, and then are transported to the other towns and cities.





Johnny Edume

## Bettrave/ Beets

Beets are root vegetables, which also grow well in cooler area of Haiti like the mountains. People make juice, salads, and sauces with beets. Since beets are high in iron, they are a great vegetable for everyone to include in their diets. Anemia is a problem for many Haitians so iron is important.



Marie Loudenie Rosier

## Orange / Orange

Oranges are fruits grown on trees in all areas in Haiti. There are sweet oranges and sour oranges, and all are used to make juices, teas, and jellies. They are very high in Vitamin C, so when someone has a cold, their family members will look for sour and sweet oranges and other citrus fruits to make teas and juices to help them feel better faster.

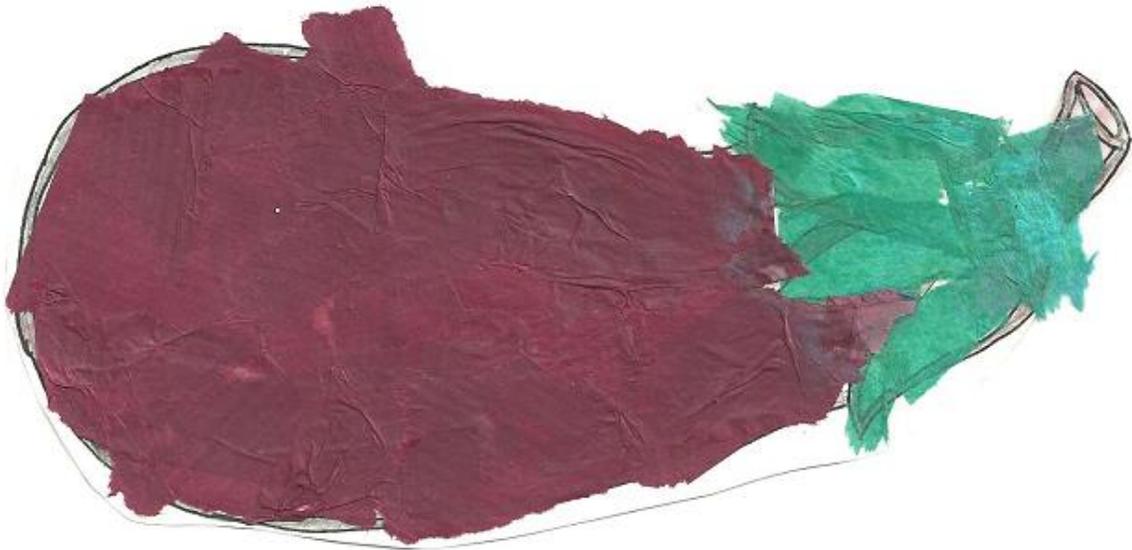




Peterson Victor

## Aubergine/ Eggplant

Eggplants are vegetables that are very delicious. People make salad and sauces with them and the most common sauce made with eggplants has meat, cabbage, spinach, onions and of course eggplant in it and people put it on rice, cornmeal and wheat dishes. We have eggplant plants at our school, in the garden and also next to our hibiscus and ornamental flowers!

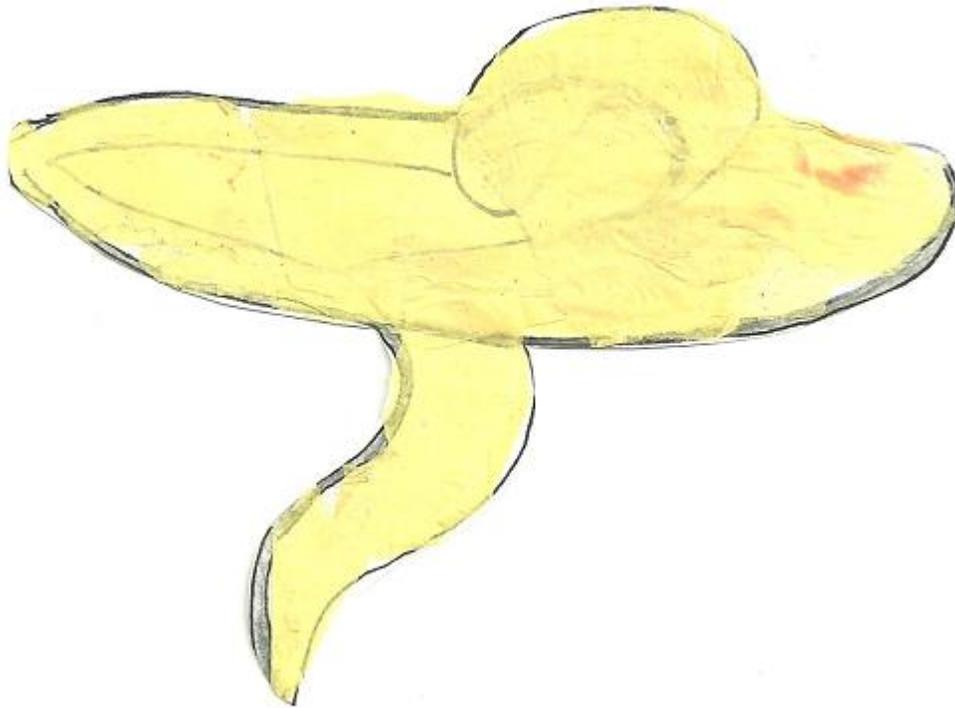




Faviola Abicher

## Figure Banane / Banana

Bananas are sweet fruits grown in almost every area of Haiti. People make juices and salads with bananas, and we love to eat them with bread, peanuts, or by themselves. Banana trees are easy to grow and are very similar to plantain trees. Faviola's neighbors have banana and plantain trees and when they harvest them, the family sells them in market to make income.

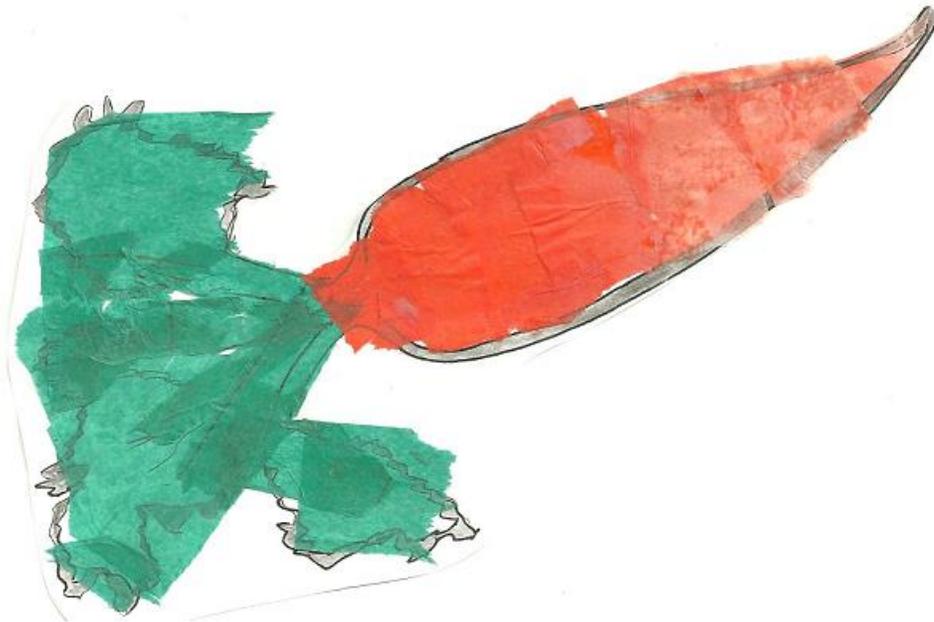


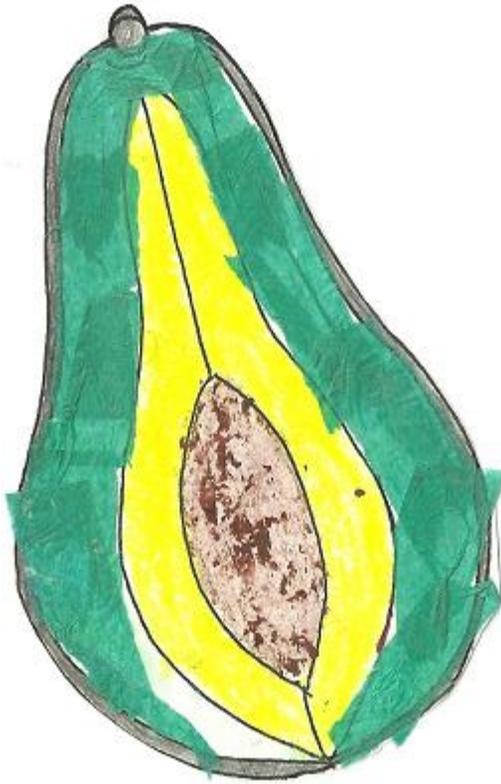


Medjiana Victor

## Carrotte / Carrot

Carrots are vegetables that grow in cooler areas of Haiti, mostly in the mountains, and they grow underground like beets. Carrots taste great in bouillon and soups, as well as salads and “pikliz” (the spicy salad made with shredded cabbage). People also make juice with carrots because they help improve eyesight and have a lot of vitamins.





Widletson Gaspard

## Avocat / Avocado

Avocados are grown on trees in many areas of Haiti. Jefferson, Widletson's classmate has an avocado tree near his house! People make salads with avocados, and also eat them with rice, cornmeal, millet, and wheat dishes as well as with bread for breakfasts or snacks! The season for avocados in Haiti is around June- October, and it is very rare to find avocados sold in street markets in months that they aren't in season.



Wildachenie Meneus

## Pasteque / Watermelon

Watermelons are large fruits that grow in the mountains or in wide open spaces. If gardeners want the watermelons to grow well they have to have a pump to water the garden. People eat watermelons in big slices and they also make juice with them! Watermelons are very sweet and delicious and grow year round as long as there is water to keep them growing.

