

## Sertab Erener

# "Captain Vegetable"

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Out of his secret garden somewhere in New Jersey  
comes your newest favorite super hero!

It is I, Captain Vegetable  
With my carrot, and my celery  
Eating crunchy vegetables is good for me  
And they're good for you, so eat them too  
For teeth so strong, your whole life long  
Eat celery and carrots by the bunch  
Three cheers for me, Captain Vegetable  
Crunch, crunch, crunch!

My name is Andy  
I love candy  
And I eat it whenever I can  
If it's handy  
Gimme some candy  
It's so good and sweet  
The perfect treat  
It's such a thrill  
To eat my fill  
And gobble till there's nothing on the plate  
Candy is great, but wait!

Who are you, some kind of bad dream?  
Do I look like a bad dream?

It is I, Captain Vegetable  
With my carrot, and my celery  
Eating crunchy vegetables is good for me  
And they're good for you, so eat them too  
For teeth so strong, your whole life long  
Eat celery and carrots by the bunch  
Three cheers for me, Captain Vegetable  
Crunch, crunch, crunch!

My name is Eddie  
I love spaghetti  
So I eat it whenever I can  
If it's ready  
Gimme spaghetti

It's a lovely thing  
It looks like string  
It's such a thrill  
To eat my fill  
And gobble till there's nothing on the plate  
Spaghetti is great, but wait!

What are you? Are you some kind of weirdo?  
Do I look like a weirdo?  
It is I, your newest super hero

It is I, Captain Vegetable  
With my carrot, and my celery  
Eating crunchy vegetables is good for me  
And they're good for you, so eat them too  
For teeth so strong, your whole life long  
Eat celery and carrots by the bunch  
Three cheers for me, Captain Vegetable

Gee, Captain Vegetable this is the best thing to come  
around since meatballs!  
Three cheers for Captain Vegetable!

Three cheers for me Captain Vegetable  
Crunch crunch crunch!

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