

THE VEGETABLE LAMENT

Words and Music by Linda Arnold

One day while walking through a garden
I bent down to tie my shoe
I overheard the vegetables sobbing
“Boo hoo, boo hoo, boo hoo.”
I asked them, dear vegetables
Tell me what’s wrong?
“Kids don’t love us,” they cried
As they sang me this song

CHORUS:

Oh, a vegetable is an earthly thing
But it’s got feelings too
It only wants a little chance
To be good friends with you

Now Mr. Beet is very sweet
And spinach makes you strong
With broccoli and cauliflower
Kids you can’t go wrong
Then there’s carrot, long and tall
He’s the crunchiest of all
He only wants to be your lunch
So come on kids, and munch, munch, munch

CHORUS

Now think how miserable you would feel
Lying on a plate
When you look up and someone screams
“Ooooh Mom, that’s what I hate!”
Vitamins will keep you well
And minerals are really swell
Vegetables have lots of these
So come on, kids, and pass those peas!

CHORUS

Now think how miserable
You would feel
If you’re the only one left
At every meal

**Oh, a vegetable is an earthly thing
But it's got feelings too...“We do!”
It only wants a little chance
To be good friends with you...“That's true!”**

**It only wants a little chance
To be good friends with you!**