

Sesame Street "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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