



Vitamins

- Vitamin A
- Vitamin B2, B3, B5, B6, B9
- Vitamin C
- Vitamin E
- Vitamin K

Minerals

- Ca = Calcium
- K = Potassium
- Fe = Iron
- Mg = Magnesium
- Mn = Manganese
- Na = Sodium
- P = Phosphorus
- Z = Zinc

Let's Build a Broccoli Treehouse

Children

let's build a broccoli treehouse
on a platform of tiny toothpicks
a roof of curled cabbage leaves
radish slices for windows
let's sit in the shade
of cruciferous calcium all day

let's dig out a carrot canoe
paddle across a river
of butter and brown sugar
rub vitamin A on our tongues
and practice seeing in the dark

let's make bean pod necklaces
wristbands, anklets, hair scrunchies
make them rattle as we dance
move iron through our muscles
to the snap of water boiling

let's play pomelo tetherball
round and round
splash and squirt each other
with sour vitamin C
the sweet sticky juice of summer

let's parade in rainbow Swiss chard hats
with vitamin K that keeps our minds quick
everyone will stare and cheer

at our fine feathers
of spinach and Chinese cabbage

let's go on a road trip
in a purple eggplant lowrider
with yellow squash rims
humming manganese in our bones
skintight like a drum
we can thump with our thumbs

and when the sun sets
like a bright garbanzo bean
let's blow cornmeal dust
to make stars
let's curl up on tomato pillows
snuggle in the hearts
of lettuce

watch the moon rise
like a golden-red lentil
like a sweet pea

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