



Meet The Frugies™

Let's meet a potato that plays the piano
and a peach that sings jazz.

Let's meet an onion that's always crying
and a strawberry that dances ballet.



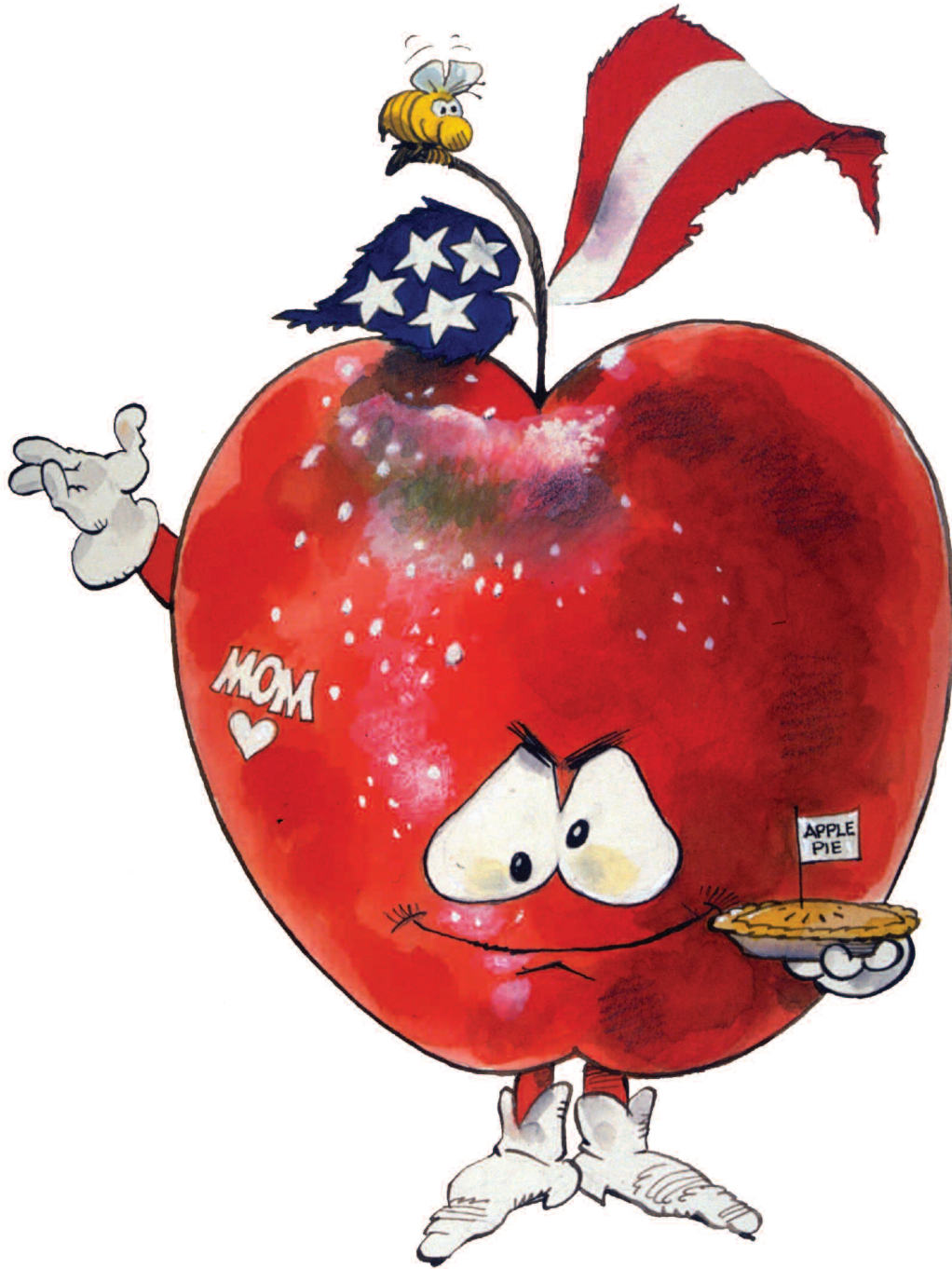
Let's meet The Frugies.™

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Designed by Alianda
www.alianda.com

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They say, "An apple a day
keeps the doctor away." Adam
Apple couldn't agree more.

Apple sauce and apple juice
And Mom's baked apple pie...
We're the country's favorite fruit
And it's easy to see why.

Apples keep you healthy
And taste delicious, too.
Try to have some apples
If you know what's good for you.



*E.J. Cob knows that when you
start with corn, there's no
telling what you'll end up with.*

The thing about corn
And what's amazing to see,
Are all the fine things
That they make out of me.

From corn bread to corn flakes,
Corn chips and more,
There's enough corny things
To fill a whole store.



Can you guess what
Auntie Broccoli looks like?

Look at nature's vegetables
And it's really plain to see
That broccoli is the only one
That looks just like a tree.

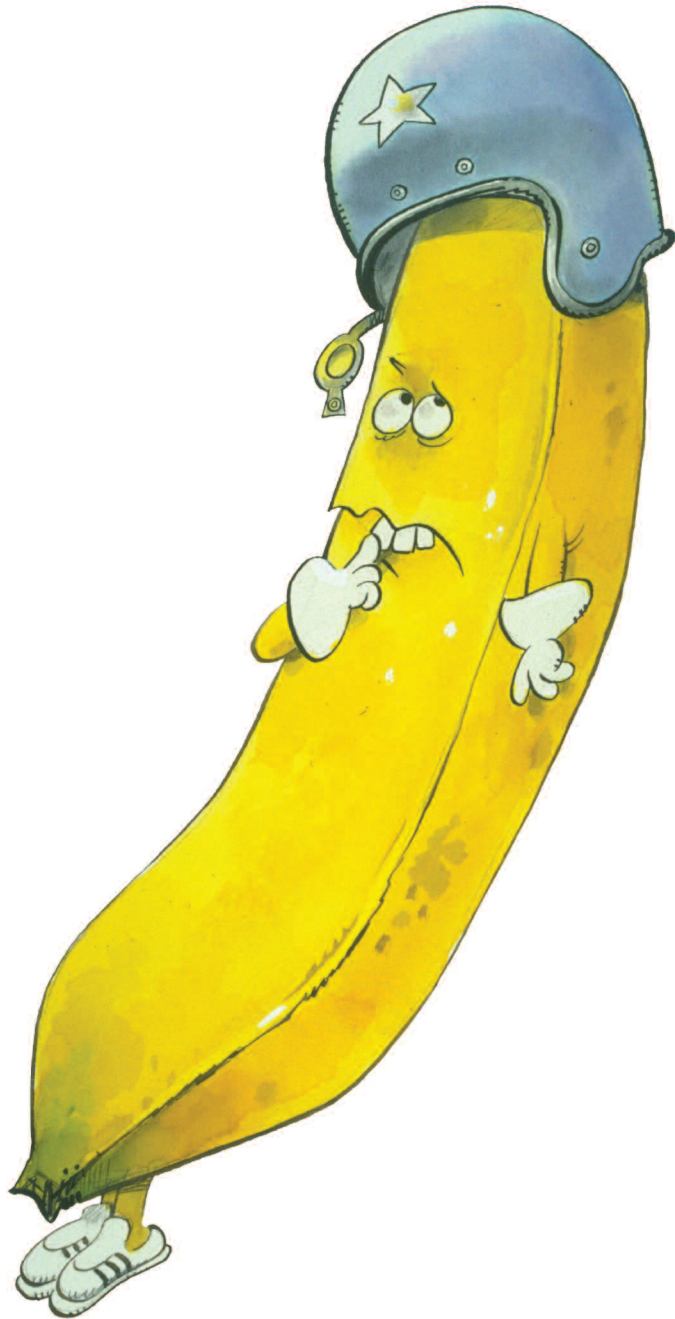
So when you're at the table,
Say, "Mommy, if you please...
I feel like I'm a giant
And I'd like to eat some trees!"



Peach Velour is
happy, wonderful
and just plain terrific.

When life is just about perfect
And you're as happy as can be
That's when everything is "peachy"--
A name they get from me.

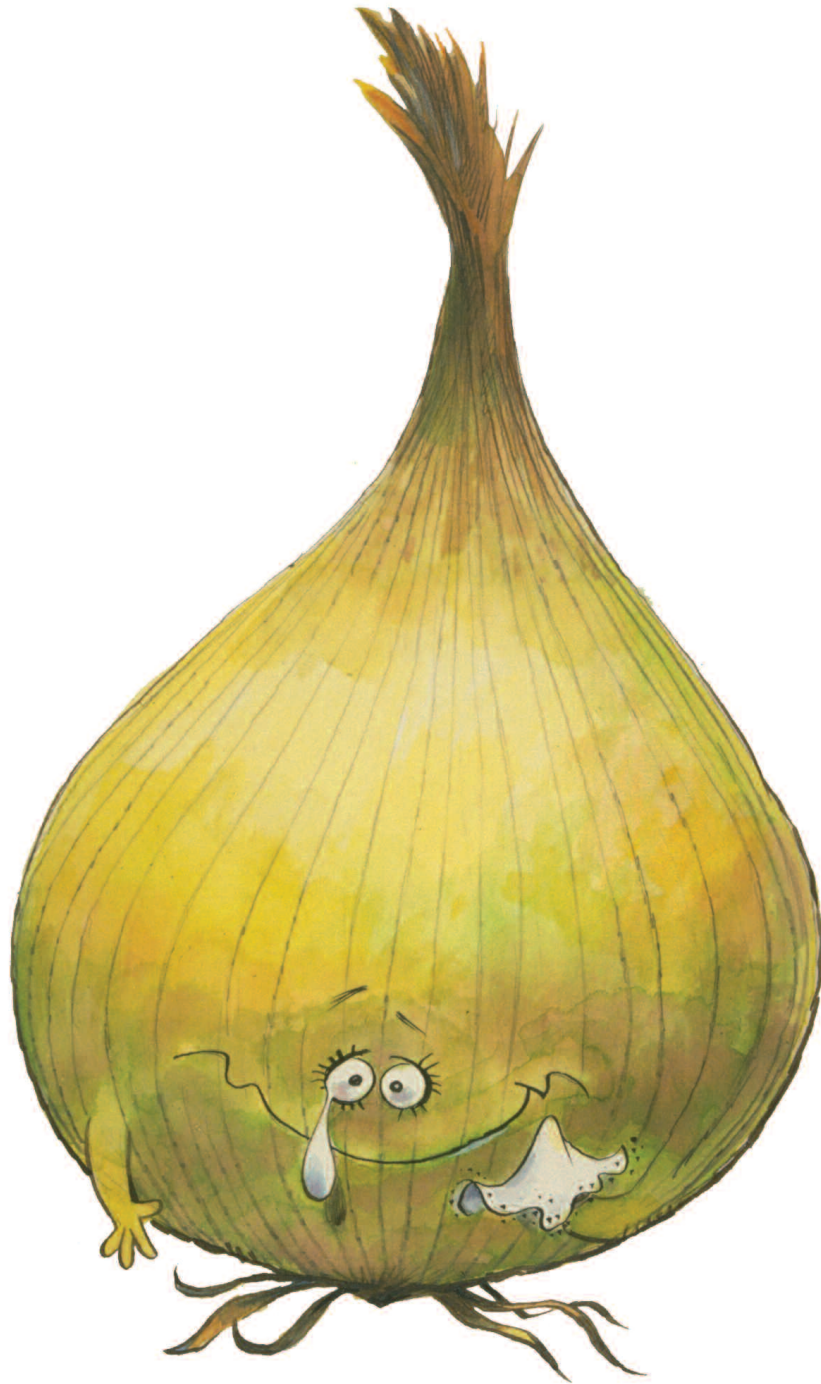
A peach is sweet and tender,
As life should always be.
When everything is wonderful,
People tend to think of me!



He slips and he falls. That's
why Dudley Banana wears
a helmet wherever he goes!

At the zoo,
What's fun to do
Is see which animals
Are most like you.

Look at the apes
And see what they chew
They eat bananas
And so should you.



Onion Joy is a crybaby,
but it's not her fault. There's
something about onions that
makes *EVERYONE* cry.

Believe me when I say to you,
"I do apologize."
I know that when you see me
I bring tears into your eyes.

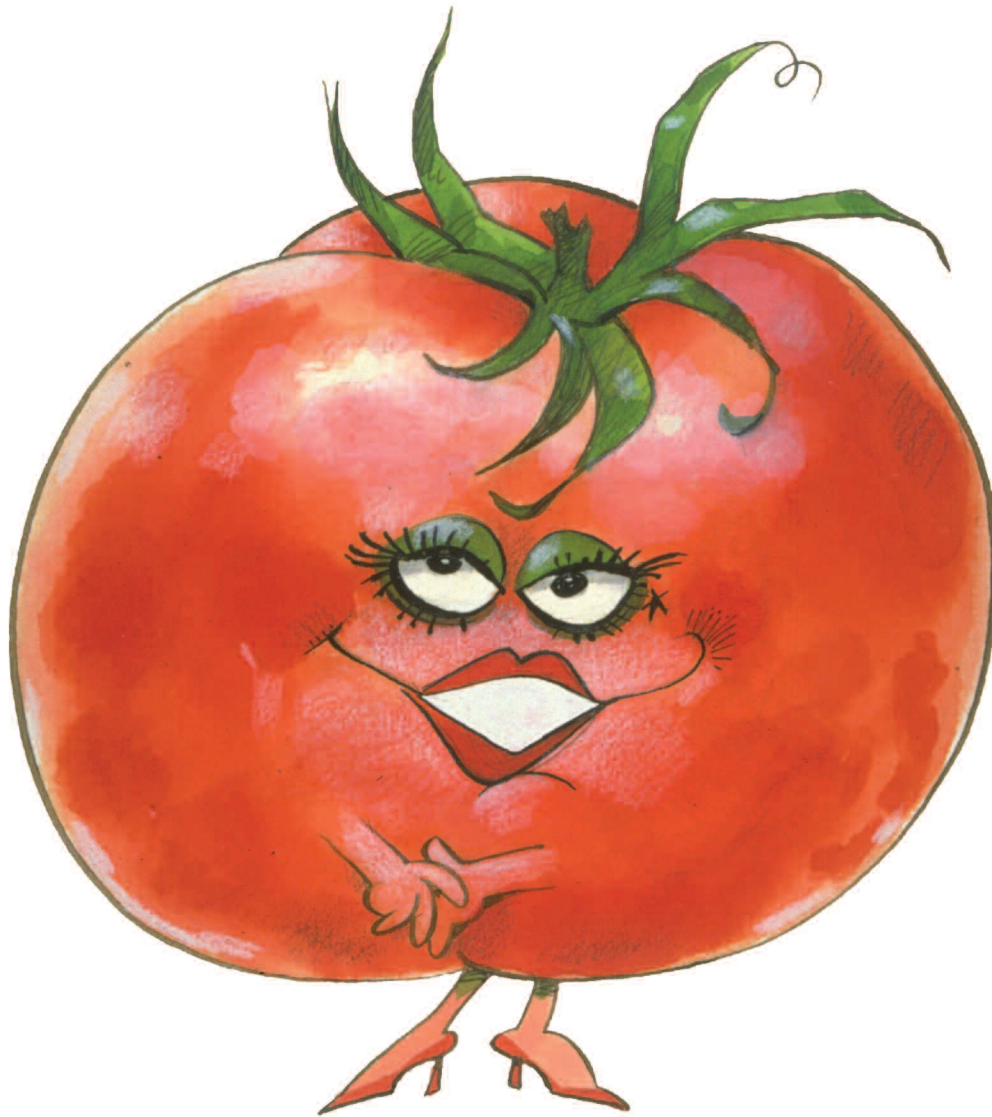
You dice me and you slice me
And I know it's all the same.
Because you automatically start to cry
And I'm the one to blame.



Grapes are little handfuls
of juicy fun that are turned
into wine and raisins. Say
“hi” to The Beautiful Bunch.

Bunches of grapes
Tight on the vine,
Until we’re removed
For making fine wine.

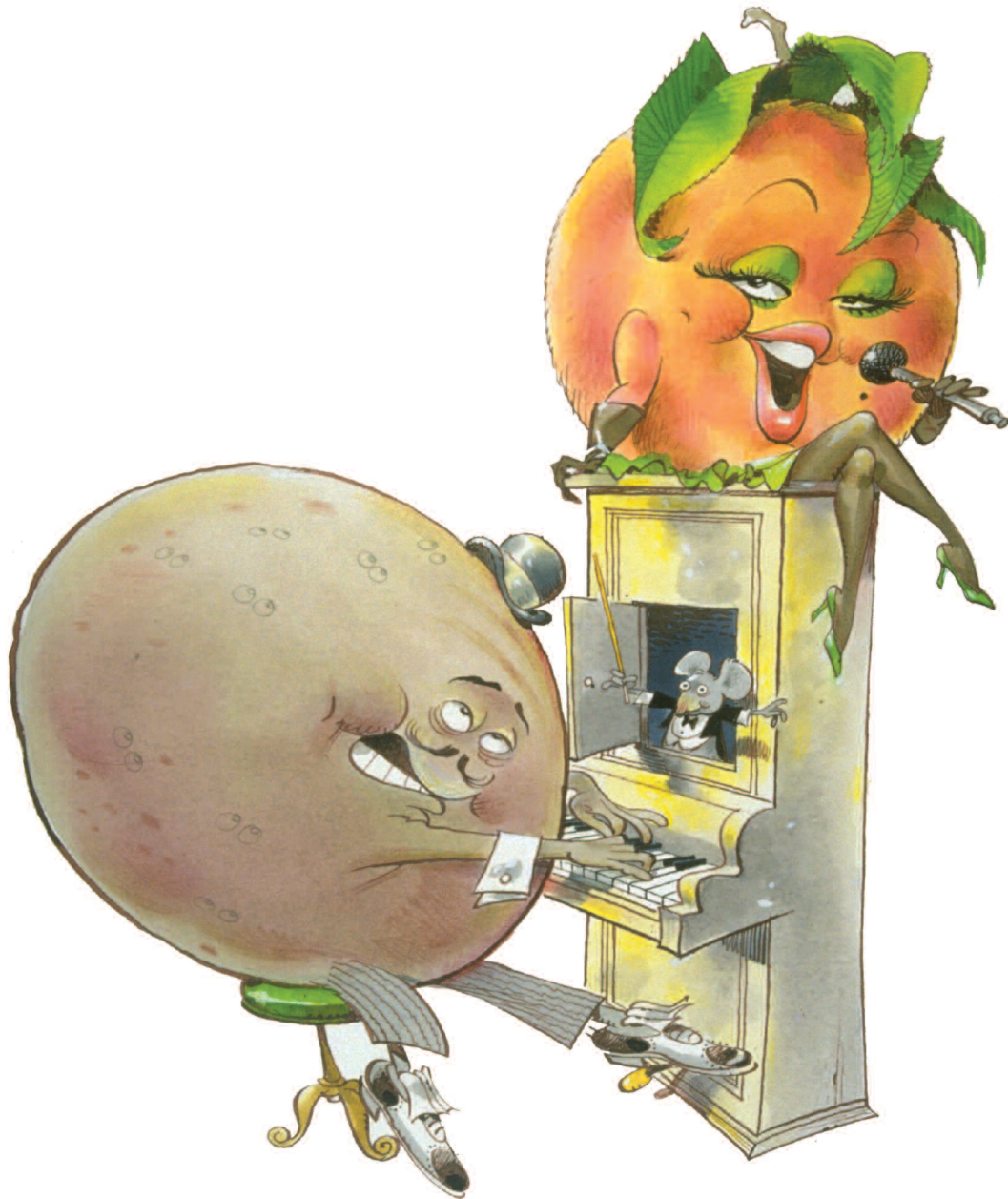
Bunches of grapes
Drying in the sun,
Turning into raisins
One by one.



Most people don't know
if tomatoes are fruits
or vegetables. Tina
Tomato isn't sure, either.

Please don't ask me what I am
I know I'll get it wrong.
In groups of fruits and vegetables,
I'm not sure where I belong.

I don't fit in one category
And I'm really in a jam.
Can you please do me a favor,
And just tell me what I am?



Here's the famous
musical duo of Rudy
Potato and Peach Velour.

Peaches on pianos
Singing up a storm.
Potatoes at the keyboard
Ready to perform.

A mouse conducts the music
And tells them what to play.
It's fun to watch and listen
To this peachy cabaret.



Here's leafy, lovable Lenny the Lettuce.

Let us talk about lettuce
A leafy, green delight.
A sandwich without lettuce?
That just isn't right!

Let us talk about lettuce.
I could talk into the night.
A salad without lettuce?
I wouldn't take one bite!

Let us talk about lettuce.
And what you should be taught.
Leaving out the lettuce
Is a crazy, wacky thought!



Miss Sweetie Pie is
such a sweet potato.

Of all the potatoes out there
I bet you will agree,
That none of them are curvy shaped
And as beautiful as me.

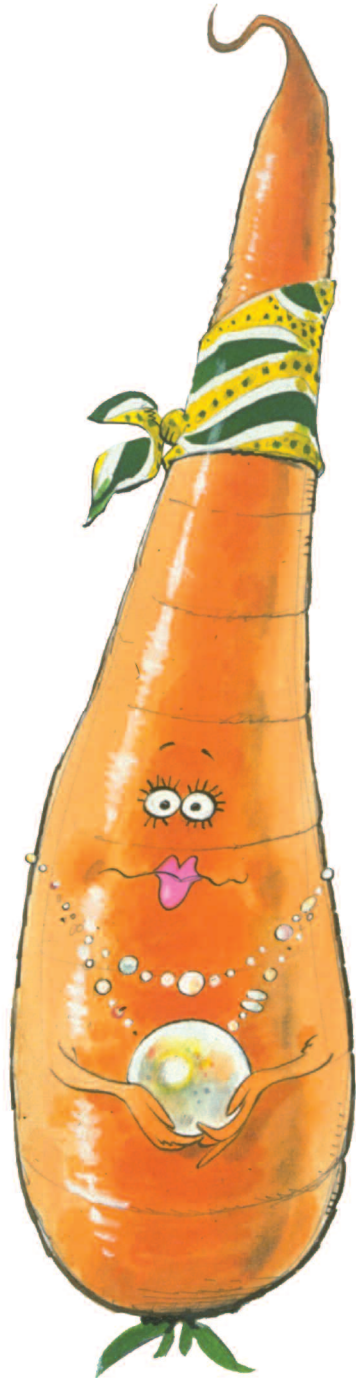
So when you're eating dinner
And want a special treat,
Make sure that your potato
Is gorgeous, tan and sweet.



Little Lord Mushroom grows in the dark!

I look like an umbrella
Or a button, or a bell.
I grow into a mushroom
Though it's hard for you to tell.

I pop up kind of quickly
But it happens out of sight.
I grow into a mushroom
In the middle of the night.



Carrots are good for our
eyesight. Madam Carla's Vision
is so good she can see into
the future with her crystal ball.

Today you'll eat some carrots.
Tomorrow you'll eat some more.
Next week you'll need to get some
At the grocery store.

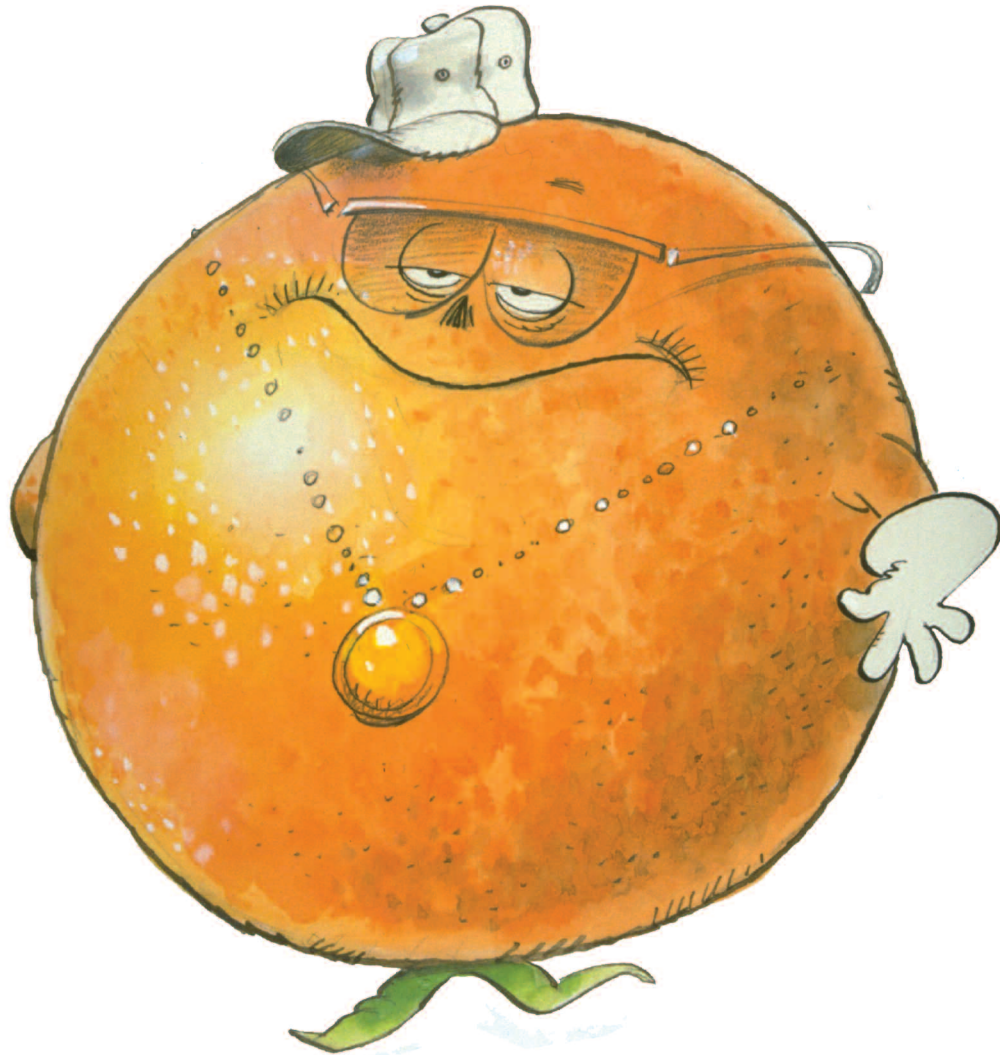
Keep eating lots of carrots.
It's really very wise.
Cause every single carrot
Is good for both your eyes.



Priscilla Pineapple is an exotic
pineapple inside and out.

My sharp head of leaves
And tough outer skin
Mask a sweet, juicy fruit
That's hidden within.

To really know something,
The way to begin
Is to look over and under
And outside and in.

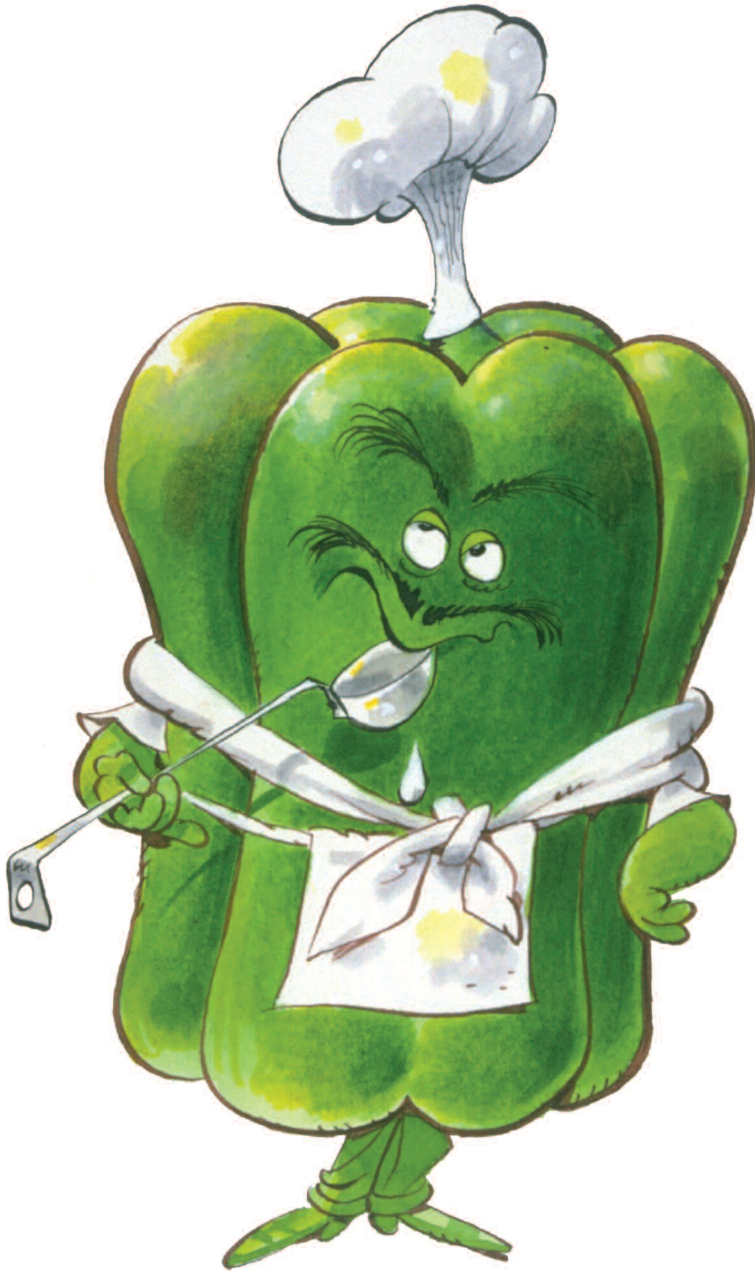


Squeezer loves every
part of the day, especially
the early part.

It's an orange juicy morning
When you're happy to be up.
It's an orange juicy morning
When there's juice inside your cup.

It's an orange juicy morning
When the sun is out of bed.
It's an orange juicy morning
When there's cereal and bread.

It's an orange juicy morning
When the day's about to start.
It's an orange juicy morning
And I'm the juiciest part.

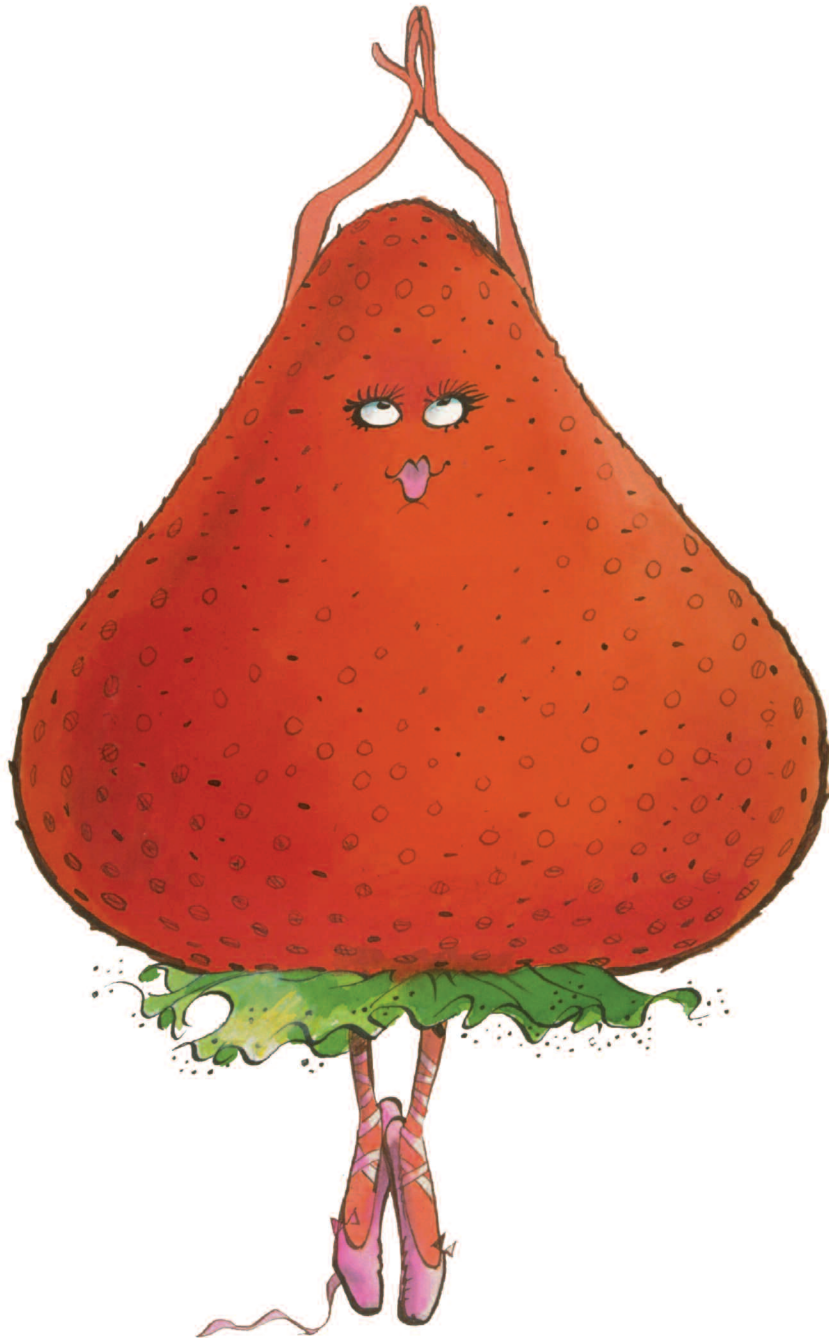


Chef Pepe L'Pepper penned a poem for picky people picking perfectly pleasing peppers.

People prefer peppers
Especially when they're green.
But there are more colored peppers
Than you've probably seen.

Purple and white ones
And orange and red.
Even yellow and rainbow
If you'd like them instead.

If you're picky about peppers
And can't choose between,
You might as well pick
The ones that are green.



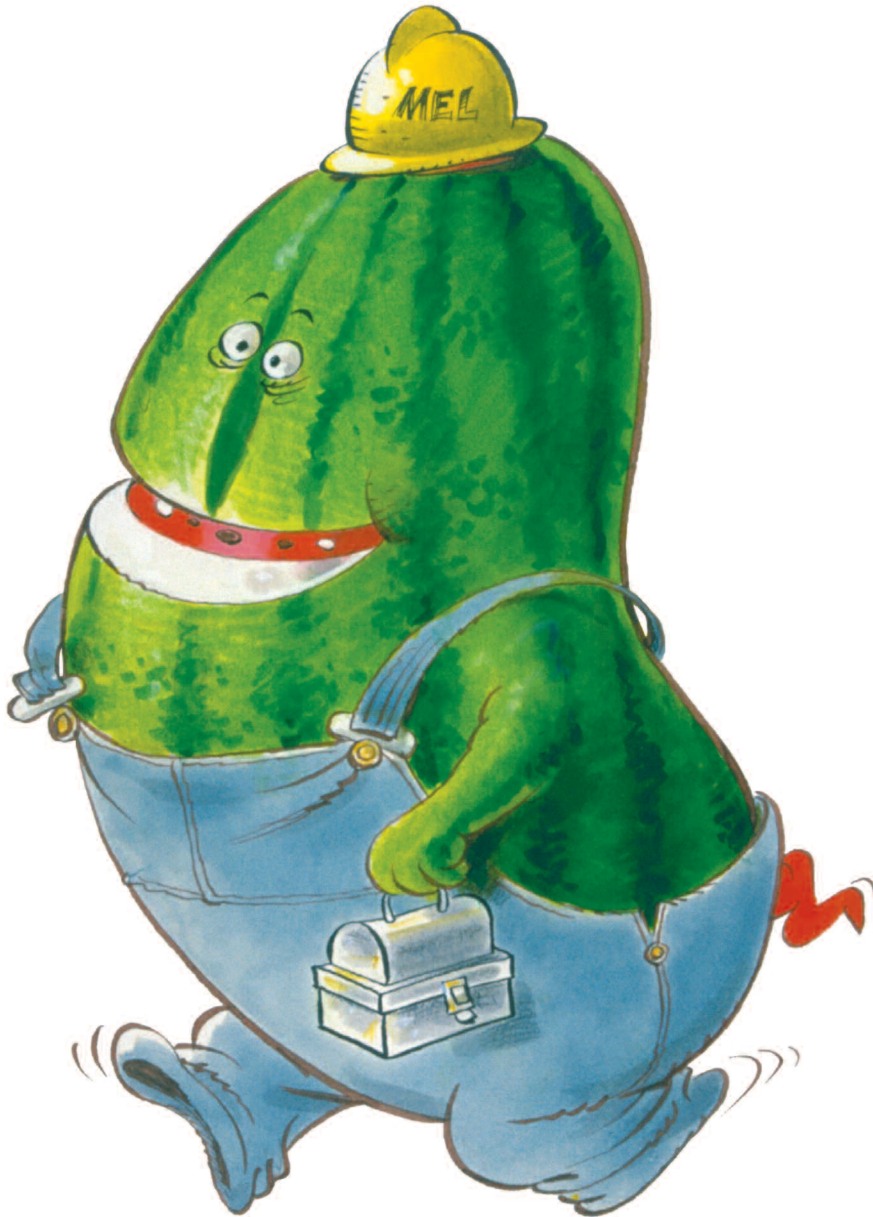
Here's Frugie ballerina Suzie Strawberry.

From ballroom to salsa
To hip hop and jazz,
Each dance has its own kind
Of special pizzazz.

I dance all these dances
In my own special way,
Though the one I prefer
Is classical ballet.

I stretch out my legs
And point out my feet,
I walk on my toes
An incredible feat.

I soar through the air
Like a fine dancer should,
I guess you could say
I'm berry, berry good.



Watermelons like Mel can
weigh more than you do!

We melons are heavy,
We weigh quite a lot.
We're hundreds of times heavier
Than a small apricot.

I could tell you about melons,
But all you should know
Is never let a watermelon
Fall on your toe.



Meet Hanna Banana and Banana Skip.

We grow in big bunches
On tropical trees
As tall as five people,
It's hard to believe.

Our peels are appealing
You have to admit.
Our peels are like jackets
That perfectly fit.

We're picked when we're green
And then we turn yellow.
We're mushy and soft
A little like Jell-O.[®]



*Penelope Pear is not happy
about being in this book!*

Now listen Mr. Drucker
To what I have to say.
I'm really not too happy
Looking this way!

You drew me with sweatpants
And leaves for a hat,
You made me look
Ridiculously fat!