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Captain Organic Vegetable Man

defender of all things flouridated

as recorded by **moosebutter**
see dee, 2002

Melodious Lead

har mo knee

Basso Suave

144-152
3

solo kazoo

fp *mf*

I'm Cap-tain Or-gan-ic Veg-ta-ble man I

fp *mf*

I'm Cap-tain Or-gan-ic Veg-ta-ble man I

fp *mf* (polka-tuba-esque)

I'm buhm buhm buhm buhm etc.

L

H

B.S.

5

Fight a-gainst the e-vil-ness of pest-i-cides and add-ed col-ors if you're or-gan-ic then

5

Fight a-gainst the e-vil-ness of pest-i-cides and add-ed col-ors if you're or-gan-ic then

5

L

H

B.S.

8

f *mf*

you can proud-ly stand and shout for or-ga-nic veg-gie man I'm

8

f *mf*

you can proud-ly stand and shout for or-ga-nic veg-gie man I'm

8

f *mf*

L

H

B.S.

11

nat-ur-a-lly health-y I don't in-jest pol-lu-tants and though I might wear some make-up no

11

nat-ur-a-lly health-y I don't in-jest pol-lu-tants and though I might wear some make-up no

11

14

L an - i mals were used for test - ing no way would I e - ver cook with M S G I'm

H an - i mals were used for test - ing no way would I e - ver cook with M S G I'm

B.S. 14

17

L Cap - tain Or - gan - ic Veg - gie Man *all, spoken* *ff* Cap - tain Veg - gie, you're a - maz - ing!

H Cap - tain Or - gan - ic Veg - gie Man *all, spoken* *ff* Cap - tain Veg - gie, you're a - maz - ing!

B.S. 17 *all, spoken* *ff* Cap - tain Veg - gie, you're a - maz - ing!

20

L Bah fvu m bum bum fva - dum bu dum

H solo: arrogant expression recommended *mp* Time to eat; let's start graz - ing! *ff* fvu m bum bum fva - dum bu dum

B.S. 20 *mf* bum, bum, bum bum bum bum *ff* bum bum bum fva - dum bu dum

24

L fvu - dum - pa dum bum fvu m bum bum fvu - dum bu dum bum

H fvu - dum - pa dum bum fvu m bum bum fvu - dum bu dum bum

B.S. 24 fvu - dum - pa dum bum fvu m bum bum ffum vu dum bum fvu - dum bu dum bum

27

L *f* *mp*
 fvu - dum bu dum bum fvu - dum bu dum bum fvu - dum bu dum bum

H *mp*
 fvu - dum bu dum bum fvu - dum bu dum bum fvu - dum bu dum bum

B.S. *mp* *f*
 fvu - dum bu dum bum fvu - dum bu dum bum fvu - dum bu dum bum

29

L *f* *ff*
 fvu - dum bu dum bum bah bah bah dop³ bu dah *optional interlude:*
 "No animals were harmed in the making of this song, including these:"

H *ff*
 fvu - dum bu dum bum dop bu dah (someone makes animal sounds)

B.S. *mf* *ff*
 baaah

33

H bah bah bah bah

B.S. doo doo bah bah doo doo bah bah doo doo bah bah doo bah bah bah doo doo bah bah doo doo bah bah

39

L Veg - gie Man He has Po -

H bah bah bah bah bah bah bah bah bah bah

B.S. doo doo bah bah doo bah bah bah doo doo bah bah doo doo bah bah doo doo bah bah

44

L tas - si - um. Ten per - cent of need - ed cal - ci - um

H bah bah bah bah bah bah bah bah

B.S. doo bah bah bah doo doo bah bah doo doo bah bah doo doo bah bah doo bah bah bah

49

L I - - - ron! ooh At din - ner time my plate is

H bah bah bah bah bah bah bah bah bah

B.S. doo doo bah bah doo doo bah bah doo doo bah bah doo bah bah bah doo doo bah bah

54 *rit.* full of veg' - ra - ble: ble, ta - ble! optional interlude: "No Vegetables were harmed in the making of this song, including:" You

H bah bah bah bah bah bah (vegetables are named, sounds are made, veggie dances are danced, joy and rapture abounds) You

B.S. doo doo bah bah doo doo bah bah doo bah You

a tempo

60 one happy soloist

L go, you go, cap - tain veg - gie! Give those pest - i - cides a wedg - ie!!

H go, you go, cap - tain veg - gie!

B.S. go, you go, cap - tain veg - gie! as before

63

L Pre - ser - va - tives and tox - ins are a - gainst my ver - y na - ture and gen -

H Pre - ser - va - tives and tox - ins are a - gainst my ver - y na - ture and gen -

B.S. 63

66

L et - ic eng - in - eer - ing of my car - rots makes me mad Farm - ers ap - plaud me they

H 66 et - ic eng - in - eer - ing of my car - rots makes me mad (spoken: one or few) (GRR!) Farm - ers ap - plaud me they

B.S. 66

69

L shout and clap their hands hoo - ray for Or - gan - ic Veg - gie Man! Hoo - ray for Or -

H 69 shout and clap their hands hoo - ray for Or - gan - ic Veg - gie Man! Hoo - ray for Or -

B.S. 69 Hoo - ray for Or -

73

L gan - ic Veg - gie Man!! kazoo solo - 8va if possible

H 73 gan - ic Veg - gie Man!

B.S. 73 gan - ic Veg - gie Man! bah - dum!

* = one or more person says something or makes a sound appropriate for this section of the song, aiming for interesting variety and adding to the mood of the song. Previously used sayings: "Fresh and Green" (big group), "Not SPAM", "Veggie Burger", "Salad Shooter", "Bean Sprouts", "Arugala! Arugala!" etc. Also animal sounds are good, especially on * 5 and 6. Cow, pig, chicken, and / or platypus all work especially well.