

# TASTY VEGETABLES

---

By Debra A. Cole



### **IMPORTANT NOTICE-Copyright 2020**

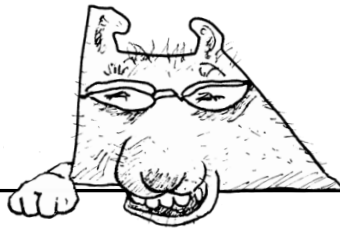
Published in the United States by Drama Notebook [www.dramanotebook.com](http://www.dramanotebook.com) a division of  
Rumplestiltskin Press, Portland Oregon USA

**All rights reserved.**

No part of this script may be reproduced, stored or introduced into a retrieval system or transmitted in any form, or by any means (electronic, mechanical, photocopying, recording or otherwise) without the express written permission of both the copyright owner and the publisher of this script.

**This script is authorized for individual sale and use only, unless a group license is granted. Please contact the publisher to obtain group licenses for use in after-school organizations, school districts, theatre companies, etc.**

Your support of the author's rights is appreciated.



## *Performance Royalties...*

**If you perform this play in front of an audience, in lieu of royalties, you MUST provide a link to Drama Notebook on your school or theatre organization website.** As an alternative, if you do not have a website, you must post a link on social media, or send photos of your production that we may share on social media.

<https://www.dramanotebook.com/plays-for-kids/>

### **Example of what to say:**

**This royalty-free play is part of a fantastic collection of plays for kids and teens on [Drama Notebook](http://www.dramanotebook.com).**

Send a note to Alex at Drama Notebook [alex@dramanotebook.com](mailto:alex@dramanotebook.com) with one or more of the following:

1. The URL of the link
2. The post on social media
3. Photos attached and a description of your production

## About the Author...

Debra A. Cole is a celebrated humanities teacher, youth theatre director, and children's playwright with degrees in journalism, art history, and elementary education. She understands the needs of young performers and their directors and creates pieces that encourage engaging discussion, creative thought, and quirky playfulness. Her goal is that young performers discover the power and delight that theatre brings to actors and audiences alike.

Visit her website:  
[www.debraacole-playwright.com](http://www.debraacole-playwright.com)



## Performance Rules...

We have provided this script to your group at an extremely low cost. In lieu of royalties and other high fees, we ask that you reciprocate by following these copyright rules:

1. Credit Debra Cole and Drama Notebook in your program and advertising. **You must also write Debra to let her know that you are using her play!**  
Contact Debra A. Cole at: [ticktockplaysandmusicals@gmail.com](mailto:ticktockplaysandmusicals@gmail.com)
2. Our play performance [rules](#) also ask that you **add a link to the Drama Notebook Script Library on your school or organization website**, and if possible, send us photos of your production to share with other teachers.

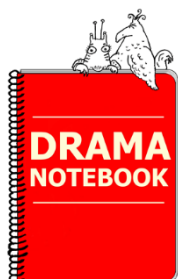
Here is the link to our royalty-free Script Library to put on your website:  
<https://www.dramanotebook.com/plays-for-kids/>

Send Alex a note with the link on your website. [alex@dramanotebook.com](mailto:alex@dramanotebook.com)



## About the play...

The most hated veggies by kids have had enough. It is time to protest. Will a trendy fellow vegetable help them discover their hidden gifts?



# Tasty Vegetables

By Debra A. Cole

## CHARACTERS

**FARMER** — (M/F) kind and wants to help kids like green veggies

**BRUSSEL SPROUT** — (M/F) slick and smooth advertising agent

**KALE** — (M/F) wants to be loved

**SPINACH** — (M/F) wants to be loved

**BROCCOLI** — (M/F) wants to be loved

**PEAS** — (M/F) wants to be loved

**POLLY** — (M/F) picky eater, strange child



# Tasty Vegetables

By Debra A. Cole

(The action takes place modern day times on a farmhouse steps.)

(Lights come up on the steps of a farmhouse. Farmer is standing at the top of the steps and trying to keep the peace. Kale, Brussel Sprout, Spinach, Broccoli, and Peas are carrying signs and yelling at the farmer. Protest signs include: "Give Peas a Chance," "Girls Just Wanna Have Broccoli," "If Kids Hate Kale, Why are We so Tasty?" and "Iron Power!")

## SCENE 1

### FARMER

Okay, okay. I hear you. Can we just settle down, so we can talk?

### KALE

(angrily) We've had enough!

### PEAS

It's just not fair!

### FARMER

If we keep yelling, we'll never solve this problem.

### SPINACH

Yelling is our last chance to find a solution.

### BROCCOLI

(starting to cry) Why do they hate us so much?

### FARMER

We can solve this, but we need to work together.

### PEAS

We've tried that. Nothing works.

### FARMER

Maybe this time will be different.

### KALE

That's the problem. We keep doing the same things and expecting different results. Kids have hated us since the dawn of time.

### FARMER

Not all kids.

**SPINACH**

Come on, farmer. MOST KIDS. You know that. Don't act like you don't know.

(All the green veggies start yelling and flashing their signs once again. Chaos erupts.)

**FARMER**

Okay, okay. I hear you. Let's just stop all of this and try to come up with a plan. You are all high in fiber, low in fats, and offer calcium, magnesium, and so much more.

**PEAS**

(angrily) No kids care about fiber!

**ALL VEGGIES**

(yelling with signs) YEAH!

**FARMER**

I know, but we need to work on a new image for you guys. Look at you, Spinach.

**SPINACH**

What about me?

**FARMER**

You had a big decade with that cartoon character eating YOU to build muscles and be stronger.

**SPINACH**

I miss those days.

**FARMER**

And you, Broccoli.

**BROCCOLI**

Me?

**FARMER**

In the sixties, people used to put you in Jell-O and call you a dessert. That changed everyone's mind for a while.

**BROCCOLI**

It was disgusting, but kids seemed to like me for a bit.

**FARMER**

We just need someone who is strong at marketing. Any ideas?

**PEAS**

There is one green veggie who is having a heck of a year.

**ALL**

(in unison) Who?

**PEAS**

Well, he/she been around since the Roman times, and he/she is part of the cabbage family. You know him/her as Brussel Sprout.

(Brussel Sprout enters stage right. He/she is round, green, and slick with hair greased back and cool shades. Brussel Sprout struts in with confidence and pretends to sign autographs and takes selfies with the audience. The rest of the group is shocked.)

**KALE**

What is he/she doing?

**PEAS**

Greeting fans.

**SPINACH**

Fans? He's/she's a green vegetable. He/she isn't supposed to have fans.

**BROCCOLI**

Kids love him/her.

**FARMER**

(to the group) Brussel Sprout is our answer. If we can figure out how he's/she's doing it, we will become kid favorites at dinner time.

(Brussel Sprout glides over to the farmer and other vegetables.)

**BRUSSEL SPROUT**

What's up, fellow veggies? Why all the protesting?

**KALE**

Kids don't like us.

**PEAS**

They won't ever try us!

**BRUSSEL SPROUT**

Slow down, fellow greenies. Kids love me.

**BROCCOLI**

Exactly, how are you doing it?

**BRUSSEL SPROUT**

Doing it? I don't understand.

**SPINACH**

You have just as many nutrients as we do, and quite frankly, you're a bit bitter. How in the world are you so popular with humans of all ages?

**BRUSSEL SPROUT**

Easy. Flavor.

**ALL VEGGIES BUT BRUSSEL SPROUT**

(in unison) Flavor?

**BRUSSEL SPROUT**

Yep. Flavor. I found flavor while traveling in Italy. Listen, I hate to point blame, but I will. Look at this farmer here.

**FARMER**

Whoa, don't bring me into this. I just grow you guys.

**BRUSSEL SPROUT**

Sure, you grow us. But what happens when you go to prepare us for a meal for your family?

**FARMER**

Well, I put you in the pan with a little salt and pepper, maybe, if we are celebrating, we add a little cheese sauce, you know, the type out of the squirt can.

**BRUSSEL SPROUT**

(breaks into laughter) Salt and pepper? Canned, artificial cheese? What year are we in? 1950?

**FARMER**

Now, sprout, that's how my parents cooked all of you, and that's how my grandparents cooked all of you. Why isn't that okay?

**BRUSSEL SPROUT**

The world is changing, Farmer Fred.

**FARMER**

My name's not Fred.

**BRUSSEL SPROUT**

Do you have any idea how many flavor profiles are available to families these days? Let's try a little experiment. I will assign each of you spices that represent a different cuisine in the world, and I bet each of you will be a kid's favorite by the end of the day.

**FARMER**

I don't know, Brussel. My sensitive stomach isn't good with spicy food.

**BRUSSEL SPROUT**

Not spicy - flavorful. Let me just give it a try. What do you all have to lose?

**SPINACH**

Nothing! I'm in!

**BRUSSEL SPROUT**

Okay, huddle up. The game is afoot.

(All veggies gather tightly around Brussel Sprout.)

(lights out)



**SCENE 2:**

(Lights come back up at the front of the farmhouse. Brussel Sprout is standing next to Farmer and a little girl, Polly, sitting at a table complete with napkins, plates, and silverware.)

**BRUSSEL SPROUT**

And so, it begins. A new life for these veggies.

**FARMER**

Seriously? You brought an actual kid? Won't talking vegetables freak her out a little?

**BRUSSEL SPROUT**

Oh, no. Polly here is the pickiest kid I know.

**POLLY**

True. I hate everything. Well, I love meat.

**BRUSSEL SPROUT**

Plus, nothing scares her.

**POLLY**

I once watched a snake eat a cow in the Savannah, and I didn't flinch. It was fascinating.

**FARMER**

Wow. That's gross.

**BRUSSEL SPROUT**

Ready to begin?

**POLLY**

Bring on the gross veggies!

**BRUSSEL SPROUT**

Farmer and Polly, I give you Kale!

(Kale enters stage right. Kale is wearing Greek colors and carrying a big bowl of Greek Salad. Kale is smiling ear to ear but looks a bit nervous.)

**FARMER**

You look great, Kale.

**KALE**

Thanks. To be honest, I feel a little silly.

**BRUSSEL SPROUT**

Today, Kale brings us flavors of the Greek Islands.

**KALE**

(proudly) I took the advice of Brussel Sprout here, and tried making a great salad with ...well, me....and some Greek flavors.

(Brussel Sprout starts to dish out the Greek salad to both Farmer and Polly.)

**KALE** (cont.)

I tossed with salty feta cheese, olive oil, fresh parsley, lemon juice, Greek spices like oregano, and added some of those tiny, cute cherry tomatoes. I also added onions and black olives. You know, the ones you put on your fingers at the holidays. (hopeful) What do you think?

**FARMER**

It's... delicious!

**BRUSSEL SPROUT**

But the real question is, what does Polly think of your creation?

**POLLY**

(chews, hesitates, and smiles) It is wonderful! That lemon really tingles my tongue!

**KALE**

(elated) I did it! She likes me! She really likes me!

**POLLY**

(takes a great big bite of Greek Salad and speaks with mouth full) I do. I really do!

**FARMER**

Okay, Brussel Sprout, anyone can make Kale taste good, but NO ONE can make Broccoli not taste like a tiny tree.

**POLLY**

Tiny trees are the worst. I once watched a puma chase an elk up a tree in Nairobi. (creepily) The elk should have been faster.

**FARMER**

Who are you?

(Polly shrugs her shoulders with a smile.)

**BRUSSEL SPROUT**

Farmer and Polly, our next vegetable hails from Asia Minor and is actually an edible flower. Put your hands together for Broccoli!

(Broccoli enters stage right. Broccoli is wearing Chinese clothing and carrying a big bowl of Garlic Broccoli. Broccoli is smiling ear to ear and very excited.)

**BROCCOLI**

I am bursting with flavor today, friends. (notices Polly) What's with the kid?

**BRUSSEL SPROUT**

She's here to test your flavors.

**BROCCOLI**

Oh no, I was confident, but now I'm not so sure.

**POLLY**

(threatening) Bring it, little tree.

(Broccoli takes a big gulp and he/she sits the garlic broccoli down in front of Farmer and Polly. Brussel Sprout starts to dish out while Broccoli speaks.)

**BROCCOLI**

Well, like I said earlier, I am bursting with flavor. I first added salty soy sauce, vinegar, and sugar. On top of that I used sesame oil, garlic, and a tiny bit of chili oil. I took everything and cooked it at high temperatures in a wok. That's a cool Chinese cooking pot.

**BRUSSEL SPROUT**

So, still taste like tiny trees, Polly?

**POLLY**

(chews, thinks, and smiles) No! THIS IS WONDERFUL!

**BRUSSEL SPROUT**

How about you, Farmer. Is that chili oil too spicy for you?

**FARMER**

No! It is just right! I never knew broccoli could taste like this!

**BROCCOLI**

(elated) Are you serious? I did it? I am so happy!

**BRUSSEL SPROUT**

Two for two! I'm on a roll. (refocuses) Farmer and Polly, our next green guest hales from Persia, but made its way to be a favorite of India. Picky eaters, I give you spinach.

(Spinach enters stage right. Spinach is wearing Indian clothing and carrying a big bowl of Saag Paneer. Spinach does a little Bollywood style dance while setting the dish before Farmer and Polly. Brussel Sprout starts to dish out the food.)

**SPINACH**

I'm pretty proud to say that Brussel Sprout here hooked me up with the most spices and flavors for my dish. Farmer and kid I don't know, I give you Saag Paneer. It's a traditional dish from India with spices that include ginger, garlic, chilis, garam masala, coriander, cumin, and so much more! It even has cheese! Every kid LOVES CHEESE!

**POLLY**

The weird leaf is right. I adore cheese.

**BRUSSEL SPROUT**

So, what's the verdict?

**FARMER**

(grabs a glass of water and starts gulping) HOT but AMAZING!

**POLLY**

It's so creamy!

**SPINACH**

Creamy good or creamy bad?

**POLLY**

CREAMY GOOD! Can I keep the whole bowl?

**SPINACH**

Keep the whole bowl? No kid has EVER wanted to keep an entire bowl of me! THIS IS THE BEST DAY EVER!!!!

**POLLY**

My best day ever was hunting wild boar in the dusty valleys of Spain.

**FARMER**

(concerned) Seriously. You're not right, kid.

**BRUSSEL SPROUT**

Our final, once sad and now fabulous green vegetable, was one of the first crops cultivated by man. Today, he/she can be found on tables across North American in late November. Please welcome, Peas!

(Peas enters stage right. Peas is wearing pilgrim clothing and carrying a big bowl of Thanksgiving peas. Peas walks in with pride and sits the bowl of peas on the table between Farmer and Polly.)

**POLLY**

Ooh, it smells like Thanksgiving!

**PEAS**

(excited) I feel like Thanksgiving!

**BRUSSEL SPROUT**

Tell us what gives you flavor today, Peas.

**PEAS**

Well, some people just cook me with salt and pepper.

**FARMER**

Hey, now. Don't hate on tradition.

**PEAS**

Well, today I present Thanksgiving peas done with a little more flash. I added red pepper flakes, tiny little onions, some Thanksgiving spices, and my secret ingredient, wait for it...bacon.

**FARMER**

Bacon?

**POLLY**

I love bacon. I once had the best bacon after tracking a group of pigmy pigs through Indonesia.

**PEAS**

Okay, odd little girl, try them and let me know what you think.

**POLLY**

THEY ARE PERFECTION. Got any more?

**PEAS**

(surprised and happy) I've got an entire potful.

**POLLY**

Actually, Brussel Sprout, I would like more of all of these amazing vegetable dishes.

**BRUSSEL SPROUT**

Well, I'm sure that can be arranged.

**POLLY**

No. You don't understand. I want them now.

**FARMER**

Slow down, little lady. There will be enough for everyone.

**POLLY**

You aren't listening. Remember when Brussel Sprout explained that I had no fear? Well, he meant that. I HAVE NO FEAR. Let me introduce myself, I'm Polly, the meat hunter. I've lived my life moving away from chicken nuggets and hot dogs to find the world's most delicious meat. I have stopped at nothing to satisfy my appetite. But, after today, I think I have a new mission.

**BRUSSEL SPROUT**

New mission? I don't think I like the sound of that, Polly.

**POLLY**

Instead of Polly the Meat Hunter, you can now call me Polly the Veggie Hunter. And, my first prey, ALL OF YOU.

(Polly begins to prowl all the veggies, slowly and methodically.)

(The veggies are all really nervous.)

**BROCCOLI**

What have you done, Brussel Sprout?

**KALE**

Yeah, you made us desirable.

**PEAS**

Maybe having kids like us wasn't such a good idea.

**SPINACH**

You know, my leaves are kind of weird. Maybe, I'm really not that tasty.

**BROCCOLI**

You, not tasty? Remember, little hunter girl, I'm really just a tiny tree.

**PEAS**

(grabs protest sign "Give Peas a Chance) Give peas a chance?

**POLLY**

Nice try, tiny friend. Oh, veggies, you proved that each of you is DELICIOUS. I plan on spreading the word to fellow kid hunters everywhere. You are no longer safe from our plates. No child will ever have to sit at the table and wait until he or she takes a bit of green to be excused. These are the salad days for kids everywhere. I plan of making you the most loved crops on EARTH!

**KALE**

(accusingly) You brought her here, Brussel Sprout. This is your fault.

**BRUSSEL SPROUT**

Don't look at me. You were the ones who wanted to be loved. So, here you go. You're now loved! I had no idea this little girl was so...hungry.

**FARMER**

(horrified) What have you done, Brussel Sprout?

**BRUSSEL SPROUT**

(nervously) Well, at least I still taste bad. They say I'm a mix of bitter cabbage and dirt. Lucky for me, I'll be just fine.

(Polly turns and faces Brussel Sprout.)

**POLLY**

Oh, no my round friend. I had the pleasure of tasting you in the street of Venice soon after you discovered flavor. With a little balsamic vinegar, garlic, and apricots, YOU will be my first victim!

(Polly lunges.)

(All the veggies but Brussel Sprout scream and run off stage. Polly turns her back for the attack as Brussel lays still on stage.)

**POLLY**

(to the audience after wiping mouth clean) One delicious green veggie down, so many more to go! (looks to one kid in the audience) Care to join the hunt?

(lights out)

**CURTAIN**



## Discussion Questions

"Tasty Vegetables" is an original play inspired by flavor and a true love of vegetables. Young palates can be trained to love healthy foods when creative flavors are employed.

### Ask!

- What are your favorite foods and are vegetables anywhere on the list?
- What does a balanced meal look like?
- What makes a meal balanced?
- What is your favorite vegetable and why?
- Name one dish that your family makes that includes vegetables.
- Which dish served to Polly would you try?
- Do you know a picky eater like Polly?



# Director/Production Notes

## Casting

Many possibilities exist for casting this show. It could be an all-female cast or a mixed gender cast. The more dramatic the cast the better for the play.

## Characterization

Here are some director's tips that you can share with your cast members.

**Farmer** – This is a classic farmer. He is stoic, strong, and calm. He just wants kids to love the vegetables he grows.

**Brussel Sprout** – Brussel Sprout is slick, smooth, and ready to help others be what he/she is.

**Kale** – angry – ready to change the minds of kids

**Spinach** - angry – ready to change the minds of kids

**Broccoli** - angry – ready to change the minds of kids

**Peas** - angry – ready to change the minds of kids

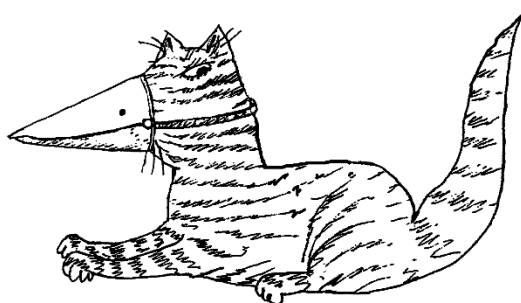
**Polly** – This picky eater is aggressive and very odd.

## Costumes

So many opportunities for costumes to bring this play to life. Not only does each veggie need to be evident, whether through actual costumes or t-shirts with the veggie painted on front, but also costume pieces should be added as they can flavor. The farmer should look like a farmer. Polly should look like a world traveler/hunter. Brussel Sprout should look like a celebrity – very slick.

## Set

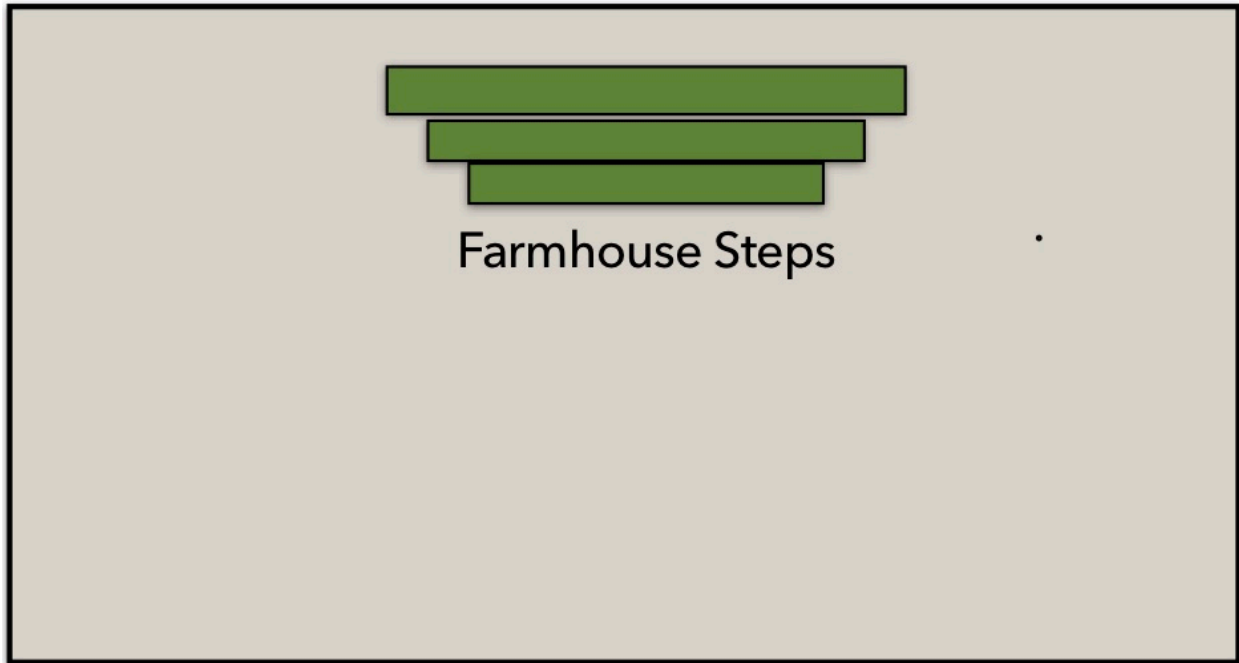
The play requires no set - just set pieces and props.





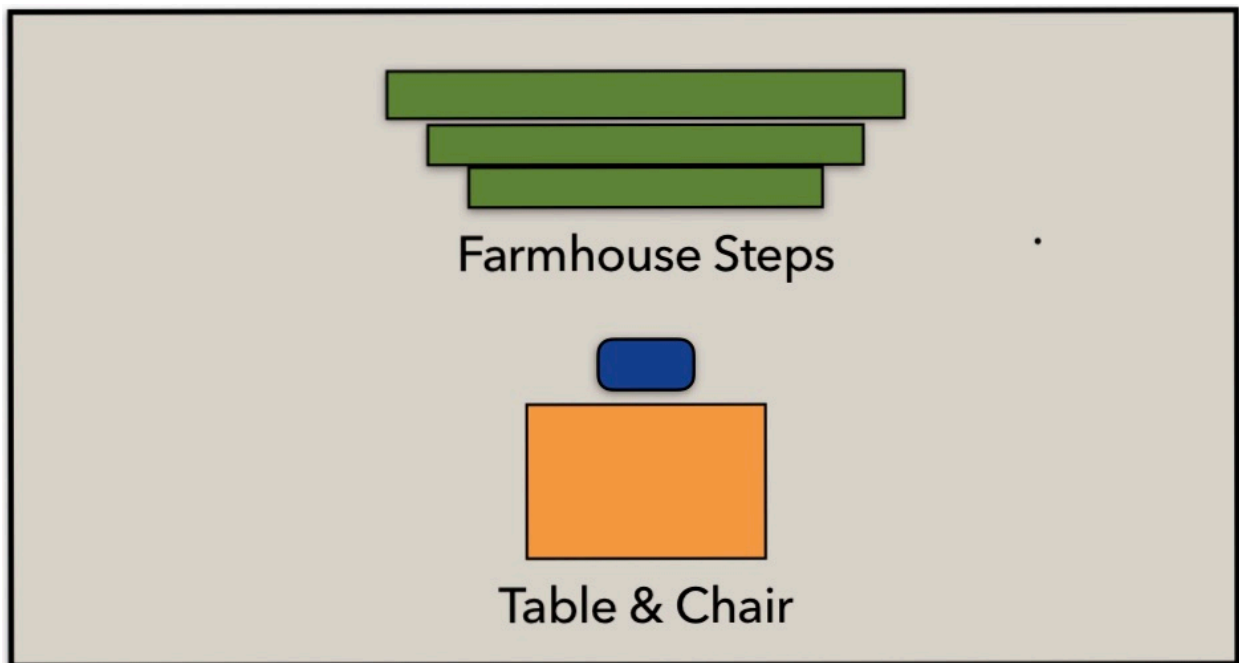
## Staging

### Farmer House Steps



Audience

### Farmer House Steps – Table Added



Audience

Need another play?



Have a play to share?

