

BROCCOLI



Am E Am E Am E Am E Am E
 Am E Am E
 Broccoli, Broccoli all the way from It - a - ly Lovely, lovely, lovely Broccoli..... x2

F Em Am D
 When you see some Broccoli, don't mistake it for a tree
 Take some home for your tea, its very good for you and me

Am E Am E Am E Am E
 Broccoli, Broccoli all the way from It - a - ly
 Lovely, lovely, lovely Broccoli

F Em Am D
 A crown jewel of nutrition, Full of minerals and vitamins
 And phytochemicals which will fight for you when you are ill

Am E Am E Am E Am E Am E Am E
 Am E Am E
 Broccoli, Broccoli all the way from It - a - ly Lovely, lovely, lovely Broccoli..... x2

F Em Am D
 When you see some Broccoli, don't mistake it for a tree

Am E Am E Am E Am E Am E Am E
 Broccoli, Broccoli all the way from It - a - ly Lovely, lovely, lovely Broccoli

STRAWBERRIES



Am
 Strawberries, strawberries, strawberries
 Am Dm E
 Strawberries are tasty, strawberries are fresh
 With seeds on the outside and lovely juicy flesh
 And when they are red strawberries get picked
 Am Dm E Am
 But soon they go mushy so you better eat them quick
 F C G C Dm E Am
 Strawberries are braw berries, braw strawberries

Am Dm E
 We came up from Italy a long time ago
 And now we are the most popular berry in the world
 Full of vitamin K, vitamin C, manganese and vitamin B
 Am Dm E Am
 Iodine, copper and potassium and fibre and magnesium
 F C G C Dm E Am
 Strawberries are braw berries, braw strawberries
 Am Dm E
 Strawberry juice, strawberry jam, ice cream and strawberry flan
 Strawberry tarts, milkshake, yogurt and shortcakes
 Strawberries are tasty, strawberries are fresh
 With seeds on the outside and lovely juicy flesh
 And when they are red strawberries get picked
 Am Dm E Am
 But soon they go mushy so you better eat them quick

F C G C Dm E Am
 Strawberries are braw berries, braw strawberries x2
 Dm E Am
 Braw strawberries x3



Susan Appelle: Double bass, vocals.
 Flora de Bechi: Sitar, percussion, whistle, banjo, vocals.
 Caroline Hussey: Accordion, violin, vocals.
 Malcolm Le Maistre: Vocals, guitar, banjo
 Kevin Morrison: Keyboards, mandola, guitar, vocals.
 Colin Scott Moncrieff: Percussion, ukelele, vocals.

Guests:
 Emily Scott: Vocals (Oranges)
 Frey Le Maistre: Vocals (Strawberries,
 Potatoes, Tomatoes)
 Adrienne Ziff: Vocals (Pineapples)
 Murphy : Electric Bass

Production: Kevin Morrison, Malcolm Le Maistre
 Engineering and programming: Kevin Morrison
 All songs by Malcolm Le Maistre
 Recorded in Scotland Cover/booklet design: Licia De Benedictis
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 Mary Gajenska, (organisor, soupmaker, driver etc)

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 Mr Tea and Dot for keeping it cheerful
 Environmental Arts Theatre Company
 Chris Maginn and Janis Hart, Barrowmakers.

KIWI



D Bm A D
 They came from China long ago, from china long ago
 They were called the Yangtiao, called the Yangtiao
 Or a Chinese Gooseberry, a Chinese Gooseberry
 Or another name that you might know, another name that you might know

G A
 Their skin is brown and hairy
 Their flesh is sweet and green

G E7 A
 Were one of the most nutritional fruits there's ever been

D Bm A D
 We are Kiwi wiwi x3, wiwi x4, wiwi x4, Fruit x2
 D Bm A D
 They have got more vitamin C, got more vitamin C
 Than an orange or a strawberry, an orange or a strawberry
 A lemon or a guava, a lemon or a guava
 A pepper or a raspberry, a pepper or a raspberry

G A
 Their skin is brown and hairy
 Their flesh is sweet and green

G E7 A
 Were one of the most nutritional fruits there's ever been

D Bm A D
 We are Kiwi wiwi x3, wiwi x4, wiwi x4, Fruit x2
 G A D
 Healthy and cute, Kiwi fruit x2
 D Bm A D Bm A D
 Kiwi, wiwi x3, wiwi x4, wiwi x4, wiwi x4, wiwi x4, wiwi x4, wiwi x4, wiwi x4,

D Bm A D Bm A D
 wiwi x4, wiwi x4, wiwi x4, wiwi x4, wiwi x4, wiwi x4, wiwi x4, Fruit

GRAPES



G#m G#m E F# G#m C#m
 G#m
 Grapes are juicy, Grapes are smooth, Grapes are black, Grapes are cool, Grapes are great
 Grapes are golden, Grapes are green, Grapes are plump, Grapes are a dream, Grapes
 are great Grapes are blue and Grapes are healthy, Grapes are red and grapes are shiny,
 Grapes are Great

C#m F# E F# G#m
 Gra-----pes are great x2

E F# E
 F# G#m F#
 G#m C#m G#m E F# G#m
 Lets party

E F# E F# G#m
 We came from North Africa growing on a vine, good for the blood and making wine

G#m C#m G#m E F# G#m
 Grapes are juicy, Grapes are smooth, Grapes are black, Grapes are cool, Grapes are great
 Grapes are round, grapes are pettit, Grapes are white, Grapes are sweet, Grapes are
 great

E F F#m
 Grapes are great x7

LETTUCE



Dm A
 Once we grew along the Nile in Egypt,
 D A
 and now we grows in gardens all over the world
 Dm A
 There are seven categories and many varieties of
 Dm A
 Lettuce, lettuce, you don't have to cook it, you just have to eat it x2

Dm
 Lettuce
 A Dm
 If slugs like Lettuce and rabbits like Lettuce and horses like Lettuce and cows like
 Lettuce

A Dm
 It must be good for you
 A Dm
 And if deer like Lettuce and flies like lettuce and caterpillars like Lettuce and mice like
 Lettuce

A Dm
 You should try some Lettuce too
 Dm A
 Lettuce, lettuce, you don't have to cook it, you just have to eat it
 Dm
 Lettuce, lettuce

A
 The greener the lettuce, the better the lettuce x2 for you
 Dm
 And earwigs like lettuce and snails like lettuce and monkeys like lettuce, but fish aren't
 so sure
 But it must be good for you
 And if sheep like Lettuce and bears like lettuce and goats like Lettuce and donkeys like
 lettuce
 You should try some lettuce too
 Lettuce, lettuce, you don't have to cook it, you just have to eat it x2
 Lettuce, lettuce
 The greener the lettuce, the better the lettuce x4 for you
 Dm A Dm
 There are seven categories and many varieties of lettuce

POTATOES



D A D
 Potatoes are boiled and Potatoes are fried, Potatoes are roasted and Potatoes are
 baked
 Potatoes are sweet, Potatoes are mashed, Potatoes are full of carbohydrate
 Bm G D Bm A D
 Ohhhhhhhh Potatoes Ohhhhhhhh Potatoes

D A D
 Potatoes have fibre, Potatoes have protein, Potatoes are found under the ground
 Potatoes are salad, Potatoes are soup, Potatoes have skins and Potatoes are brown
 Bm G D Bm A D
 Ohhhhhhhh Potatoes Ohhhhhhhh Potatoes
 A G D
 A Spanish explorer, he brought us back from South America
 He gave one of us to King Philip of Spain and said "Try one of these!"
 The King took a bite and said, "These are alright, can I have another one please"

G A D
 "Potatoes are alright" x3
 Bm G D G A
 Ohhhhhhhh Potatoes x4 Potatoes are alright x3

VEGETABLES AND FRUIT

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MUSHROOMS



Dm Am Dm
Mushrooms, mushrooms, not mushroom round here
Mushrooms, mushrooms, not mushroom round here
Mushrooms here, mushrooms there, mushrooms everywhere
Mushrooms here, mushrooms there, mushrooms everywhere
Am F Am F
Ancient people have always used Mushrooms all over the world
F C F C
But the French were the first to grow mushrooms just for food

Am F Am F
Mushrooms grow very very fast. In places that are damp and dark
F C
We aren't really vegetables, we're actually fungi
F C
But all we really want to do is have some

Dm Am Dm
Fungi, fungi, lets have some fun guy, Mushrooms are fun guys x2

Mushrooms fight disease Mushrooms are good with peas and carrots
Pizza, pasta, salad, grilled or fried Bacon, eggs, rice and cheese
Curry, soup or pie

Dm Am Dm
Mushrooms, mushrooms, not mushroom round here
Mushrooms, mushrooms, not mushroom round here

F C
We aren't really vegetables, We're actually fungi
F C

But all we really want to do is have some
Dm Am Dm
Fungi, fungi, lets have some fun guys Mushrooms are fun guys x6

TOMATOES



E A
Tomatoes or Tomatoes, Pomodoro or Tomat, We're red and smooth
and versatile and very clean and smart

E B Dbm B
We're very cool Tomatoes We're very cool Tomatoes

A E
Beef Tomatoes are very big and cherry Tomatoes are cute. But
are we a vegetable or are we a fruit

A B Dbm
But does it really matter when we're full of vitamin C, which is
very very good for you and me

B A
Which is very very good for you and me

E A
Tomatoes or Tomatoes, Pomodoro or Tomat, We're red and smooth
and versatile and very clean and smart

E B Dbm B
We're very cool Tomatoes We're very cool Tomatoes

E A
We come from South America 500 years ago and now you'll find us
everywhere, everywhere you go

Dbm B A
Eat us cooked, eat us fried, eat us raw, eat us dried, or in a tasty
soup if you like, or in a tasty soup if you like

Tomatoes or Tomatoes, Pomodoro or Tomat, We're red and smooth
and versatile and very clean and smart

E B Dbm B
We're very cool Tomatoes. We're very cool Tomatoes x2

CARROTS



Am F C G
Carrots x4
F
Once long ago in a place called Afghanistan.....
Our colour was white and we grew wild and free...
But as time went by we travelled west.....
And changed to purple red and green.....

Am F C G
Carrots, We live with moles and worms
Carrots, under the ground
Carrots, we grow all over the place
F C G
In the country, in the city, in the towns, we're lovely orange
Am F C G
Carrots, Carrots, Carrots, Carrots, Carrots, Carrots, Carrots x4
F C G

And if you eat a carrot every day you'll get lots of vitamin A
You'll see better in the dark like a cat or an Aardvark
Am F C G
Carrots, We live with moles and worms
Carrots, under the ground
Carrots, we grow all over the place
F C G

In the country, in the city, in the towns
We're lovely orange
Am F C G
Carrots, Carrots, Carrots, Carrots, Carrots, Carrots, Carrots x4
Am F C G
Carrots, We live with moles and worms
Carrots, under the ground
Carrots, we grow all over the place
G Am

We're lovely, lovely, lovely orange Carrots

PEAS



A F#m D E
Peas, Peas eat us please, we are pretty peas x2
A F#m D E A
Peas, Peas eat us please, we are pretty, we are tasty Peas
Bm A E

We come from a land far away in the ancient east
When your feeling peckish, we make a tasty little feast
Sometimes we're called petit pois (petit pois vualla)
And sometimes we're called mange tout (mange tout, we're a hoot)

A F#m D E
Peas, Peas eat us please, we are pretty peas x2
A F#m D E
A F#m D E
Peas, Peas eat us please, we are pretty, we are tasty
P-p-p-p-p-p-p-peas

Bm A E
We're mostly round and look the same, but we still have names
Bm

Pedro Pea, Pamela Pea, Percy Pea, Petricia Pea, Paul Pea,
Patsy Pea, Patrick Pea, Pauline Pea,
Peter Pea, Paula Pea, Patty Pea, Paddy Pea,
Pete Pea, Peggy Pea, Pierre Pea, Polly Pea,
Penny Pea, Prudence Pea, Philip Pea, Phillis Pea

G E
and Wolfgang who is a rebel Pea
A F#m D E
Peas, Peas eat us please, we are pretty peas x5
A F#m D E
P-p-p-p-p-p-p-peas x2
A F#m D E
Peas, Peas eat us please, we are pretty, we are tasty Peas

ORANGES



G D D7 C G E7
Am D
Oranges are orange, Oranges are juicy, Oranges are sweet,
Oranges are
G D D7 C G E7
Am D G
Oranges are orange, Oranges are juicy, Oranges are sweet, Oranges
are Orange

Em A7 Em A7
Oranges grow round the middle of the world. Especially in Florida
and Brazil.
Once they came from eastern Asia, and they grow there still.
G D D7 C G E7
Am D D7 G
Oranges are orange, Oranges are juicy, Oranges are sweet,
Oranges are

G D D7 C G E7
Am D D7 G
Oranges are orange, Oranges are juicy, Oranges are sweet, Oranges
are Orange
Em A7 Em A7
Oranges make the world's favourite juice. Full of vitamin C, E and
A.....
And we make something for your toast. Yummy, yucky, yummy,
yucky Marmalade

G D D7 C G E7
Am D D7 G
Oranges are orange, Oranges are juicy, Oranges are sweet, Oranges
are x2
G D D7 C G E7
Am D D7 G
Oranges are orange, Oranges are juicy, Oranges are sweet, Oranges
are Orange
D C D G
Oh Oranges, Oh Oranges

BANANAS



A F#m E
F#m
Go Bananas for Bananas, go Bananas for Bananas x4
D F#m
Good for boys and good for girls, very good for babies
Bm G
Good for granddads good for grannies, gentleman and ladies
D F#m Bm
Bananas are from tropical Malaysia

G
But now most of them are found in central and south America.
A F#m E F#m
Go Bananas for Bananas, go Bananas for Bananas x2
(D-F#m-Bm-G)

Bananas are the fruit of the world's biggest herb
They're good for warts and good for the heart
Good for the blood and good for the nerves
Good for weight and good for stress
Good for the stomach and good for the brain
Just eat a Banana when your feeling the strain
A F#m E F#m
Go Bananas for Bananas, go Bananas for Bananas x2
A F#m E F#m
Go Bana---nas..... x4 Go Bananas

PINEAPPLES



C Am Dm G C Am Em F C
Pineapples, Pineapples, Pineapples, fine Pineapples
F G C
Once we came from Brazil and Paraguay
F G C Am
Christopher Columbus took a bite out of us and said "This you've got to try"
F G C
Orange on the outside and a flesh that's yellow and white
F G C Am
And when your wanting something sweet just take a bite

F G
We're the king a queen of exotic fruits
Em F
With a prickly skin and a crown of shoots
C Am Dm G C Am Em F C
Pineapples, Pineapples, Pineapples, fine Pineapples
F G C
Full of vitamin C and A
F G C Am
And bromelane, good for the tummy and other things they say

F G
We're the king a queen of exotic fruits
Em F
With a prickly skin and a crown of shoots
C Am Dm G
We're sweetest, the prettiest, the strangest, the noblest, the weirdest fruit
in the world 3x2
C Am Dm G C Am Em F C
Pineapples, Pineapples, Pineapples, fine Pineapples

APPLES



Cm G Cm G
Once long ago, apples grew wild in Kazakhstan, But soon their seeds spread all
over the world Red, orange, yellow and green, We're the most colourful fruit
you've ever seen
The Egyptians ate apples, The Greeks ate apples, The Romans ate apples, The
Chinese ate apples

E7 Am
The French ate apples, The Spanish ate apples, The Germans ate apples, The
Russians ate apples
The British ate apples, The Irish ate apples

G Cm G
Americans, Canadians, Chileans, South Africans and even Australasians
G D7 E7 Am
Apples are the world's favourite fruit. Good for breakfast, tea or lunch

D7 G
The fresher the apple the louder the crunch
G Em Am G D7 G
Crunchy, crunchy, crunchy, crunchy apples. Crunchy, crunchy, crunchy, crunchy
apples
Cm G Cm G
And if you take a trip don't forget to pack an apple, we make the perfect
snack

G D7
Indians like apples, Sri Lankans like apples, Malaysians like apples, Nigerians like
apples
E7 Am
Japanese like apples, Poles like apples, Norwegians like apples, Italians like apples
Algerians like apples, Moroccans like apples

G Cm G
Colombians, Peruvians, Bolivians, Brazilians and even Kazakhstanians
G D7 E7 Am
Apples are the world's favourite fruit. Good for breakfast, tea or lunch
D7 G
The fresher the apple the louder the crunch
G D7 G Em Am G
Crunchy, crunchy, crunchy, crunchy apples. Crunchy, crunchy, crunchy, crunchy
apples x3