

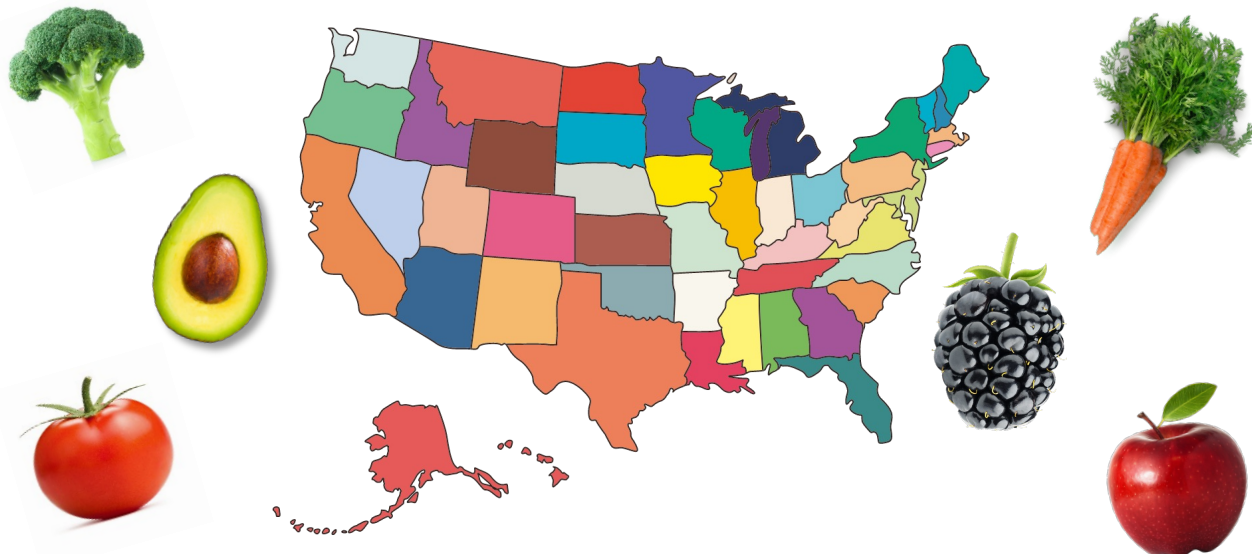
D I G I T A L M A G A Z I N E

LEARN⁺™ more

Farmers Market



E N R I C H M E N T



Inside, you will **LEARN MORE** about food from all 50 states. Each page includes top agricultural states, crop life cycles, fun facts, special days & more!

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Apples



Washington harvests **10-12 BILLION** apples each year.



If each apple was placed side by side, they would be able to circle around the earth **29** times.

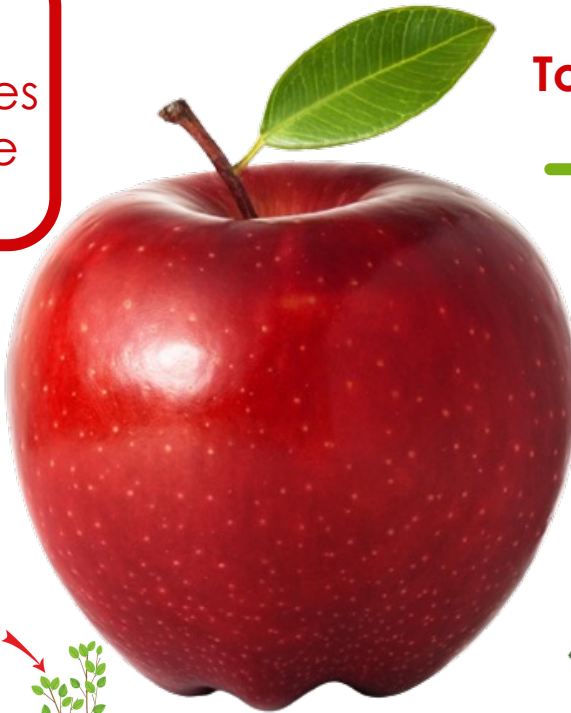


2,500

varieties of apples are grown in the United States.



apples make **1 gallon** of cider.



Top **3** Apple Producing States:

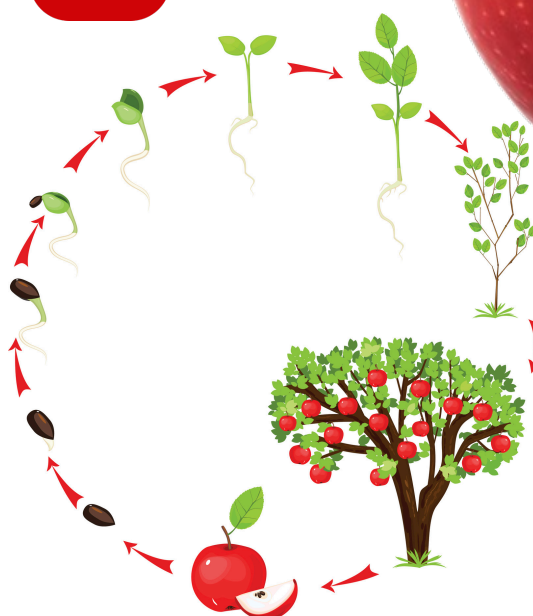
1. Washington
2. New York
3. Michigan



An **apple blossom** is the flower that comes from an apple tree.

An apple tree takes at least **4 years** to start producing fruit.

Most apples are still all **HAND-PICKED.**



Avocados



CA produces ~ **400 MILLION** pounds of avocados per year.

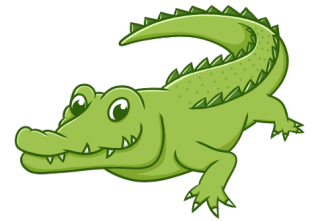
The **LARGEST** producer of avocados in the U.S.

30-60 ft tall.

Top **3** Avocado Producing States:

1. California
2. Florida
3. Hawaii

“Alligator Pears”



Avocados are a **FRUIT** – a “single-seeded berry”.

An avocado tree produces **60 lbs.** of avocados/year.

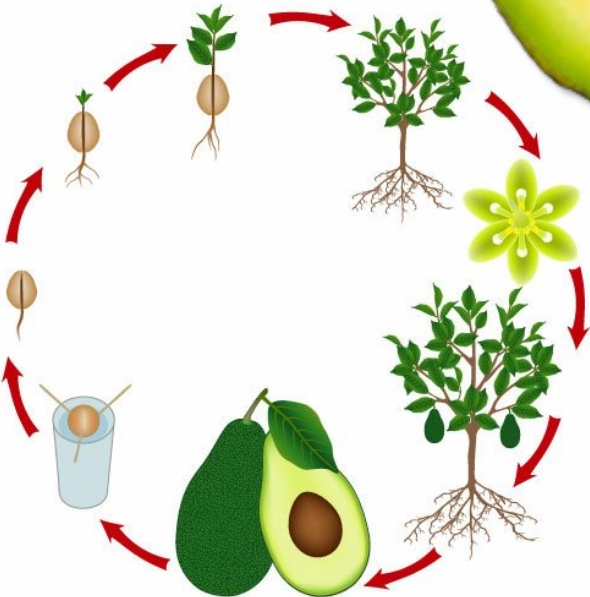
Avocados have the **most** fiber of any fruit!



It takes a minimum of a **YEAR** to grow an avocado.

In season **ALL** year long!

Avocados ripen **after** they are harvested.



Barley



Barley is the **second** leading crop in Wyoming after hay.



The U.S. produces mostly **spring** barley.

Ways to Classify Barley:

1. Spring Barley
2. Winter Barley
3. 6-Row Barley
4. 2-Row Barley

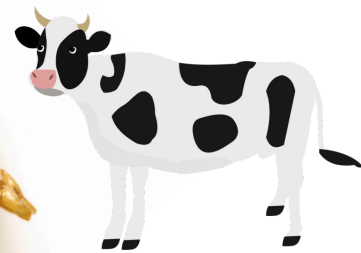
Barley is one of the **oldest** domesticated grain crops.

A **small** percentage of barley is milled into flour.



Barley is a cool-season, annual crop.

Barley is used as a feed grain for livestock.



The head of the plant is called the "**barley spike**" which is made up of 20 - 60 grains.

Barley is a **tall grass** with a stem that reaches between 30 - 35 inches high.





Beans



The most popular type of bean grown in Utah are **snap beans**.



Beans have been cultivated by humans for **6,000** years.

Snap beans are also commonly known as "string beans".

String beans can be **green**, **yellow** or **purple!**

Popular Types of Beans:

1. Green Beans
2. Kidney Beans
3. Pinto Beans
4. Lima Beans



The World's Tallest Bean Plant was over **45 feet tall**.

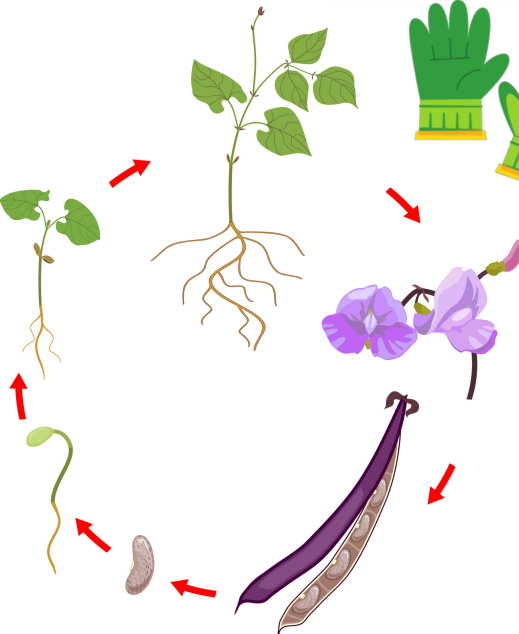


Equivalent to **3 fully-grown giraffes** stacked on top of one another.



Try growing some beans in your garden!

There are over **40,000** types of beans.



Blackberries



Oregon is the **#1** blackberry producer in the U.S.

OR

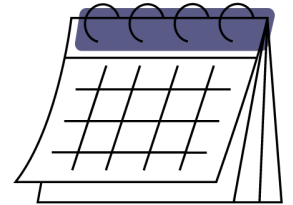
Oregon produces approximately **50,000,000** pounds per year!

Only one type of blackberry is native to Oregon – the **trailing blackberry** (*Rubus ursinus*).

375 species of blackberries.



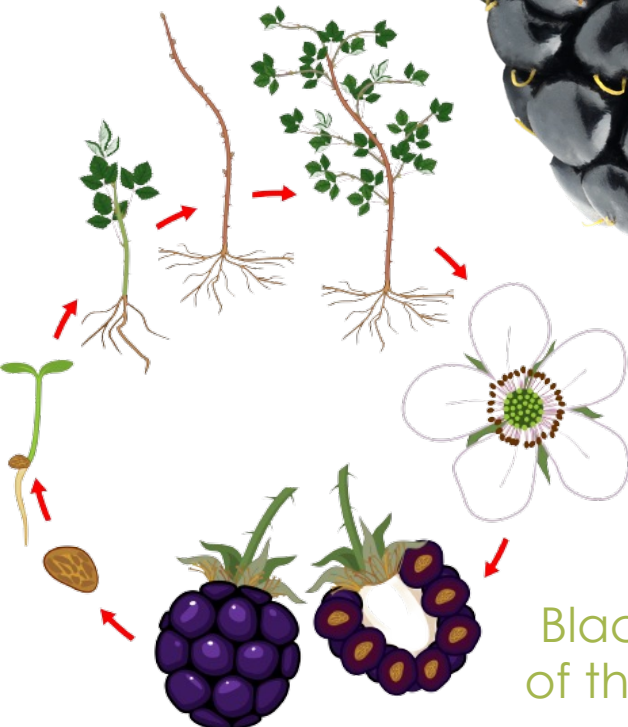
A blackberry plant can live for **15-20** years.



Blackberries are **aggregate fruits**.

There are around **80** “drupelets” on each blackberry.

Blackberries are a member of the rose family, **Rosaceae**.



Blueberries



NC produces 2 varieties:
Highbush and **Rabbiteye**.

Lowbush blueberries are smaller & sweeter – perfect for making jam!

Blueberries are grown commercially in **38** states.

4 Types of Blueberries:

1. Highbush
2. Lowbush
3. Hybrid Half-High
4. Rabbiteye



Highbush

blueberries are the most common.

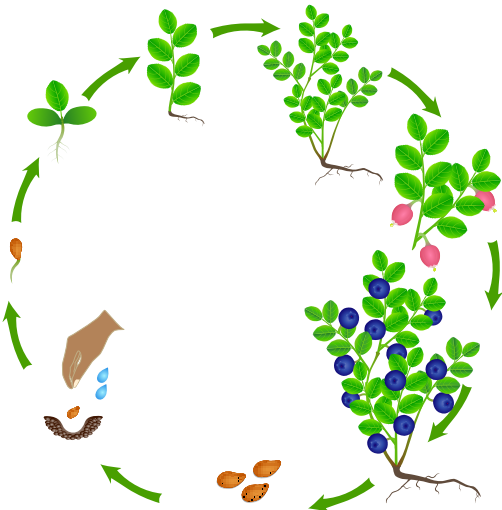
JULY

is peak harvesting month
AND
National Blueberry Month!

1 blueberry bush can produce **6,000** blueberries per year.

The waxy coating on blueberries is called **“bloom”**.

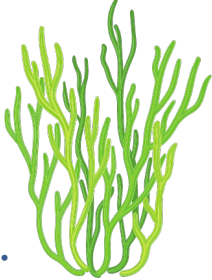
Protects from insects & bacteria.



Blue Crabs



Half of the U.S. Blue Crab harvest comes from Maryland.



Blue crabs are “**bottom -dwellers**”.

Females have **red** on their front pincers, males do not.

Blue crabs **defend** themselves with these front pincers!

The blue crabs shell is called the “**carapace**”.

Blue crabs weigh **1 - 2** pounds.

Their shells can reach up to **9 inches** wide.



Blue Crabs **hibernate** through the winter months.

Mature female blue crabs are called “**Sooks**” and males are called “**Jimmies**”.

Very closely related to lobsters and shrimp.

Males tend to prefer **fresh water** over salt water.



“**Swimmerettes**” Blue crabs have adapted over time to have their hind legs function like paddles to help them swim.





Broccoli



California produces **90%** of the broccoli in all of the United States.

The word broccoli means **“the flowering top of a cabbage”**.

2 Forms of Broccoli:

1. Sprouting
2. Heading

Broccoli is made up of a bunch of tiny, unopened flowers.

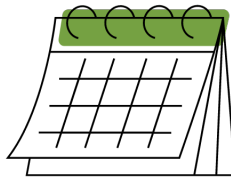


Broccoli is a **cool-season** vegetable.

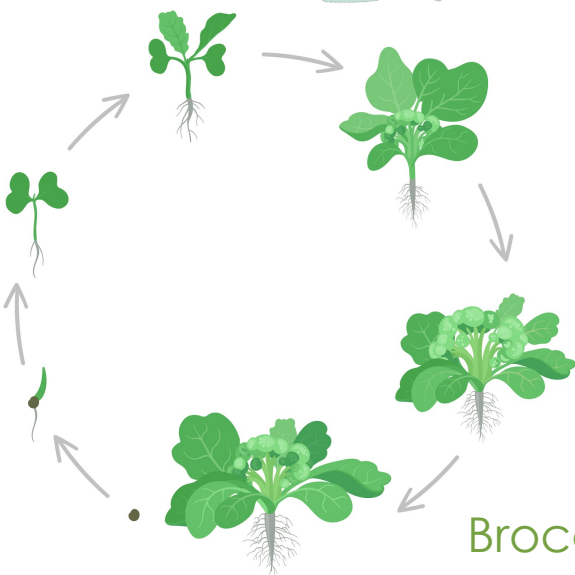


Heading broccoli is the most common.

Broccoli grows **BEST** during fall & spring.



Broccoli is harvested all by **HAND**.



Broccoli takes **70-140** days to complete growing after planting.



Broccoli is a part of the **brassica** family.

Cabbage



In Iowa, cabbage thrives when grown in the **fall**.

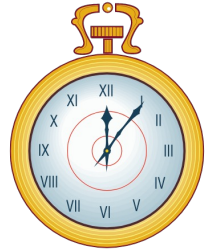


Cabbage grows best in a lot of **sunlight**.

Cabbage is a “**cold-weather veggie**”.

Cabbage is one of the **OLDEST** vegetables in existence...has been harvested for over **6,000** years!

Peak season is from **November** to **April**.

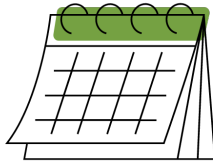


Types of Cabbage:

1. Early
2. Late

Average plant is **4 - 6 feet** tall.

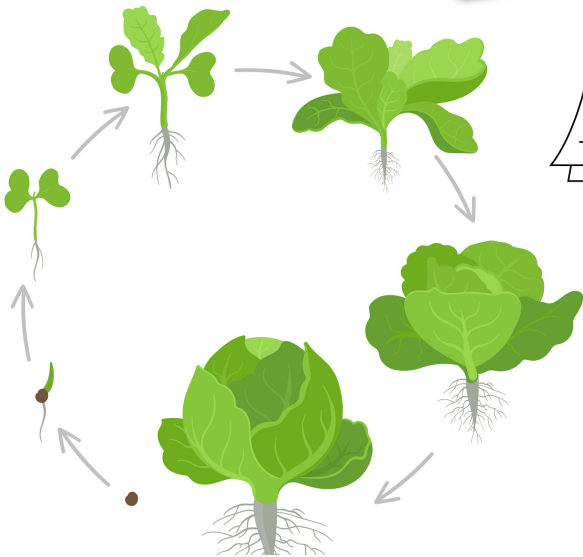
Early cabbage takes **45 days** to mature, and late cabbage takes **87 days**.



400+ varieties of cabbage.

The most **popular** varieties of cabbage:

1. **Green Cabbage**
2. **Red Cabbage**
3. **Savoy Cabbage**



Cantaloupe



Southwest IN's sandy soil & moderate climate is ideal for growing cantaloupe.

The most **popular** melon in the U.S.!

The actual name for cantaloupe is "**reticulated muskmelon**".

Cantaloupe are in season during the *summer* months of **July – September**.



Do **NOT** continue to ripen once they are picked from the vine.

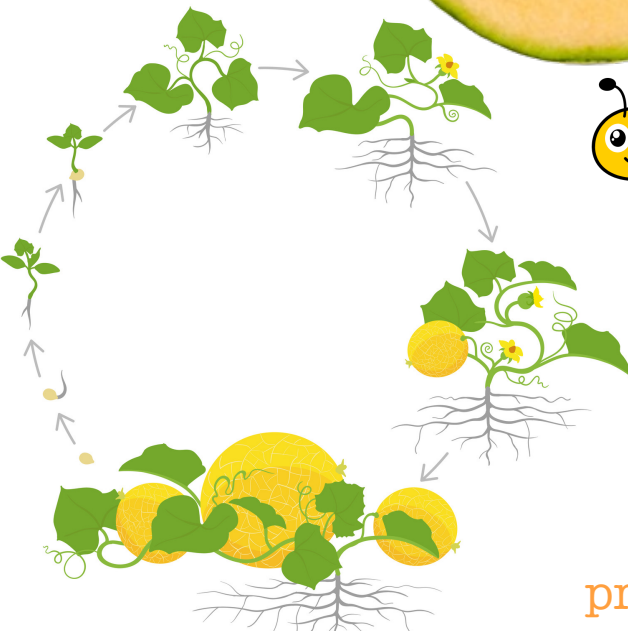


Their yellow flowers attract **honeybees** that pollinate the melon.



The vines that the cantaloupe is attached to can reach up to 5 ft long.

Cantaloupe take **90 days** to produce fruit after being planted.





Carrots



Carrots grown in Colorado tend to be **sweeter** because of the climate.

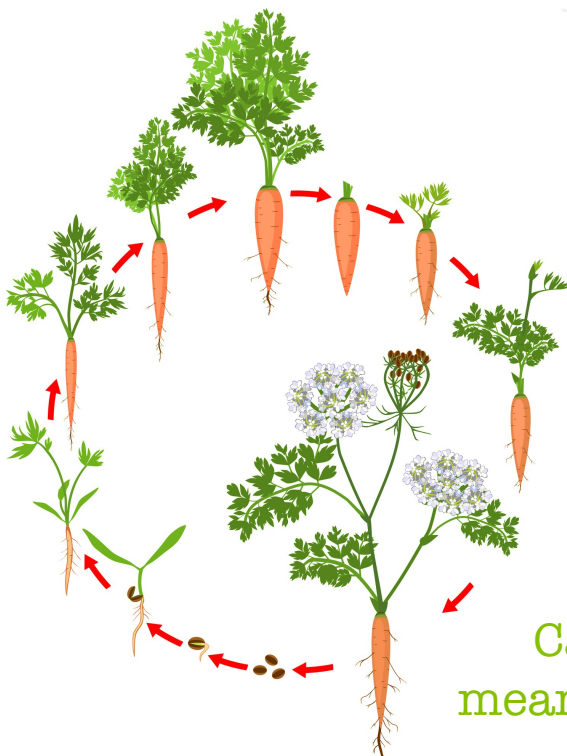
Carrots are **88%** water.



The warmer days and cooler nights allow for the carrots to produce more of their natural sugars.

Carrots take **4 months** to complete growing.

Carrots thrive in overall **cooler** temperatures.



They can survive entire **WINTERS** underground!

The world record for the longest carrot is over **19 feet!**

Carrots are **biennials**, which means they have a 2-year life cycle.



Catfish



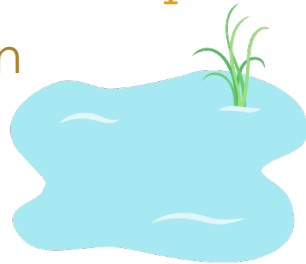
Mississippi is **ranked number 1** in the United States for catfish production.

Catfish **farming** is when catfish are raised in man-made and controlled ponds.

Top **3** Catfish Farming States:

1. Mississippi
2. Alabama
3. Arkansas

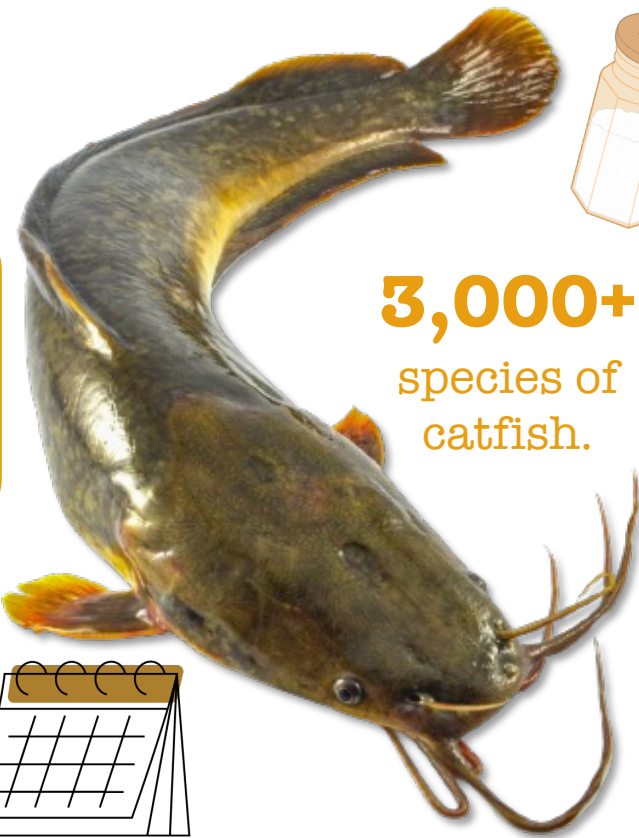
Wild catfish can be found in **freshwater** OR **saltwater**.



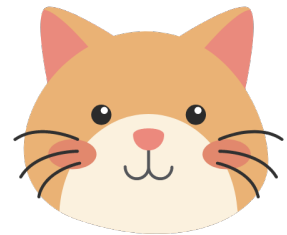
Mississippi makes up **55%** of the U.S. catfish farming.



Catfish thrive in **really cold** or **really hot** water.

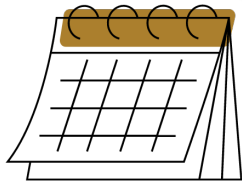


3,000+ species of catfish.



Catfish got their name from their **cat-like whiskers**.

Catfish can survive **8 - 20 years** in the wild.



AUGUST is National Catfish Month!

Catfish nicknames:
Chucklehead,
Polliwog & Mudcat.



Catfish develop up to **4** pairs of whiskers.

Cheese



Wisconsin is the **#1 state in cheese production** – making 26% of U.S cheese.

Wisconsin produces A LOT of cheese each year...around **2 BILLION** pounds!

The United States is the **#1 cheese producing country** in the world.



Cheese is made by **curdling** milk.



Mozzarella is the MOST popular type of cheese worldwide.



On average a dairy cow will eat **90 pounds** of feed per day and enough water to fill a **bathtub!**

6 Major Breeds of Dairy Cattle:

1. Ayrshire
2. Brown Swiss
3. Guernsey
4. Holstein
5. Jersey
6. Milking Shorthorn

1.25 gallons of milk makes **1 pound** of cheese.



Dairy cows produce **5 - 6 gallons** of milk per day.

Cherries

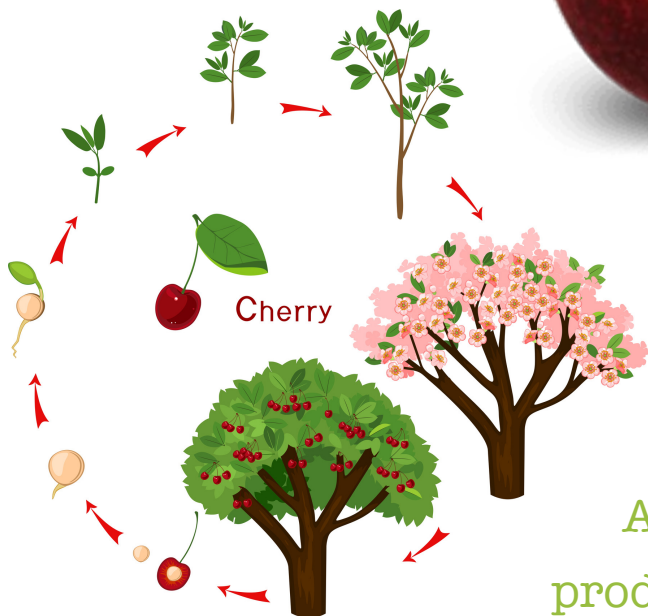
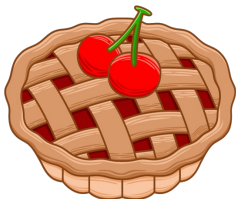


Traverse City, MI is known as the **cherry capital** of the world!

2 main types of cherries: **tart & sweet.**

Michigan grows **70%** of the United States' supply of **tart cherries.**

Tart cherries are most often used for baking.



Top **3** Cherry Producing States:

1. Michigan
2. Oregon
3. Washington

Over **1,000** varieties.

An entire cherry tree can be harvested in just 7 seconds.

Cherry trees can be up to **33 ft** tall!

A typical cherry tree produces ~ **7,000** cherries.

A cherry tree can survive and produce fruit for around **100** years.



Chiles



New Mexico produces the **most** chiles in the United States.

Chile peppers are a **fruit**.

Top **3** Chile Producing States:

1. New Mexico
2. California
3. Arizona



Chile peppers come in a variety of different colors.

Chile peppers thrive in **long, hot days** and **warm nights**.

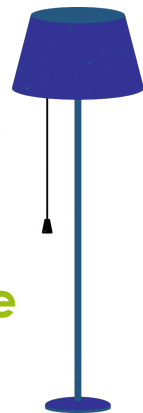


Ideally **8 - 12** hour long days.



The heat of chile peppers are measured on a **Scoville scale**.

Chiles are a part of the **nightshade** family.



Chiles get **spicier** the longer they ripen on the vine.

The best way to cool down your mouth after eating a spicy pepper is with milk.



Capsaicin is the compound in peppers that make them spicy.



Clams



Massachusetts is the **largest** clam producing state in the nation.

Clams are **filter feeders** which is an animal that strains their surrounding waters of particles and debris.

Clams are **burrowing** mollusks that live in either marine or freshwater.



Over **15,000** species of clams found worldwide.



The clams found in Massachusetts are **marine** clams.

A small clam can filter **4 - 5 gallons** of water per day.



Most clam shells are only 1 to 2 inches wide.



Scientists can tell how old a clam is by counting the rings on its shell.

Pearls are very rare to find in clams...said to only be 1 in every 5,000!



Some clams can live to be over **100** years old!

Most clams spend their adult lives burrowed in **sand** or **mud**.

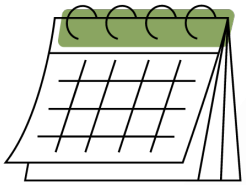


Collard Greens



Collard greens are the official **state vegetable** of South Carolina.

Collard greens are **tastier** and more **nutritious** in the colder months of Jan – April.



Collard greens take **6 – 8 weeks** to go from seed to ready for harvest.

A **cool-season** vegetable.



The stem can be **24 - 48** inches long.

“The Wild Cabbage Plant”



Popular Varieties of Collard Greens:

1. Blue Max
2. Georgia
3. Vates
4. Champion
5. Flash
6. Heavy

Collard greens are **biennials**, which means they have a **2-year** life cycle.



Collard greens produces small, yellow flowers.

These yellow flowers attract insects which is responsible for the pollination.



Collard greens are a type of **cruciferous vegetable**.

Corn



Nebraska is nicknamed the "Cornhusker State".

Corn is America's number 1 field crop.

~ 10 million acres are harvested each year.

Top 3 Corn Producing States:

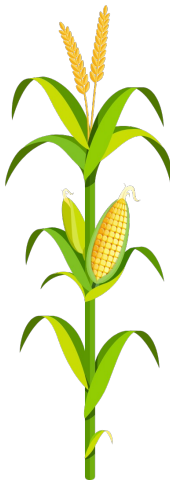
1. Iowa
2. Illinois
3. Nebraska

Corn is considered a **vegetable, fruit** AND a **grain!**

An ear of corn **ALWAYS** has an even number of rows.

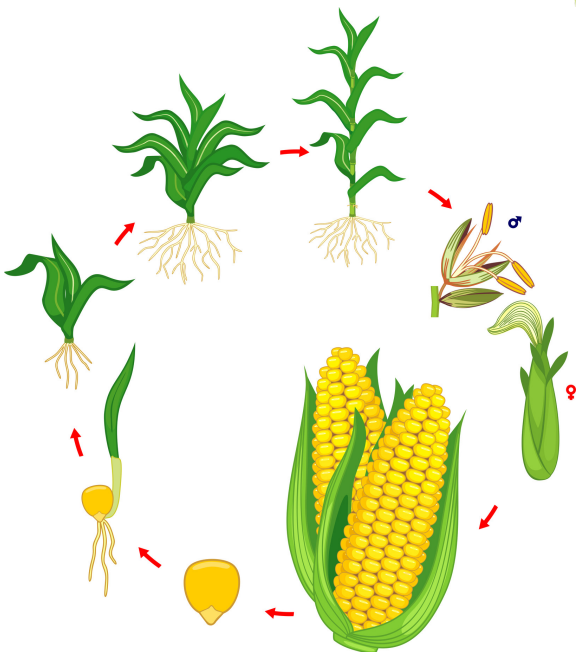


There are around **800** kernels on each ear of corn.



Most countries outside of the United States call corn "**maize**".

90,000,000 acres of the earth are corn fields.



Cranberries



Around **60 MILLION** pounds of cranberries are produced in New Jersey each year.

Top **3** Cranberry Producing States:

1. Massachusetts
2. New Jersey
3. Oregon

Cranberries are one of the few fruits **native** to North America.

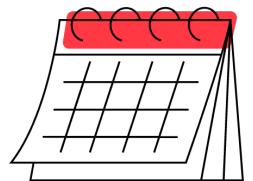
Cranberries are **90%** water.



Cranberries have small air pockets that allow them to float.

5% of cranberries produced are sold fresh. The rest are turned into **juice**.

Cranberries are typically in season from **October** to **November**.



20% of total cranberries consumed in the U.S. each year, are consumed the week of **Thanksgiving**.



Cucumbers

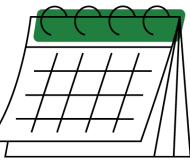


Both **pickling** and **slicing** cucumbers are grown in Virginia.

Cucumbers can be grown without the use of soil – this is called **hydroponics**.



60 million tons grown worldwide each year.



Cucumbers take **12 weeks** to produce fruit after being planted.

Cucumbers are **90%** water.



They are a **fruit!**



Cucumbers can grow up to **2 feet** long!



The large leaves on the cucumber plant provides **shade** for the developing fruit.



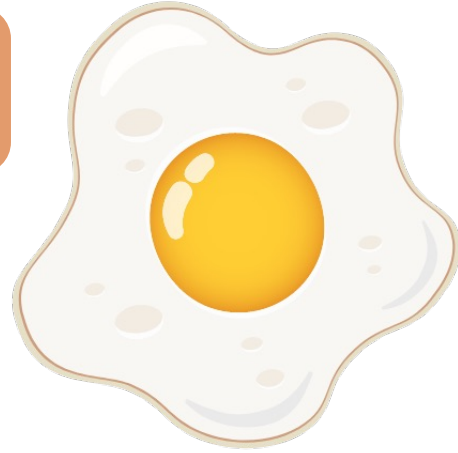
Bees are **essential** for the pollination of cucumbers.



Eggs



All **50** states in the U.S. produce eggs.



Components of an Egg:

Eat
**FARM
FRESH**
eggs!

1. Eggshell
2. Egg White (Albumen)
3. Egg Yolk (Vitellus)

Eggs with **brown** shells come from **larger** hens.

One hen can lay around **250** eggs per year.



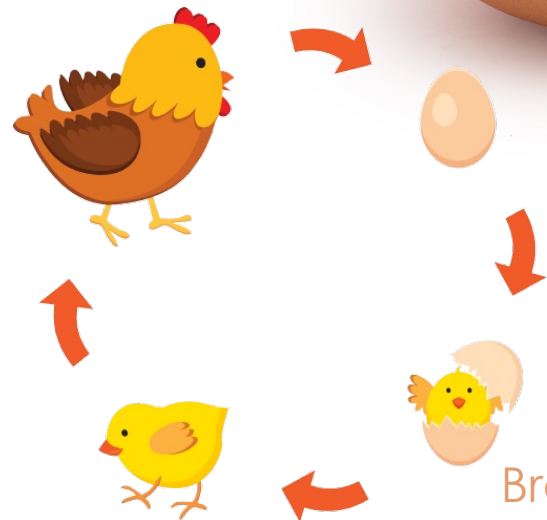
An eggs shell can have up to **17,000** pores - these pores allow moisture to pass through and keep bacteria out.

An eggs shell and yolk **color** do not affect the taste or quality of the egg.

Eggshells in stores are commonly **white** or **brown**, but they can also be **blue**, **green** or **pink**!



Breed of hen determines the shell color.



Flax Seeds



Flax produced in South Dakota is mainly used for **feed, food** or **oil**.

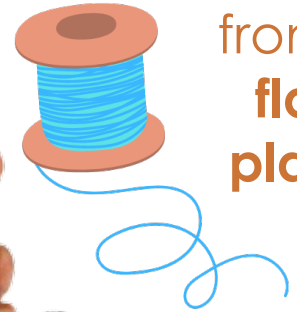
Flax seeds can be **brown** or **yellow**.

Top 3 Flax Seed Producing States:

1. North Dakota
2. South Dakota
3. Minnesota

Flax was first used as a thread to make linens.

Flax seeds come from a **flax plant**.



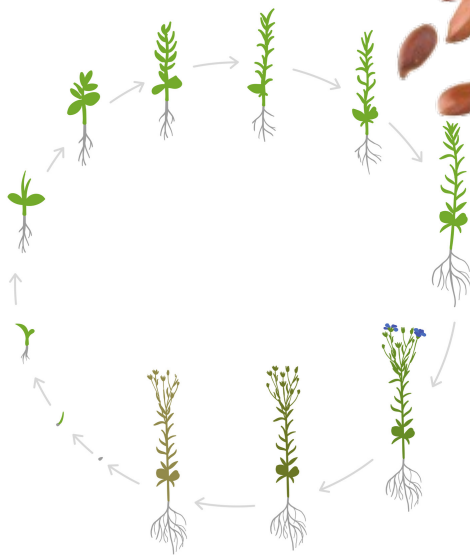
The blue color from the flax plant can be used to make fabric dye.

Flax seeds are also known as **"linseeds"**.



Flax grows best in cool climates that have long periods of daylight.

Flax is a **blue-flowering** plant.



Grapes



The **Norton** grape is the official grape of Missouri.

72

million tons grown worldwide each year.



Colors of grapes: **red**, **green**, white, black, purple, **blue** & **gold**.

Over **8,000** types of grapes.



Grapes are a type of **berry**!

America's oldest grapevine is **400 years old**...located in North Carolina.



Grapes are in peak season in the United States from **August to October**.

Grapevines can reach up to **50 feet** in length.



One vine produces around **40 clusters** of grapes.

Each cluster contains around **75** grapes.





Honey



North Dakota produces the **MOST** honey in the U.S.



Climate of cool nights and warm days help flowers release **large** amounts of nectar.

Top 4 Honey Producing States:

1. North Dakota
2. South Dakota
3. California
4. Florida



MORE nectar = **MORE** honey!

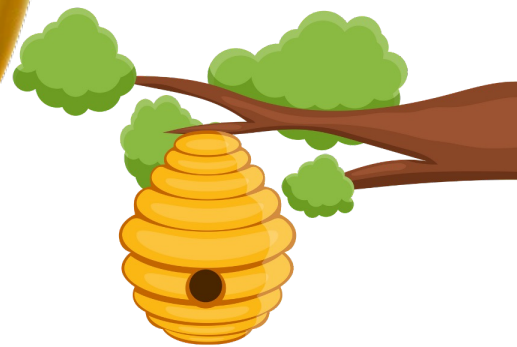


The average honeybee produces only **1/12** of a teaspoon of honey in its lifetime.

1/12

To produce **1 pound** of honey, a colony of bees must collect nectar from **2,000,000** flowers.

60,000 - 80,000 honeybees in every beehive.



A typical beehives produces **30 - 100** pounds of honey a year.

Jalapeños



The jalapeño pepper is the **official state pepper** of Texas.

The heat of peppers are measured on a **Scoville scale**.



Jalapeños are usually around **2,000 - 8,000** Scoville heat units - making them a relatively mild pepper.

Jalapeño plants produce up to **25-35** peppers each.



Capsaicin is the compound in peppers that make them spicy.



Top **3** Jalapeño Producing States:

1. Texas
2. New Mexico
3. California

Jalapeños are actually **RED** when they are fully mature.



The more the jalapeños mature, the **spicier** they get.

Jalapeños have been to space! The Columbia Space Shuttle took them on their trip in 1982!





Lentils



Montana is the **#1 producer** of lentils in the United States.



Lentils are planted in **early May** and harvested **mid-August**.



4

Main Categories of Lentils:

1. Brown
2. Green
3. Red/Yellow
4. Specialty

Brown are the most common.

Lentils are a **drought** resistant crop.

Lentils grow **inside** the pods on the plant.

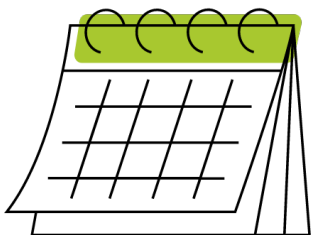


Lentils are a **“legume”**.

Lentils are most commonly eaten in **soups**.



There are usually **1-3** lentils per pod.



June - July, pale blue flowers grow on the leaves of the lentil plant.

Lentils are one of the **earliest** domesticated crops.

11,000 B.C.



Lentils are a **short crop** – lentil plants never reach more than **2 feet** in height.



Lettuce



Between November – March, **90%** of America's lettuce is grown in Arizona.

Darker green lettuce leaves are **MORE** nutritious than lighter green leaves.

MOST

LEAST

Lettuce prefers to grow in **colder climates.**



Iceberg lettuce (also known as crisphead) is the most popular type of lettuce in the U.S.

Lettuce is a part of the **sunflower** family.



Lettuce is the **2nd** most popular vegetable in the U.S.

4 Main Types of Lettuce:

1. Butterhead
2. Crisphead
3. Looseleaf
4. Romaine



Lettuce is **95%** water.



Because of lettuce's water %, it must always be eaten **FRESH.**



Lobster

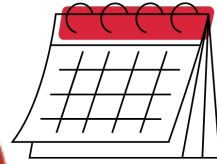


Maine is the **largest** lobster producing state in the nation.

Maine harvests **100+ MILLION** pounds of lobster each year.

Maine lobsters are all harvested by hand.

The majority of Maine lobsters are caught between **June & December**.



“Crusher claw”

“Pincer claw”



The **minimum** legal size of a lobster that can be harvested is **3 inches**.



Lobsters are only **red** once they are cooked.

Wild lobsters can be **green, blue, yellow, grey** or even **multi-colored**.

Lobsters continue to **grow** throughout their entire life.

Lobsters can swim **backwards** just as well as they can swim forwards.

September 25

National Lobster Day



A lobsterman's workday usually starts at **4:30 am** and can go until **sundown**.



Maple Syrup



Vermont produces **over 50%** of the United States maple syrup.



Vermont produced a record amount of **2,500,000** gallons of maple syrup in 2022.

Maple Sap Producing Trees:

1. Sugar Maple
2. Red Maple
3. Black Maple



A well cared for maple tree can live for up to **300 years!**



A single tree can produce up to **15 gallons** of sap per year.

40 gallons of maple sap = **1 gallon** of maple syrup.



Maple sap is collected between late winter and early spring.



Vermont has over 3,000 **sugarhouses.**



A sugarhouse is where maple sap is taken to boil down into maple syrup.

3 types of maple syrup: **Golden, Amber & Dark.**



Amber maple syrup is the most common at the breakfast table.

“Liquid Gold”





Milk



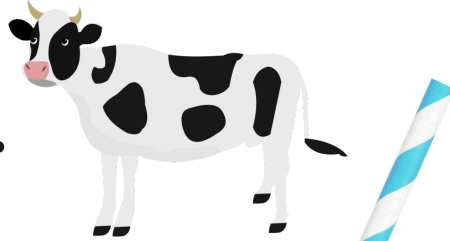
New Hampshire has **100** dairy farms and **11,000** dairy cows.

New Hampshire produces **1.4 MILLION** glasses of milk per day!

Nearly **98%** of U.S. dairy farms are family owned & operated.

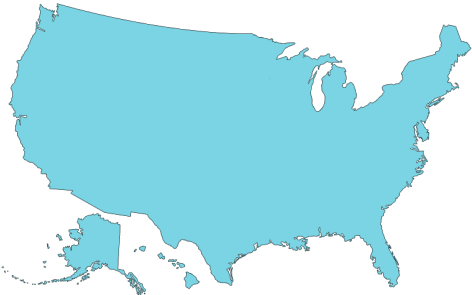
6

Breeds of Dairy Cows:



1. Ayrshire
2. Brown Swiss
3. Guernsey
4. Holstein
5. Jersey
6. Milking Shorthorn

ALL 50 states have dairy farms!



Holstein cows all have a **unique pattern of spots!**



The U.S. produces **~21 BILLION** gallons of milk each year.

1 cow produces around **6 gallons** of milk per day.

Farmers measure milk in **pounds.**

The reason milk is white is because it contains **“casein”** - a type of protein.

Milk is the source of **ALL** dairy products!



Mushrooms



Pennsylvania produces around **500 million pounds** of mushrooms each year.

Top 3 Mushroom Producing States:

1. Pennsylvania
2. California
3. Texas

Umami – a primary taste found in mushrooms.



Scientists have classified **2,189** mushrooms as **edible**.



Pennsylvania produces over **65%** of the U.S. mushroom crop.

Popular types of mushrooms:
White Button, Crimino & Portabello.

These are all the **same** mushroom, just harvested at different ages.

Some mushrooms stay underground for **YEARS** waiting for the conditions to be just right to surface.

Did you know mushrooms are **not** considered a plant?

They are a **FUNGUS**.



Fungi are the **LARGEST** life form on earth.

Oats



The majority of oats grown in Oklahoma are used for **livestock feed**.

Oats are grown mainly in the **Midwest & northern** regions of the United States.

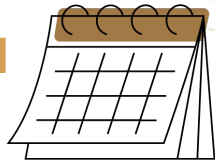
2 Kinds of Oats:

1. Husked
2. Naked

Oats are a **cool season** crop.

Oats are **planted** during the summer and early fall.

January is National Oatmeal Month!



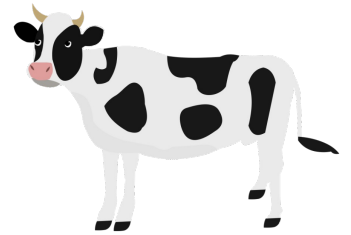
Oats are commonly rolled and made into **oatmeal**.

Farmers use a "**combine harvester**" to harvest the oats.



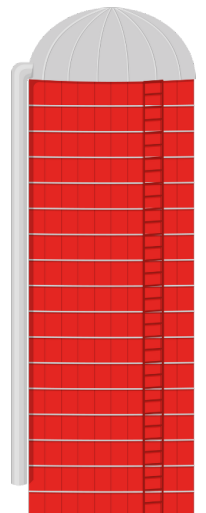
Oats are also used to make flour and alternative milk.

Farmers use oat straw as **bedding** for cattle & horses.



95% of oats grown in the U.S. are used for livestock feed.

Oats are stored in **silos**.



Onions



Mason Valley, NV is one of the best onion producing areas in the world.



Onions are most commonly **yellow**, **red** or **white**.

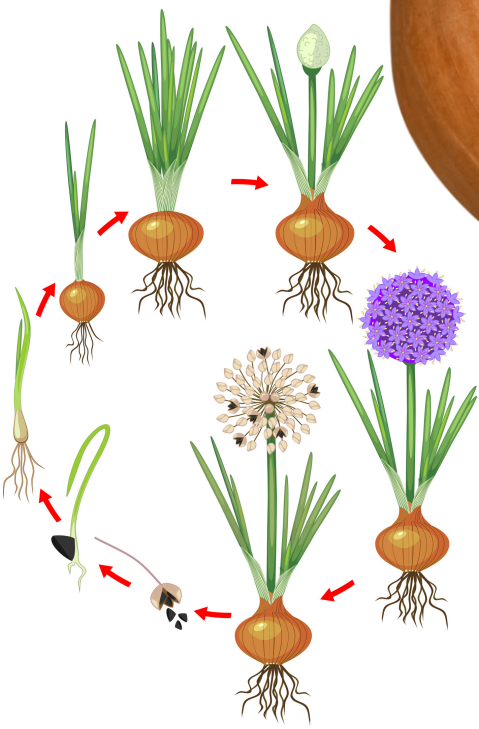
Over **20** states grow onions.

Onions are a part of the "allium" family.

Yellow onions are the **MOST** produced type of onion.

Onions grow **underground!**

Yellow onions make up more than **75%** of the world's onion population.



125,000

acres of onions are planted in the U.S. each year!

The **largest** onion ever grown was over **TEN** pounds.

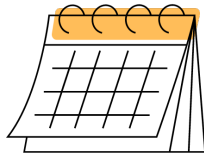
Oranges



More than **90%** of America's orange juice comes from Florida oranges.

3 Popular Types of Oranges:

1. Navel
2. Hamlin
3. Valencia



Orange season is 9 months long!
October - June!



600+
varieties
of oranges.

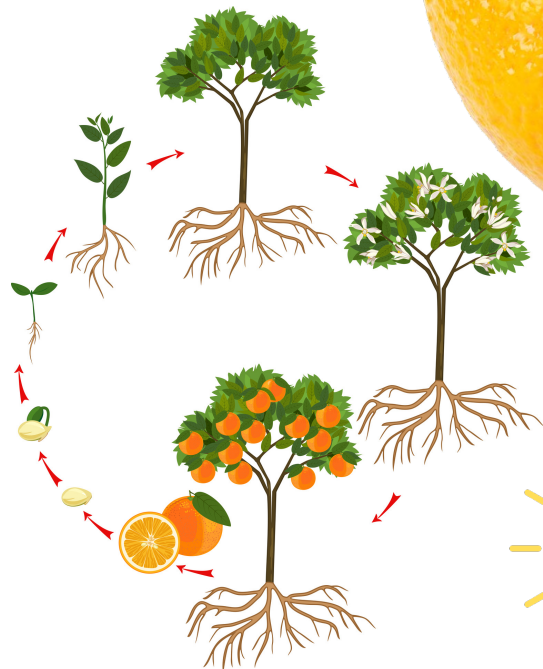
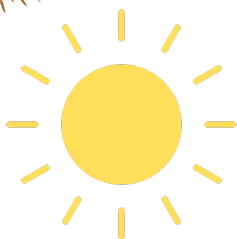
**Vitamin
C**

Most oranges are harvested by hand.



Sub-tropical areas are ideal conditions for growing oranges.

Oranges need a lot of **sunshine** and **warm** temperatures.





Peaches



Georgia's official nickname is "The Peach State".

Each year, GA produces **130 million** pounds of peaches.

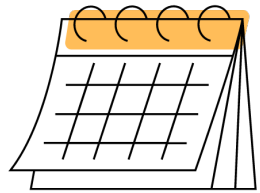
2 Main Varieties of Peaches:

- 1.clingstone
2. freestone

Each year, 1 peach tree can produce up to **66 pounds** of fruit.

AUGUST

National Peach Month



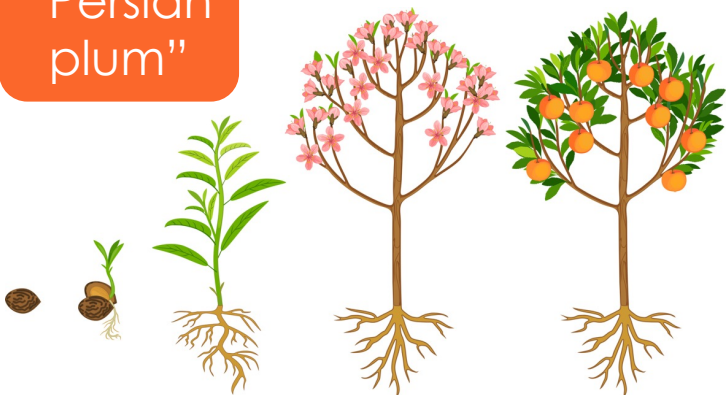
Peaches are in peak season from **June** - the end of **August**.

Once pollinated, peaches take **3-5 months** to reach harvesting point.



Peaches are harvested by **HAND**.

"Persian plum"



Peach trees can produce fruit for **12 years**.

Peach trees usually grow to be around **25 feet tall**.



Pears



New York's cooler climate makes for **ideal growing conditions** for pear trees.

Pears used to be called "**butter fruit**" because of their soft texture.



Pear tree **wood** is often used to make musical instruments.



Pears prefer to grow in **cooler climates**.



Over **3,000** varieties of pears.

Top **5** Pear Producing States:

1. Washington
2. Oregon
3. California
4. New York
5. Michigan

Pears are a part of the rose family.



Considered to be the most **fragile** fruit.

30-40 ft. tall trees.



ALL pears are picked by **HAND**.

Common types of pears: **Anjou, Bartlett, Bosc, Comice & Forelle.**



Peas



Around **4,000 acres** of green peas are harvested in Delaware each year.

3 Main Types of Peas:

1. English Pea
2. Snow Pea
3. Sugar Snap Pea

When a pea pod is **ripe**, the pod will split in half.



Throughout the U.S. there are about **893,000 acres** of peas.



Pea pods grow to be around **4 inches** long.

Peas make a great snack!

The average pea weighs **0.1 - 0.3 grams!**

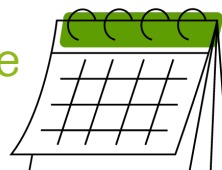


Peas are **cool-weather** crops that cannot tolerate the heat.

There are **5 - 10** peas in each pod.

A fully mature pea is actually **yellow**.

Harvesting usually takes place **60 - 70 days** after planting.



Pineapples



Hawai'i produces **1/3** of the world's pineapples.

The Dole plantation Pineapple Garden Maze in Hawai'i is the **largest maze in the world!**

"Hala Kahiki"

It can take up to **3 years** for a pineapple plant to fully mature before it begins bearing fruit.



Pineapples ripen **faster** when upside down.



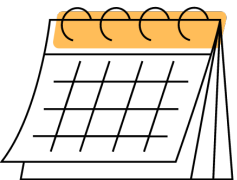
Pineapples are technically a **berry**.

Pineapples are made up of clusters of **"fruitlets"**.

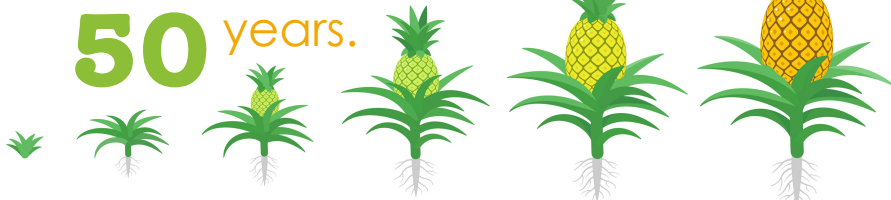
The "fruitlets" are basically small, individual berries.

Then, it takes up to a year for the actual pineapple to grow.

Pineapples are in peak season from **March - July**.



Some pineapple plants can live for **50** years.



ONE pineapple plant produces only **ONE** pineapple at a time.



Popcorn



There are only two **popcorn museums** in the world, and they are both in Ohio!

Popcorn is a type of corn with a **thicker hull**.

Top 5 Popcorn Producing States:

1. Nebraska
2. Indiana
3. Illinois
4. Ohio
5. South Dakota

The U.S. is the number 1 **producer & consumer** of popcorn in the world.

Most popcorn is grown in the Midwest.

JANUARY 19

National Popcorn Day

Popcorn is the **only** type of corn that pops!



Popcorn stalks can be up to 8 ft tall.



Popcorn pops in 2 basic shapes: **butterfly** and **mushroom**.

Popcorn can pop up to **3 feet** in the air!



Today, many movie theaters make **more profit** off popcorn sales than movie tickets.




Potatoes



Washington grows over **23%** of the United States potato production.

Top 3 Potato Producing States:

1. Idaho
2. Washington
3. Wisconsin



35% of potatoes are turned into French fries.

In 1995, potatoes became the first vegetable grown in **space!**




Potatoes are the **second** most consumed food in the U.S. after dairy products.

AUGUST 13

National Potato Day

Potatoes are also referred to as **“spuds”**.



Potatoes are grown **underground**.

Potatoes are an **annual** plant.



Potatoes are a part of the **nightshade** family.



Pumpkins



The 'Pumpkin Capital of the World' is in Morton, Illinois.

Illinois harvests around **12,300 acres** of pumpkins every year.

Top 3 Pumpkin Producing States:

1. Illinois
2. Indiana
3. Ohio

The U.S. produces over **1.5 BILLION** pounds of pumpkins each year.

45+ varieties of pumpkins.

Pumpkins range in color from **red, yellow, green & orange!**



Pumpkins are grown on **EVERY** continent except Antarctica.

500

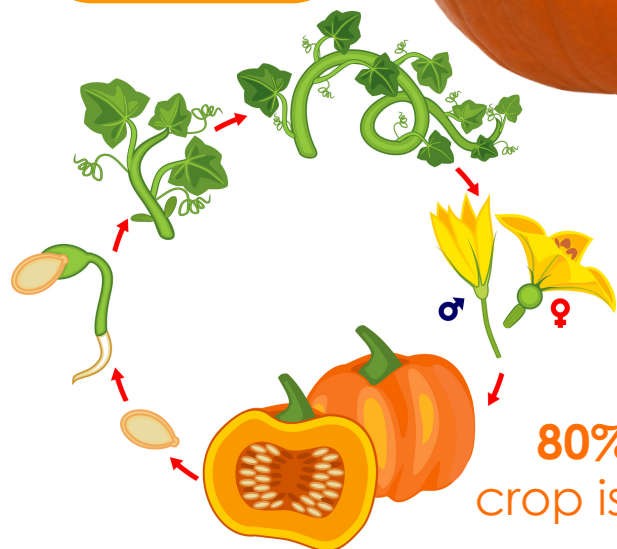
seeds/pumpkin.



Pumpkins are **90%** water.



80% of the U.S. pumpkin crop is available in **OCTOBER.**



Rice



Arkansas is the **#1 rice producer in the U.S.** harvesting 1,084,000 acres/year.

Top 5 Rice Producing States:

1. Arkansas
2. California
3. Louisiana
4. Mississippi
5. Missouri

Rice is grown on approximately **2.8 million** acres of land across the U.S.

Uncooked white rice will stay fresh & edible for **10-30 YEARS!**



White rice is just brown rice that has been polished of its outer bran layer.

Over **40,000** types of rice.



Steps to harvesting rice: **cutting, stacking, handling, threshing, cleaning & hauling.**

Rice plants can grow up to **6 feet** tall.





Salmon



Alaska is known for having some of the **BEST** salmon fishing in the world.

5 Species of Alaskan Salmon:

1. King (Chinook)
2. Red (Sockeye)
3. Silver (Coho)
4. Chum (Keta)
5. Pink

Pink salmon are the **smallest & most harvested** type of salmon in Alaska.

A **“keystone”** species.

The King salmon is **Alaska’s state fish.**



Salmon can jump up to **12 feet** high!

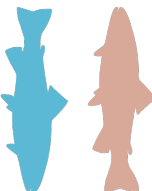
Salmon leap or jump through waterfalls & rapids.



King/Chinook salmon are the **largest** species of salmon in North America.

Salmon are one of the **MOST** adaptable fish on the planet.

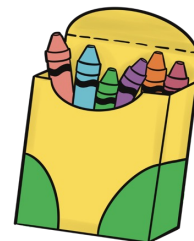
Salmon **anadromous**, meaning they can go from living in seawater to freshwater and back and forth.



Soybeans



Soybeans are Tennessee's number 1 **cash crop**.



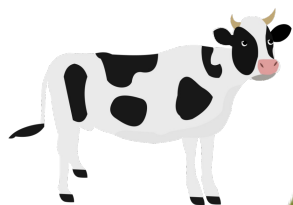
75 MILLION

acres of farmland are used for growing soybeans in the U.S.

One acre of soybeans can produce **82,368** crayons!

Soybeans are a part of the **legume** family.

Soybeans were first grown in the U.S. for cattle feed.



The U.S. is the **leading** country in soybean production.

Soybean pods usually contains **3 seeds** each.

Each soybean plant produces around **100** pods.

Soybean plants average **3 - 5 feet** tall.



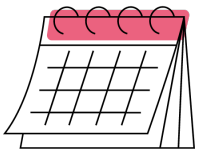
Strawberries



June-bearing strawberries grow best in Alabama's climate.

One acre of land can produce **50,000** pounds of strawberries.

Peak harvesting season is **April – June**.



Strawberries are the **FIRST** fruit to ripen in the spring.

3 Main Types of Strawberries:

1. June-bearing
2. Ever-bearing
3. Day-neutral

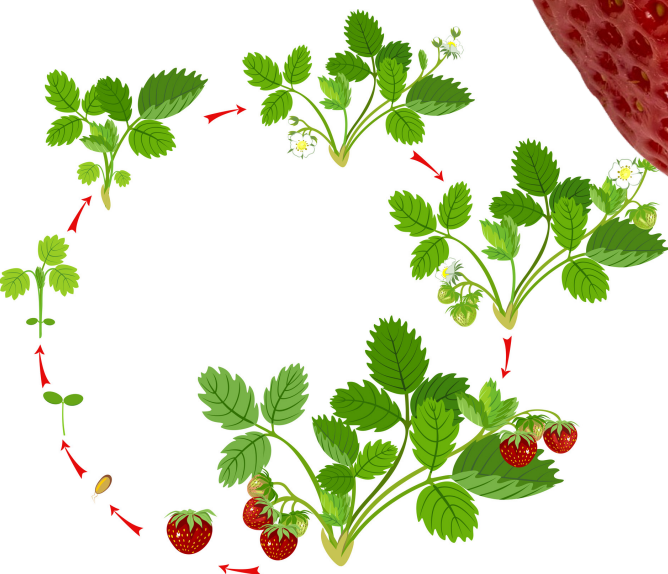
All strawberries are hand picked.



The average strawberry has **200** seeds.

Strawberries are the **ONLY** fruit with seeds on the outside.

California produces **90%** of the strawberries in the U.S.



Sunflowers



Kansas is nicknamed
"The Sunflower State".

Sunflower
seeds are
a popular
snack for
baseball
players.



Sunflowers aren't *always*
yellow – they also can be
red, purple or **brown!**

The
world
record
for
TALLEST
sunflower
was 30
feet and
1 inch
tall.



Sunflowers
symbolize
positivity.



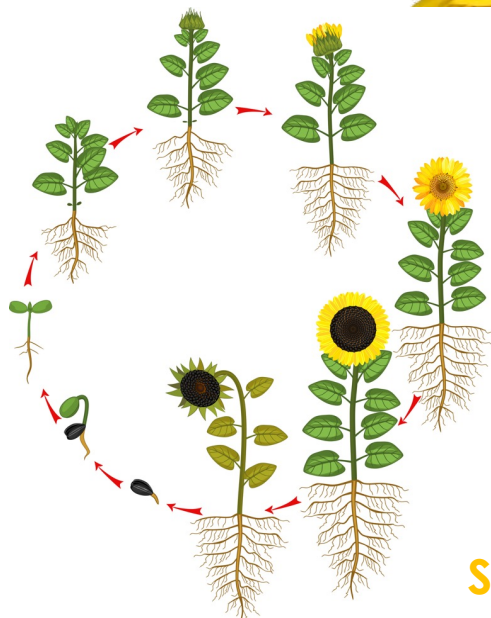
Sunflowers
are at **PEAK**
bloom in
mid-summer.



The head of
a sunflower is
made up of
thousands of
tiny flowers.

Young sunflowers
turn and face the **sun**
as it rises and then
continue to follow
throughout the day.

Sunflowers follow the SUN!



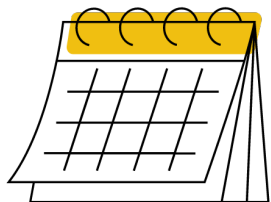
Sweet Corn



Sweet corn is one of Rhode Island's **top** commodities.



Sweet corn is in peak season from **May – September**.



All 50 states grow sweet corn – find some at your local farmers market!

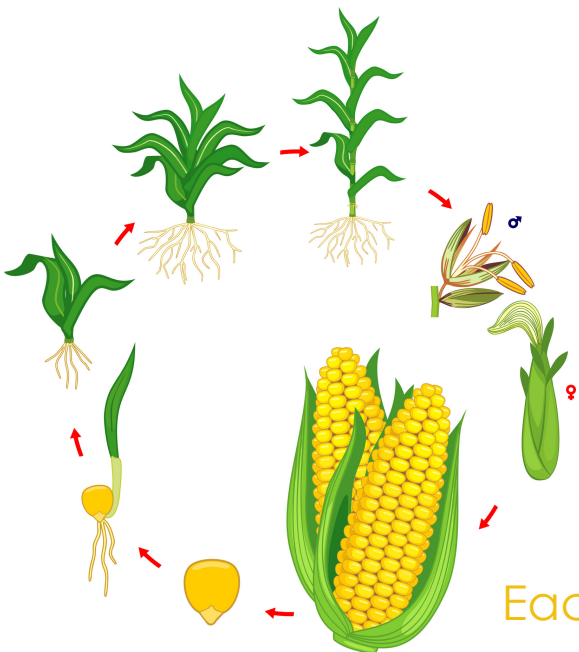


Sweet corn can be turned into syrup to be used as a **sweetener**.

Only **1%** of the corn grown in the U.S. is sweet corn.



1 bushel of corn can sweeten **400 cans** of soda.



Sweet corn is pollinated by the **wind**.

Sweet corn is the **ONLY** corn grown for **human** consumption.

Each stalk produces **1 - 3** ears of corn.

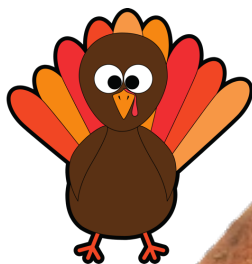
Sweet Potatoes



Sweet potatoes are Louisiana's **state vegetable**.



Sweet potatoes are a popular **Thanksgiving** side dish.

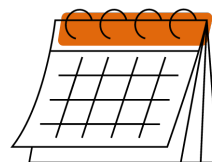


Top **5** Sweet Potato Producing States:

1. North Carolina
2. Louisiana
3. California
4. Mississippi
5. Texas



Jewel is the most popular variety of sweet potato.



FEBRUARY

National Sweet Potato Month!

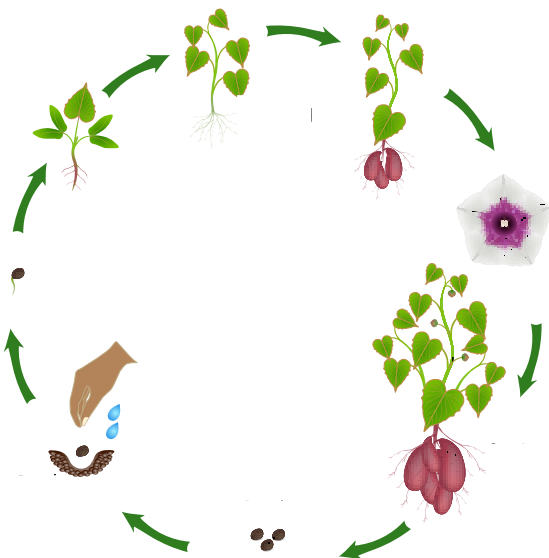
Sweet potatoes are in season **YEAR-ROUND!**

Sweet potatoes can be **orange, yellow, red, white** or **purple**.



Sweet potato roots are harvested **90-120** days after planting.

A **root** vegetable.



Tomatoes



The **Kentucky Beefsteak Tomato** is a sweet, late-season tomato.

3 Popular Types of Tomatoes:

1. Cherry
2. Grape
3. Roma



Tomatoes come in a variety of colors including **yellow**, **pink**, **purple**, **black** & **white**.

"Wolf peach"



Botanically, tomatoes are a **fruit!**

93% of

Americans grow tomatoes in their own garden.

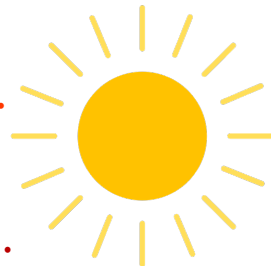


Tomatoes are grown in **ALL** 50 states!

Over **10,000** varieties of tomatoes.

Tomatoes are at peak harvest **July - September**.

Tomatoes are a warm season crop that **love** the sun.



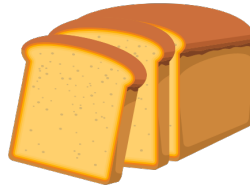
Wheat



42 states in the U.S. grow wheat, West Virginia being one of them!

6 Classes of Wheat Grown in the U.S.

1. Hard Red Winter
2. Hard Red Spring
3. Soft Red Winter
4. Soft White
5. Durum



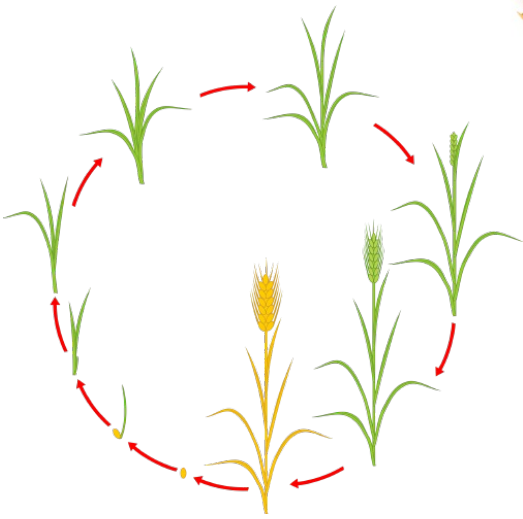
1 bushel of wheat can produce **90 loaves of bread.**

Hard Red Winter wheat is used mostly for making **breads.**

1 acre = **40** bushels of wheat.

The average wheat crop grows to be between 2 & 4 feet tall.

Wheat grows best in **warm** weather.



Wheat is the **MOST** harvested crop in the world.

Wild Rice



Minnesota is the #1 wild rice producer in the U.S.



Wild rice is Minnesota's **official** state grain.

Top 2 Wild Rice Producing States:

1. Minnesota
2. California



Wild rice is technically a “**water-grown grass seed**”.

In Minnesota, wild rice harvesters must be licensed to gather the grain and must do it on the traditional, Native American way.

Wild rice can pop like **popcorn!**



Sometimes referred to as “**water oats**”.

Wild rice can grow up to **8 feet** out of the water.

Wild rice grows naturally in waterways in almost every state.



Learn More Library

