Veggies and Fruit – written 06/17/16

What fruit do you chew?

What seed’s in your teeth?

Tell me what vegetables are your edibles?

When you’re thinking about the health of this world and yourself

Eat veggies and fruit. Eat veggies and fruit.

Apples, avocados, blueberries and black, cantaloupe, cucumber, dates and eggplant,

Figs, grapes and grapefruit, guava, honeydew, lemons, limes, mangos, and nectarines, too

Olives and oranges, papayas and peaches, persimmons and pineapples, plums, pluots, and quince

Rambutan, raspberries, starfruit and strawberries, tangerines, tomatoes, and watermelons

Artichokes, asparagus, basil and beets, bok-choy and broccoli, cabbage and celery

Corn, garlic, ginger, jalapenos and leeks, mushrooms and onions, parsley and peas

Peppers, potatoes and pumpkins and radishes, rhubarb and rosemary, sage and soy beans

Spinach and squashes, thyme, tubers, and turnips, wasabi and watercress, yams and zucchinis