

FANNY

Fanny represents the spring planting season. She was created from the bounty of seasonal produce at the San Rafael Farmers Market in May.

LOVE THE
PLANET

Hair: Parsley- This wonderful green plant is rich in vitamins and should be in every home. It is handy to have a parsley plant on the window sill and pick a few leaves when needed. (Takes 4-6 weeks to grow)

Shirt: Lemon- One serving provides 128% of your daily value of Vitamin C needs and helps keep you healthy by strengthening your immune system. It also relieves fevers, colds, and toothaches.

Body: Carrot- Carrots are a root vegetable that are usually orange, but they can be yellow, white, or even purple! The color comes from beta carotene - great for improving your eyesight.

Legs: Asparagus- Scientific research shows that asparagus helps keep you happy and improves your memory. They also have high levels of vitamin K which helps repair your skin after scrapes or cuts.

Arms: Broccoli- A relative of the cabbage and cauliflower families. Broccoli is very high in protein, Vitamin E, and Thiamin, improves digestion, and keeps your skin healthy.

Belt: Stringbeans- There are approximately 150 varieties of green beans in the world that come in all shapes and colors, even purple! Though their appearances are different, their nutritional content and health benefits are similar. Green beans provide a wealth of nutrients and vitamins and reduce heart disease.

Skirt: Dino Kale- History says that it was one of the most popular green leafy vegetables of the Middle Ages, so even the Ancient Romans enjoyed kale. Kale has many antioxidants, so it removes toxins from your body.

Shoes: Strawberries- The strawberry is called "the queen of fruits" in Asian countries. Strawberries contain potassium, vitamin K and magnesium which make your bones super strong.