NEWSPAPERS IN EDUCATION

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17th Edition

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Who Contributed to my Cuisine?

California is a true melting pot of cultures. Each year, more immigrants come to California than any other state. These newcomers share with us new knowledge, traditions, and cuisines. Recreating cultural dishes in a new place requires an abundant and available supply of fruits, vegetables, dairy products, meats, grains, and spices. California produces more than 400 different agricultural products, many of which are featured in these cultural cuisines. This edition of *What's Growin' On?* will introduce you to the California grown commodities that take centerstage when preparing cuisine from around the world.

So, what makes a dish culturally unique? Many agricultural commodities are eaten around the world, with each culture possessing its own unique way of preparing it. In India, chicken may be covered with yogurt and curry before being cooked over an open flame. While in Italy, chicken is marinated in balsamic vinegar and rosemary before being baked in an oven. Herbs and spices make the taste of each dish distinctly different, while the main ingredient remains the same. Each culture adds their own twist to the staple foods we eat worldwide.

Many pages of this newspaper feature a culturally-influenced recipe that you can try at home or in your classroom. Most of the ingredients for these recipes can be sourced from California farms and ranches. Look for the sun icon, which represents ingredients that are produced right here in sunny California.

No matter where your family is from, we all have an important seat at the table. California agriculture provides key ingredients for preparing the dishes you enjoy at home—from sweet almond cookies to spicy salsa. As you enjoy your next meal, consider the many *Cultural Contributions to California Cuisine*.

Read All About It!

For the past 17 years, California Foundation for Agriculture in the Classroom has produced *What's Growin' On?* to help students discover the many ways agriculture impacts their daily lives. This year's edition, *Cultural Contributions to California Cuisine*, is inspired by the variety of dishes that can be created from the ingredients produced by California's hard-working farmers, ranchers, and agricultural employees. The articles and activities featured in *What's Growin' On?* are designed to educate students about different places, people, and cultures—to help students grasp the diversity of the world while appreciating the diverse agricultural bounty produced right here in the golden state.

Each annual edition of *What's Growin' On?* is developed by educators and reviewed by leading agriculture industry experts to provide relevant and accurate information. The activities on the following pages are aligned to third through eighth grade Standards for California Public Schools including Common Core and Next Generation Science Standards.

Extra! Extra!

Download a teacher's guide with classroom extensions and lesson ideas. Available at *LearnAboutAg.org/wgo*.

Free Copies for California Teachers!

Place *What's Growin' On?* in the hands of your students by ordering a free classroom set. Order online while supplies last, *LearnAboutAg.org/wgo*.

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Answers available online! Visit LearnAboutAg.org/wgo. Have you ever wondered why you can buy fresh melon in December, but you can't seem to grow it in your garden? See if you can arrive at a reasonable answer to this question by using the information and investigations on this page.

Spring

Preparing the ground,

planting, and hiring employees

REASONS the

Northern Hemisphere

What's growing in...

June/July	Dec/Jan
Blueberries	Lettuce
Melon	Cauliflower
Grapes	Apples
Peaches	Broccoli
Tomatoes	Peas

Make Your Own Sundial

A sundial is a device that tells time using the position of the sun. To make your own, find the center of a paper plate and make a small hole. Force a pencil through the hole. Place your sundial outside. Use tape or a small stone to keep it **stationary**.

The pencil will create a shadow on the plate. Use a marker to trace the shadow and record the time on the edge of the plate. Repeat every hour. What did you notice? What does this tell you about the earth's movement? Do you see anything else in the classroom that resembles your sundial? Standard: NGSS: 5-ESSI-2

The Four Seasons of Farming

California crop farmers are busy year-round. Here are some typical tasks a farmer completes throughout the year. Add your own drawings to illustrate what happens on the farm during each season. Stds: CA Visual Arts: Grade 3-8: 2.0

Did You Know?

June 21 marks the day when the Earth is turned the most toward the sun. This is known as summer solstice. It is the longest, sunniest day of the year. Equator

Seaso

The tilt of the Earth's **axis** is the most important reason for seasons. As Earth **orbits** the sun, its tilted axis always points in the same direction. So, throughout the year, different parts of the planet get the sun's direct rays.

1	
	Fall
	Howesting transporting and

California Spotlight

California's mild temperatures and Mediterranean climate make it an ideal location for producing a wide variety of agricultural commodities (more than 400), some of which cannot be produced anywhere else in the nation.

A Trip around the Sun

For this investigation, you will need a lightbulb or flashlight to represent the sun, a foam ball to represent the Earth, a pencil to act as the Earth's axis, and a rubber band to represent the equator.

> Insert the pencil in the bottom of your foam ball. Place the rubber band around the middle of the foam ball. Have one person hold the light source stationary. Holding the pencil at a constant angle, have the other partner move earth around the light source. Reflect on these questions: What do you notice about the way the light hits the Earth? When is it most light? When is it darkest?

> > Standard: NGSS: MS-ESS1-1

Southern Hemisphere What's growing in...

June/July	Dec/Jan
Broccoli	Tomatoes
Lettuce	Peaches
Beets	Cucumber
Cabbage	Strawberries
Cauliflower	Cherries

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Menter		
Winter		

Planning, making a budget, and buying equipment

3

Watering, weeding, and

Summer

fertilizing

Agriculture Goes Green

In the 1950s, food was scarce and malnutrition was a concern worldwide. The innovations of farmers and ranchers led to the development of the "Green Revolution." The use of irrigation, hybrid seeds, crop protection, and fertilizers increased the production of crops such as wheat, rice, corn, and beans. Its goal was to increase the supply of affordable food, first in Mexico and then throughout the developing world.

The Green Revolution has had many accomplishments but not without cost. It is responsible for nearly doubling the production of rice, wheat, and cereals in developing nations and making food more accessible and affordable to world's poorest. However, the Green Revolution increased dependence on **fossil fuels** used to power heavy equipment and reliance on fertilizers and crop protection. Advancements in science continue to help farmers around the world reduce environmental impacts while maintaining the benefits of the Green Revolution.

The Father of the Green Revolution

Plant breeder Norman Borlaug is known as the "Father of the Green Revolution." He was a key leader who won a Nobel Peace Prize in 1970 for his work. Borlaug was credited with saving more than a billion people throughout the world from starvation through agricultural advancements.

California Spotlight

Corn, also known as maize, is a cereal grain that was **domesticated** in Mesoamerica as many as 10,000 to 12,000 years ago. Today, California produces 19% of the nation's sweet corn, ranking number two in the U.S., behind Florida.

Lima beans originated in Peru, thus sharing a name with the capitol and largest city. They were brought to California in a merchant ship around 1900 and have been grown in the state since. Today, California producers grow a wide variety of beans including baby limas, garbanzos, blackeyes, large limas, and kidney beans.

Corn Calculations

- kernels in 16 rows. How many kernels are in each row?
- kernels on 10 ears of corn?
- Stds: CC Math: 4.0A.A.2, 4 MD.A.1, 6 NS.B.2, 5 MD.A.1 1. If an ear of corn has an average of 800 3. A pound of corn contains approximately 1,300 kernels. How many kernels in an ounce?
- 2. Considering these averages, how many 4. 100 bushels of corn produces approximately 7,280,000 kernels. How many kernels are in one bushel?



Peruvian Bean Salad

This bean salad from the country of Peru features California grown tomatoes, avocados, peppers, olive oil, and garlic.

Ingredients

- 2 garlic cloves, minced [©]
- 1 Tbsp. honey dijon mustard
- 1 Tbsp. chopped pickled jalapeno pepper ⁴

Procedure

- 1. In a small bowl, mix garlic, mustard, jalapenos, salt, pepper, and vinegar. Whisk in oil.
- 1/4 cup red wine vinegar ¼ cup olive oil 🌼
- 19 oz. chickpeas [©]
- 19 oz. black beans [©]
- 19 oz. pinto beans @
- 1 yellow pepper, chopped [©]
- 2. Drain and rinse beans, then place in a large bowl. Add pepper, avocado, tomatoes, and parsley.

- 1 avocado, chopped 🥸
- 1 pint grape tomatoes, halved 🌼
- ¹/₂ cup parsley, chopped 🌼
- Salt and pepper, to taste
- 3. Toss salad with dressing. Serve immediately.

Source: geniuskitchen.com Standards: NGSS: K

Cons

Complete the chart below using information about the Green Revolution. List accomplishments and concerns. Use information from your chart to write a persuasive paragraph about the Green Revolution.

Pros

onvince Your Classmates

Garden in a Glove

Use a variety of bean seeds to grow a garden in a glove! Under ideal conditions, beans will germinate in eight to 10 days. After seeds germinate, cut fingers off glove, remove cotton balls, and plant seedlings in a container or in the ground. Visit learnaboutag.org/resources/bites for detailed instructions.

Did You Know?

It is common for farmers to use every part of the corn plant. Cobs and stalks are fed to animals, burned as fuel, or woven into roofing material. Many foods are steamed in cornhusks. Corn silk can be brewed into a tea.

Folklore for Foodies

Corn, squash, and beans were referred to as the "three sisters" in Aztec agriculture. The three crops benefit from each other. The maize provides a structure for the beans to climb, the beans add nitrogen to the soil, and the squash leaves prevent weeds by blocking sunlight.



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Oceania is an area of the South West Pacific Ocean that includes many islands and their adjacent seas. The largest land mass in Oceania is Australia. You may be surprised that an area called Oceania is among the top livestock **producers** and meat consumers in the world.

California Spotlight

Nationally, California ranks second in sheep and lamb numbers, with an industry valued at \$93 million. California ranks fourth in total cattle numbers, with beef and beef products in the top 20 of all California exports. California ranks among the top nine chicken producing states, with more than 250 million birds in production. California ranks 27th in pork production with an inventory of 95,000 pigs.

Folklore for Foodies

On the islands of Pohnpei and Kosrae, in Micronesia, pigs are traditionally raised by every family for ceremonial and cultural purposes, such as weddings, funerals, and feasts of celebration.

Protein on Your Plate

Stds: CC Math: 3.MD.B.3, 4.MD.A.1, 5.NBT.B.7 Australia is the top lamb consuming country in the world, while the U.S. ranks second for **poultry** consumption.

Use the statistics below to create two bar graphs depicting per capita consumption of meat for each country. First, convert measurements from kilograms to pounds. (Hint: 2.2 lbs. = 1 kg.)

Country	Poultry (kg)	Poultry (lbs)	Lamb (kg)	Lamb (lbs)
Australia	44.5		8.5	
Malaysia	41.7		1.1	
New Zealand	37.9		3.2	
United States	48.8		0.4	



Grazing Activity

Standard: NGSS: MS-ESS3-3

Source: geniuskitchen.com

Herbivores are animals that only eat plants. Cattle and sheep graze, eating plants available in their environment. In California and Oceania, many farmers use rotational grazing, a method of feeding where animals are regularly rotated to fresh pasture at the right time to prevent overgrazing and encourage grass growth.

Incorporating scientific principles, conduct research and write a paragraph defending rotational grazing as a method to reduce environmental impact.



angry sheep and a moody cow?

A: An animal that's in a baaaaaad mooooood

Recipe

Chicken Micronesia

This recipe comes from a region of Oceania that includes approximately 2,100 small islands, the largest of which is Guam. Try making it with locally-sourced chicken, ginger, and onion.

Ingredients

- 1 ½ lbs. chicken thighs 🌼
- 1 (20 oz) can pineapple tidbits ¹/₄ cup soy sauce

Procedure

Lamb

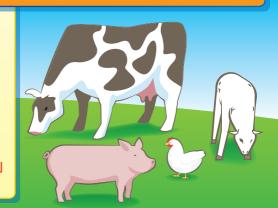
- **1.** Drain liquid from canned pineapple **3.** Sprinkle pineapple, onion, and into a small mixing bowl. Whisk in soy sauce and ginger.
- 2. Pour the mixture into a baking dish and place chicken inside, turning once to coat both sides. Marinade for at least an hour, or as long as overnight.
- ½ tsp. ginger 🍳 ¼ cup onion, minced 🌼 ¹/₄ cup coconut, grated
- coconut on top of chicken.
- 4. Place in oven and bake at 350° F for about an hour.

Std: CC Math: 5.NBT.B.5

5. Serve over rice.

Did You Know?

In New Zealand, sheep outnumber people 6 to 1. If the human population of New Zealand is 4,693,000, how many sheep are there?



Sources: California Department of Food and Agriculture (*cdfa.ca.gov/statistics*) Organisation for Economic Co-operation and Development (*data.oecd.org*) California Cattlemen's Association (calcattlemen.org)

Poultry

20

18

16

14

12

10

120

100

80

60

Did You Know?

Late Night Snack Ministry

cheese (such as Bavaria Blu), butter, and jam.

Swedes might eat open-faced cheese

sandwiches layered with fish,

Almnäs Tegel cheese,

mayo, cucumbers,

and tomatoes.

Standards: CC Math: 4.MD.C.5, 6.RP.A.3

Cheese provides the body with calcium and protein, and it helps protect teeth against cavities.

Europe's cheeses exemplify the continent's diversity. Parmesan from Italy, gouda from the Netherlands, brie from France, feta from Greece—the list goes on. In fact, Western Europe leads the world in both production and consumption of cheese. But California has its own claim to (cheese) fame: dairy, including cheese, is California's most valuable agricultural commodity.

Recipe

Cheese Herb Zucchini

This kid-friendly recipe can by modified to feature locally-sourced cheese, such as Monterey Jack, or a European cheese, such as parmesan.

Ingredients

1 tsp. garlic salt Paprika

stern

6 zucchini [©] 1 tsp. Italian herbs 2 Tbsp. butter, melted [©] 1 cup cheese, grated [©]

Procedure

- cut lengthwise. Parboil in boiling salted water, until tender but crisp. Drain. Turn into lightly buttered baking dish.
- 1. Cutoffendsofzucchini, 2. Drizzle melted butter 3. Bake at 400°F for 10 over zucchini. Sprinkle with garlic salt and herbs, top with grated cheese and paprika.

minutes, until cheese is melted and lightly brown.

Source: healthyeating.org

California Spotlight

In California, 46 percent of cow's milk is used in cheese production. The state's dairy processors produce more than 250 different varieties and styles of cheese—including Monterey Jack which was originally produced in California missions more than 200 years ago. Additionally, California leads the nation in producing Hispanic-style cheeses.

Folklore for Foodies

The folklore behind blue cheese goes back to the 7th century, to a cave outside the village of Roquefort in France. Legend has it that a distracted shepherd forgot his lunch of bread and cheese in the cave. When he returned a few months later, the cheese had become infested with penicillium roqueforti, a mold that was growing in the cave. Imagine his surprise when he realized this new variety of cheese was both safe to eat and delicious!

Cheese Around my Clock

How might you and your family enjoy cheese (or other dairy products) around the clock? If you get stuck, the Dairy Council of California (healthyeating.org) hosts dozens of healthy recipes that include cheese. Stds: CA Health Education: Grade 4: 6.1.N; Grade 5: 5.1.N

Mealtime	Meal Idea
Breakfast	
Morning Snack	
Lunch	
Afternoon Snack	
Dinner	
Dessert	



Say Cheese!

Investigate the cheese making process by making your own mozzarella. It only takes a few ingredients, and will be ready to enjoy in less than an hour! Visit learnaboutag. org/resources/bites for detailed instructions.

Denmark

Italy

An afternoon snack may include a 27-layer pastry, filled with cream cheese, fruit, and sugar, called a

Viennese.

Dessert 8pn-Midnight Switzerland Fondue, a dish of melted Gruyere or Emmenthal cheese,

United Kingdom

Cheesecake, cream cheese, sugar, of crushed biscuits, is a Arancini, rice balls stuffed with

- meat, tomatoes, and mozzarella, or pizza topped with tomato sauce, mozzarella,
- and fresh herbs.

Study the 24-hour clock to discover how cheese is enjoyed throughout the day. Germany Germans often enjoy fresh breads, cold meats, local

France

The French might snack on

brie cheese served with fresh

Cheese Around the Clock

Sweden

Croquetas de Jamon,

fried balls of ham, eggs,

and Queso de la Serena, a

cheese made from sheep's milk,

is a popular snack in Spain.

Well-6 XOI

In Western Europe, cheese is eaten around the clock.

bread, but never crackers.

Spain

Greece

Greeks might dine on salads made with greens, tomatoes, olives, and feta cheese or spanakopita, a feta cheese and spinach filled pastry pie.

Belgium

In Belgium they enjoy Chicons, endives rolled in ham and Fromage de Herve (a local cheese) and baked until crispy.

udz-well youn

The Dearees of Cheese

Find the angle of each mealtime sector. Use a protractor, or use mathematical equations. To find the percent of each sector, divide the number of hours in each sector by the total number of hours in the circle (24). To find each angle, multiply the percent (in decimal form) by 360.

Sector	Percent (%)	Angle (°)
Breakfast		
Morning Snack		
Lunch		
Afternoon Snack		
Dinner		
Dessert		
Late Night Snack		

Did You Know?

Cheese can be digested by many people with lactose intolerance. Aged cheeses, such as swiss, parmesan, and cheddar, contain only trace amounts of lactose.

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Rreakfast 5-9an

Mesopotamia (mehs-o-po-TAY-mih-uh), the area between the Tigris and Euphrates Rivers (in modern day Irag), is often referred to as the "fertile crescent" because it was one of the first places where societies transitioned from hunting and gathering to agriculture and settlement. Today, the Middle East leads the world in date production, and olives are still culturally significant after thousands of years.

Pedle East

California Spotlight

California produces nearly all olives grown in the nation, with 40 percent consumed as ripe olives and the remainder processed into oil. Ripe olives may be black or green. The canning process for green ripe olives is the same as black ripe olives, except green ripe olives are not exposed to air during processing. Because of this, they retain their green color. California's Coachella Valley is home to one of the largest concentrations of fresh dates in the world. Date farmers work to produce 31 million pounds of the fruit annually. That represents 99 percent of the U.S. crop.

Did You Know?

The world's largest producer of dates is Egypt, followed by Iran, Saudi Arabia, Algeria, and Iraq.

Recipe

California Date Shake

Source: cooking.nytimes.com According to legend, the date shake was invented in the 1930s by a California date farmer. This frosty treat can be blended and enjoyed with California dates year-round.

Ingredients

4 dates, pitted and chopped@ ¹/₄ cup cold milk[©] 1¼ cups vanilla ice cream@

Procedure

1. In a blender, blend dates and milk until 2. Add ice cream and pulse a few times, smooth and very frothy. until just blended.

Blend it Bigger

Standards: CC Math: 3.MD.A.2, 5.NF.B.6

This recipe is for one 12-oz shake. What if you wanted to make shakes for your whole family? Or your entire class? Determine the number of servings and rewrite the recipe below.

_ servings

cups cold milk

dates, pitted and chopped cups vanilla ice cream

Imagine this..

Check out Aryanna Sobrevilla's 2015 story Oliver Olive, then write your own story about dates or olives. Write a story for the Imagine this ... Story Writing Contest. Visit LearnAboutAg.org/imaginethis for details.

Folklore for Foodies

At the ancient Olympic games, winners were crowned with a branch of a wild olive tree. The branches were cut near the temple of Zeus with golden scissors before being formed into wreaths. Olives play an important role in modernday Olympics as well-the torch used to light the Olympic flame during the opening ceremonies is fueled by olive oil.

Did You Know?

Stds: CC Math: 6.RP.A.3.D, 7.RP.A.2 To produce one quart (32-ounces) of Extra Virgin Olive Oil, 11 pounds of olives need to be pressed. How many pounds of olives would need to be pressed to fill a 128-ounce jug?

Nutrition Facts

Serving Size: (40g)

2 Jumbo Dates / 6 Medium Dates

Amount per serving	
Calories	110
9	% Daily Value

% Dally	value
Total Fat Og	0%
Saturated Fat 0g	0%
Trans Fat Og	
Cholesterol Og	0%
Sodium 0g	0%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0.4mg	2%
Potassium 262g	6%
Thiamin 0.02mg	2%
Riboflavin 0.04g	4%
Niacin 1mg	4%
Vitamin B₀ 0.1mg	4%
Biotin 3mcg	8%
Panthothenic Acid 0.3mg	6%
Magnesium 20mg	4%
Zinc 0.12mg	2%
Copper 0.1mg	10%
Manganese 0.1mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Dates for Your Diet

People have been eating dates for thousands of years. Although dates are one of the sweetest fruits, they also have many health benefits. Study the nutrition label. Write a paragraph to inform consumers about the health benefits of eating dates.

Standards: CA Health Education: Grade 4: 3.2.N, Grade 5: 3.2.N; CC ELA: W.3-5.2

Cultural Cuisine

Oceania

Pizza Puzzler

Standards: CC Math: 6.RP.A.1, 6.RP.A.3, 7.G.B.4 Which pizzeria offers the best deal in town? Don't worry if your math skills are little CRUSTY, you just KNEAD some practice! Complete the table below and determine which pizza is the best bargain.

Pizzeria	Circumference	Diameter	Radius	Price
Luigi's Pizza Palace		8"		\$5.25
Ristorante Romano			6"	\$8.25
Pizza Pirates	32"			\$7.00

A Slice of History

Historians will point out that baked flatbreads, sometimes topped with oil and herbs, date back to ancient times. However, the pizza we're all familiar with-the kind with tomato sauce, cheese, and toppingsoriginated in Italy. Pizza made its way to the United States via Italian immigrants. The first United States pizzeria, G. Lombardi's, was opened in 1905 in New York City. Today, pizza is one of the most popular foods in the United States and around the world.

Std: CC ELA:

It's Pizza...California Style!

California farmers, ranchers, and agriculture employees are essential to a delicious pizza. These California grown ingredients take your pizza from simple to sensational.

Chili Flakes

Chili flakes are made from red peppers including paprika, cayenne, jalapeno, and bell peppers. California leads the nation in both chili and bell pepper production.

Asparagus

California produces approximately 70% of the nation's supply of fresh asparagus.

Olives

California produces 95 percent of the nation's supply of olives. The most common varieties, Manzanillo and Sevillano, produce different sizesfrom small to colossal.

Pepperoni

Pepperoni is a variety of seasoned salami made from beef and pork. Beef cattle is California's 4th largest agricultural commodity.

Mozzarella California leads the nation in Mozzarella production with more than 1.4 billion pounds in 2017.

Tomato Sauce

California produces more than 90% of the nation's **processed** tomatoes and nearly half the world's total processed tomatoes.

Crust

California produces 520,000 tons of wheat annually. Most is processed into pasta or animal feed. California farmers grow garbanzo beans, rice, and quinoa-popular ingredients for creating unique crusts.

Identify and research two additional California grown toppings not listed on this page. Write a paragraph about each topping and include important production statistics. Ag in the Classroom's fact sheets are a useful resource: learnaboutag.org/resources/fact.

Latin Ameri

Some cultural cuisines have been adopted so enthusiastically, they can be found in nearly every town in America. Let's look at some of America's favorite adopted cultural cuisines: pizza and tacos.

North America

Think **Outside the** Pizza Box

Eastern Europe

Use information from this newspaper to build a global pizza showcasing foods from around the world. Draw toppings for each slice, considering the agricultural commodities found in each geographic region. Achieve expert status by completing this activity without looking at previous pages.

Western Europe

Standard: CA Visual Arts: Grade 4: 5.3

Stds: CC Math: 7.G.B.4

Did You Know?

In 2012, the world's largest circular pizza, named Ottavia to pay tribute to Rome's first emperor Octavian Augustus, was created in Italy. It had a diameter of 131 feet. What was the radius and circumference of this enormous pie?

Near and Far

Let's Taco 'Bout It

Tacos are a traditional Mexican dish that feature a tortilla folded or rolled around a meat filling. In the early 1900s, Mexican migrants working the mines and railroads brought the taco to the United States. Since then, tacos have been adapted to include ingredients readily available in the U.S.—hamburger instead of tripe, cheddar cheese, iceberg lettuce, and tomato. Today, Mexican food has become the second most popular cuisine in America. Tacos featuring California grown ingredients can be ordered at some 60,000 Mexican restaurants around the country.

. Taco Bar

Stds: CA Health Education: Grade 4: 7.3.N, Grade 5: 1.1.N

One thing people love about tacos is their ability to customize their taco with a variety of fillings. A healthy diet will include protein, fruits, vegetables, grains, and dairy. Dietary guidelines emphasize eating more fruits and vegetables. Choose one ingredient from each food group and choose two ingredients from the fruit and vegetable groups to create a well-balanced taco.

Pick one from each category...

Protein Black beans Chicken Hamburger

Grains

Rice Whole wheat tortilla Corn tortilla

Dairy Sour cream Cheese

Pick two from each category... Fruit

Bell peppers Tomatoes Avocado Olives

Vegetables Zucchini

Corn Lettuce Onion

Draw a picture of your taco in the space provided. On a seperate piece of paper, write a paragraph describing how California farmers, ranchers, and agriculture employees contribute to creating delicious tacos at home.

Did You Know?

Texas is home to the greatest number of Mexican restaurants, followed by New Mexico, California, and Arizona. Take a look at a U.S. map to hypothesize why these states love Mexican food so much.



APPETIZERS

Guacamole	
Nachos	\$4.80
	\$5.90
SALADS AND	6000
Taco Salad	SOUPS
Tortilla Soup	\$7.25
	\$4.25
ENTREES	
Fish Tacos	
Vegetarian Burrito	\$8.40
Steak Fajitas	\$7.25
Chicken Enchiladas	\$8.65
Cheese Quesadilla	\$8.20
Bean Tostadas	\$6.50
	\$6.10
DRINKS	
Soda	
Bottled Water	\$2.20
DEC	\$1.90
DESSERT	
Churro	6 2 4 2
Flan	\$3.60
	\$4.20

Use the menu to solve the word problems.

1. You and a friend ordered the guacamole, taco salad, steak fajitas, and two sodas. You gave the cashier \$30. What was your change?

2. Your sister ordered a bean tostada and soda. You ordered a vegetarian burrito and water. You shared a churro for dessert. What was the cost of the order?

3. Your family ordered two chicken enchiladas, a bean tostada, and fish tacos. Your mom tipped the server 18 percent of the bill. What was the total tip?

4. You ordered a cheese quesadilla, tortilla soup, and soda. You gave the cashier a \$20 bill. What was your change?

Standards: CC Math: 4.MD.A.2, 5.NBT.B.7, 6.NS.B.3, 7.RP.A.3

Did You Know? Last year, Americans ate 4.5 billion tacos.

Sources: AandE History Channel (*history.com*) Ask Smithsonian (*smithonianmag.com*)

USDA's MyPlate (*myplate.gov*) CHD Foodservice Database (*chd-expert.com*)

Eggs have been an important source of nutrition for humans for centuries Egyptian and Chinese records show that fowl have been laying eggs for mankind since 1400 B.C. Chickens came to the Americas with Columbus on his second trip in 1493. Today, California ranks seventh in the nation for egg production. China is the number one egg producer in the world, with the U.S. in second place. Rice has been cultivated since ancient times and is one of the oldest known food sources still consumed today. More than half of the world's population relies on rice as a staple food.

Humpty Dumpty NGSS: 4-PS-3, MS-ETS1-2 Engineering

Can you protect an egg to survive a great fall? In this investigation, every student will be given a re-sealable plastic bag and an egg. First, predict which material will be the most effective. Ideas may include: water, flour, packing peanuts, cereal, tissue paper, etc. Test each type of protection individually by adding material to the plastic bag and dropping the egg from a fixed height. Record observations. After completing the investigation, write a recommendation for the best material to help eggs survive a great fall.

Look for the Label

The Nutrition Facts label found on a carton of eggs can tell you all about their nutritional content. The Percent Daily Value indicates the percentage of a required nutrient met by eating one egg.

Question Answer How many grams of protein are in one egg? How many calories are in an egg?

If you ate a two-egg omelet for breakfast, what percent of your daily protein needs would be met?

How much sugar is in an egg? (Hint: Sugar is a carbohydrate.)

How much vitamin A is in one egg?

Standards: CA Health Education: Grade 5: 3.2.N; Grades 7-8: 1.6.N

Rice Around the World

How did rice become a staple food over time? Plot each event from the timeline on the world map. Use additional resources to determine exact geographic Stds: CA History-Social Science: HSS Analysis Skill K-5, HSS Analysis Skill 6-8 locations.

Folklore for Foodies

In many countries around the world, it is customary to throw rice at a newly married couple for luck and good health. In France, the bride will break an egg on the threshold of their new home before entering to promote well-being and plentiful children.

Did You Know?

On average, one hen lays 286 eggs per year. Fresh eggs sink in water, older eggs float.



Recibe

Fried Rice

Fried rice is a popular component of East, Southeast, and certain South Asian cuisines. Make this dish at home using California grown eggs and rice.

Ingredients

- 3 cups cold cooked rice[®] 2 carrots, diced [®] 1/4 cup vegetable oil 2 stalks celery, diced [©] 1 cup frozen peas Procedure
- 3 eggs, beaten 🌼 1 medium onion, diced Soy sauce

6. Serve with soy sauce.

all ingredients are well-blended.

- 1. Heat oil in large skillet. Add carrots, 4. Mix vegetables and eggs together. celery, and onion. Cook until 5. Stir in rice, a spoonful at a time, until carrots are crisp-tender.
- 2. Add peas and cook until thawed.
- 3. Push veggies aside and scramble the eggs in the middle of the skillet.

California Spotlight

California grows virtually all of America's sushi rice, producing more than four billion pounds of rice each year. California rice farmers plant approximately 500,000 acres each year. California exports rice to many countries, with Japan importing the most.

0 5000 B.C. Wild rice is eaten in China.

2 2500 B.C. Domesticated rice is bred in the Ganges Valley, India.

300 B.C. A.D. 1600 Traders on the Silk Europeans bring Road bring rice to rice to the "New Western Asia and World." Greece.

5 A.D. 1700 Carolina Gold Rice is the first major U.S. crop exported back to Europe.

6 A.D. 1850 **7** A.D. 1865 California rice Rice production

production moves west as takes off in slavery ends response to the and plantations increasing Chinese diminish. population.

The regional cuisine of North America varies greatly based on food availability, cooking practices, and cultural differences. As North America experienced major waves of immigration, many immigrants settled among others from their country of origin, creating distinct geographical enclaves. While some traditional recipes remain unchanged, other recipes have evolved to include North American **staple foods**. This page highlights regional cuisines distinctive to North America.

America

Q: Why don't lobsters share? A: Because they're shellfish!

California Spotlight

California is the second greatest black-eyed pea producer in the nation, behind Texas. Although prolonged **drought** conditions in California have negatively impacted production, recent trends show an increase in planting and yield.

Did You Know?

Although we consider barbecue uniquely American, it is a Caribbean cooking style brought north by Spanish conquistadors, moved westward by settlers, and seasoned with the flavors of many European cultures.

Recipe

Sweet and Tangy Tomato Barbeque Sauce

Source: southernliving.com Across the U.S., different regions feature barbecue variations, including different flavors, styles, and cooking methods. This simple sauce will please your taste buds no matter where you live.

1 Tbsp. onion powder @

1 Tbsp. chili powder [@]

Ingredients

- 1 cup ketchup 🌼 ¹/₃ cup cider vinegar

1/4 cup light brown sugar, 2 Tbsp. tomato paste 🌼 firmly packed

Procedure

all ingredients together. Bring to a boil over medium heat, stirring often.

pan, stirring occasionally, for approx. 25 minutes or until thickened. Cool for 10 minutes.

1. In a large saucepan, mix 2. Reduce heat to low. Cover 3. Cover and chill until ready to use. May be stored in the refrigerator for up to a week.

1 cup water

1¹/₂ cup dark molasses

2 tsp. freshly ground pepper

Barbecue Review

Use print and online resources to find a barbecue sauce recipe unique to a specific region in the U.S. Write a paragraph describing the flavors, styles, and cooking methods of Stds: CC ELA: W.3-8.2, W.3-8.7 the region.

Folklore for Foodies

In the Southern United States, eating black-eyed peas on New Year's Day is believed to bring about prosperity in the new year. Typically, the peas are cooked with pork and served with collard greens and cornbread. The peas, which swell when cooked, symbolize prosperity, the greens symbolize money, and the pork symbolizes forward motion.

Regional Cuisine Map Match

Match each cuisine to the color-coded culinary regions of North America. Label the region with the corresponding cuisine number. If you get stuck, find additional information using print or online resources. Stds: CA History-Social Science: Grade 4: 4.1, HSS Analysis Skill 6-8

Cuisine

- 1 This region may be known for smoked salmon, Crab Louie salad, and geoduck clams.
- 2 This region is known for chiles, Asado-style grilling, and prickly pear cactus.
- Inis region is known for pineapples, rice, and cattle.
- 4 This region is known for collard greens, gumbo, and pressure frying.
- 5 This region is known for cheese, apples, and grains.
- 6 This region is known for pastrami, cranberries, and lobster.
- 7 This region is known for molasses, pickled products, and red rice.
- O This region is known for poutine, tourtière, and lamb.

Now Try This!

- Determine the origin of each region's first immigrants.
- Identify the states in each region and label the map accordingly.

Uniquely North American Std: CC Math: 5.NBT.B.7 Spam was introduced by an American company in 1937. Spam satisfied the need for **nonperishable** meat during World War II. During the war and the occupations which followed, Spam was introduced into Guam, Hawaii, Okinawa, the Philippines, and other islands in the Pacific.

Hawaiians consume more Spam than anyone else in the U.S.the average Hawaiian consumes approximately six cans per year. If the population of Hawaii is 1.4 million, how many cans of Spam does the state consume on an annual basis?

Smithsonian Magazine (*smithsonianmag.com* Hormel Foods (*hormelfoods.com*)

Î

Africa is the second largest and second most populous continent in the world. Much of Africa is an agrarian society—its **economy** is based on producing crops. Unlike the U.S., where less than two percent of the population are farmers, approximately 70 percent of Africans are directly engaged in farming. There are many crops grown in Africa—sweet potatoes and chile peppers are two popular foods produced in both Africa and California.

Sweet and Spicy

Sweet potatoes make a healthy and convenient snack no matter where you live! Californians enjoy sweet potato fries dipped in a variety of sauces. In Northeast Africa, sweet potatoes are sliced and sun-dried. The dried sweet potatoes are called amukeke, and are enjoyed as-is or cooked and accompanied with peanut sauce.

Chile peppers add a kick to cuisine all over the world. In California, chile peppers add spice to salsas and other Mexican dishes. Peppers are also added to American fare, such as hamburgers and hot dogs. In West Africa, hot pepper soup is a traditional cure for fighting the common cold.

Folklore for Foodies

During some African weddings, newlyweds taste foods that are sour, bitter, hot, and sweet to represent the different times in a marriage. Lemon, vinegar, pepper, and honey are most commonly used to represent these flavors.

Passports for Produce

Although popular in African and Californian cuisine, did you know chile peppers and sweet potatoes originated in Central and South America?

Although Columbus and his fellow explorers to Central America discovered the aji pepper (renamed "pimiento" by Columbus himself), the Portuguese can be credited with the rapid adoption of chile peppers elsewhere in the world. The chile pepper first arrived in Africa from Central America via Portuguese trade routes during the 15th century.

Researchers have found evidence that sweet potatoes arrived in Africa long before Columbus set sail. Archaeologists believe that ancient samples of sweet potatoes found in Polynesia (dating back to 1000 A.D.) came from the western coast of South America. That would give Polynesian explorers a key role in transporting sweet potatoes from South America to

the rest of the world.

Standards: CA History-Social Science: HSS Analysis Skill K–5, HSS Analysis Skill 6–8

Map It! Use an online mapping tool to plot the routes sweet potatoes and chile peppers took as they traveled from the Americas to Africa.

500,000

350.000

300.000

175,000

15,000

5.000

The Sizzle Scale

Can you name the world's hottest pepper? Check out the Scoville scale to find out! Capsaicin is the spicy chemical compound found in peppers, and the Scoville scale indicates the amount of capsaicin present. Write each pepper variety in the correct place on the thermometer and answer the related questions.

Pepper Variety Zinghahung Divel Chile

)	Zimbabwe Bird Chile		350,000	
	Piri Piri		175,000	
	Hot Banana*		15,000	Did You Kn
)	Peruvian Purple		20,000	Typically, the root
	Señorita Jalapeño*		5,000	sweet potato plant i but in some African o
	Aji Chombo		500,000	the young leaves and
	Anaheim*		2,500	are eaten as greens.
	African Pequin		57,000	
	Habanero*		300,000	
	* Peppers grown commercially by C	alifornia farr	ners.	

- 1. How many more Scoville units does a Zimbabwe Bird Chile pepper have than a Peruvian Purple Pepper?
 - Scoville Heat Units.

10W

of the

is eaten.

cultures

shoots

2. Which pepper packs more heat, a Zimbabwe Bird Chile or a Habanero?

3. How many more times hotter is an Aji Chombo than a Señorita Jalapeño?

4. Would you try an Aji Chombo pepper? Yes Maybe

No Way!

Standards: CC Math: 4.NBT.A.1, 4.NBT.A.2, 5.NBT.A.1

Recipe

Amukeke

Source: passionaltelyraw.blogspot.com California's sunshine and warm, dry climate provide the perfect conditions for a year-round sweet potato supply. In this recipe, the sun helps bake a unique West African snack.

Ingredients

4 sweet potatoes®	2 tsp. dried herbs	1 Tbsp. olive oil [©]
2 tsp. salt	½ lemon, juiced®	Cheesecloth (optional)
Procoduro		

- together lemon juice, olive oil, and herbs.
- 2. Wash and pat dry the 4. Line a shallow baking sweet potatoes. Using a knife or mandolin, cut potatoes into thin slices.
- 1. In a large bowl, whisk 3. Add potato slices to the 5. Place the tray in the sun. lemon juice mixture and toss gently to coat.
 - sheet with parchment paper. Spread potato slices in a single layer. Sprinkle with salt.

Cover with cheesecloth to protect from insects. After 3-4 hours, turn the chips and sprinkle with more salt. Once completely dry, enjoy.

Potato Plantin'

Sources: Time Magazine: Movement of the Chile Pepper (content.time.com) UC Division of Agriculture and Natural Resources (ucanr.edu)

Grow your own sweet potato plant! Sweet potato vines make beautiful indoor plants and are easy to grow! Cut a sweet potato in half, insert three toothpicks around the circumference, and place it cut side down in a shallow container of water.

2,500

Eastern Europeans use nuts in every course of the meal, but nuts really shine in their desserts, cookies, and pastries. Almonds, walnuts, and chestnuts are commonly used for traditional recipes. If Eastern Europe is famous for eating nuts, California is unquestionably famous for growing them.

Std: NGSS: 4-LS-1

Existerial Europ

California Spotliaht

California produces the largest supply of almonds in the world. With more than 6,000 growers and 100 almond processors, California produces approximately 80 percent of the world's almonds. Walnuts are produced on approximately 350,000 acres, primarily between Redding and Bakersfield. California walnuts account for one-third of the world's supply.



Phenomenal Flowers

Almonds produce ordinary blossoms, while walnuts produce a long, cylindrical petal-less flower cluster called a catkin. Almonds rely on honeybees for cross pollination between different varieties of almond trees planted in alternate rows. Walnut trees rely mainly on wind pollination, with the wind transferring pollen between male and female flowers.

Which picture above shows an almond blossom? Which picture shows a catkin? What external structures support survival, growth, and reproduction?

Nuts: They're On A Roll!

Nut rolls are a popular dessert throughout Eastern Europe, particularly at weddings and other holidays. Recipes vary widely from region to region. They are known as potica in Slovenian, strucla orzechami in Polish, orechovnik in Slovak, povitica in Croatian, orehnjaea in Hungarian, orehnjaca in Serbian, banitsa in Bulgarian-just to "name" a few.

Use online resources to identify the countries associated with each of the languages featured above. Then, label each country correctly on a map of Eastern Europe.

Standard: CA History-Social Science: HSS Analysis Skill K-5

Did You Know?

Walnuts and almonds are harvested by a machine that vigorously shakes the tree, causing the nuts to fall to the ground.

Folklore for Foodies

In Bulgaria, nuts are typically offered as part of the Christmas Eve meal. Each family member chooses a nut and breaks it open to predict their luck in the coming year. A white kernel indicates good health and happiness.

Q: Why was the almond late for work?

A: Traffic was nuts.

Number One Nut

Standard: CC Math: 3.MD.B.3 Poll your classmates to determine their favorite nut: almonds or walnuts. Create a bar graph illustrating your results.

Did You Know?

Walnuts are recognized as the oldest known tree food, dating back to 7000 B.C.

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Walnuts
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Almonds

Recipe

Roszke

From Croatia to Hungry, these crescent cookies are a big part of Eastern European culinary tradition. California grown walnuts will add a subtle nutty flavor, without overpowering the buttery dough.

Dough

Fillina

- 2 sticks butter, softened 🧔 1 (8 oz) package cream cheese, softened [©] ¹/₄ cup sugar 1 tsp. vanilla
- Procedure
- 1. Mix butter, cream cheese, sugar, and 3. On a well-floured surface, roll a ball of vanilla until light and fluffy. Combine flour and baking powder, and add to butter mixture. Divide dough into three equal portions, cover with plastic wrap, and refrigerate two hours.
- 2. Prepare walnut filling. In a medium saucepan, combine all filling ingredients. Cook over low heat until the butter has melted. Cool before using.

Source: thespruceeats.com

Number of Students

- 2 cups flour ¹/₂ tsp. baking powder 1/2 cup milk @ ¹/₂ cup sugar 2 cups walnuts, finely ground [©] 1 Tbsp. butter 🌼
- dough to 1/8-inch thickness. Cut into 3-inch squares.
- Place a rounded teaspoon of filling in the middle of each square. Roll dough from the corner. Place seam side down on a lined baking sheet and shape into a crescent. Repeat with remaining dough.
- Bake for 20 minutes at 350°F or until edges are light brown. Cool, then dust with powdered sugar.

Sources: Michigan State University Extension (*canr.msu.edu*) UC Davis Western Institute for Food Safety and Security

Agriculture Marketing Resource Center (*agmrc.org*) Almond Board of California (*almonds.com*) Walnut Catkin Image: H. Zell (commons.wikimedia.org)

etsof Green

California's agricultural abundance includes more than 400 different commodities grown statewide, with farmers and ranchers generating approximately \$50 billion dollars to the state's economy.

California is the country's largest agricultural producer and exporter, with exports valued at approximately \$20 billion. People around the world are creating cultural cuisines with California grown commodities.

From California to the World

Countries all over the world import agricultural commodities from California. However, these ten countries are especially "nuts" about some California products. Round the value of each commodity to the nearest million to complete the table.

Country	Top Imported CA Commodity	Value of Imported CA Commodity	Value rounded to the nearest million/billion		
European Union	Almonds	\$1.6 billion			
Canada Wine		\$359.9 million			
China	Pistachios	\$530.2 million			
Japan	Rice	\$234.1 million			
Mexico	Dairy Products	\$420 million			
Korea	Oranges	\$182.5 million			
India	Almonds	\$489.9 million			
Turkey	Walnuts	\$189.9 million			
United Arab Emirates	Almonds	\$240 million			
Vietnam	Almonds	\$157.1 million			

Where Does My Dollar Go?

Standards: CC Math: 6.RP.A.3, 7.RP.A.3 This dollar bill shows the farm and marketing cost split in a typical \$1 food purchase.



14.8¢

The farm share of the food dollar is the share received by farmers from the sale of commodities.

14.8¢

The marketing share is the share received by food supply chain industries involved in all post-farm activities, such as processing, packaging, and transportation.

Create an infographic to illustrate the farm and marketing cost split in a typical \$50 food purchase.

Did You Know?

CC Math: 5.NBT.A.4

California farmers use technology such as GPS, mobile scanners, and smart phones to track products from the field to their destination.

								-						
S	Е	Т	R	R	Е	В	W	Α	R	т	S	D	U	F
S	L	w	G	м	D	Х	Ν	Α	w	w	Α	U	0	0
U	Е	Е	Α	Ρ	J	Υ	Е	Т	J	Т	В	Е	т	R
Υ	J	Ρ	Т	L	D	L	Ν	G	R	R	K	z	S	Α
U	В	U	Α	ο	Ν	Е	G	Y	0	U	G	Ρ	0	Ν
к	Q	т	D	R	Х	U	Ρ	Е	с	Т	R	F	Т	G
В	G	v	Α	Т	G	R	т	R	z	Т	Ε	S	н	Е
Х	D	v	Е	R	0	Е	w	S	J	Т	Е	С	с	s
F	Y	н	0	D	Х	W	L	М	F	0	Ν	0	Α	L
S	F	z	U	Ρ	Y	L	Υ	В	т	J	G	D	т	с
Α	V	С	Х	т	0	н	v	A	A	Т	Ζ	Q	S	Y
Q	т	Ρ	м	S	Y	В	м	D	Y	т	R	т	Т	Q
S	w	z	Α	L	М	0	Ν	D	S	S	н	L	Ρ	х
к	С	v	Q	х	т	Y	к	W	0	н	S	т	Κ	F
w	Х	J	н	В	0	T	D	J	Α	Q	С	т	U	Α

Find and circle California's top export commodities.

California's Top Ten Exports

1.	ALMONDS	6.	TABLE GRAPES
2.	WINE	7.	TOMATOES
3.	DAIRY PRODUCTS	8.	RICE
4.	WALNUTS	9.	ORANGES
5.	PISTACHIOS	10.	STRAWBERRIES

Jobs that Depend on Aq

Standards: CC ELA: W.3-8.9 Economic researchers have found that 28 percent of all American jobs are linked to the food and agriculture industry. In addition to farmers and ranchers, many jobs and careers support (and often rely) on the agriculture industry.

Use print and online sources (such as agexplorer.com) to learn more about the careers listed below. How are these careers related to agriculture? What kind of education or training is required? Which career interests you the most? Write your answers in paragraph form.

Economist	Entomologist	Safety Inspector
Engineer	Ecologist	Manufacturing
Biochemist	Hydrologist	Veterinarian
Climatologist	Marketing	Welder

Did You Know?

California has the world's fifth largest economy.

14



The imaginary straight line that something (such as the Earth) turns around.

Conquistador A leader in the Spanish conquests of America, Mexico, and Peru in the 16th century.

Consumer A person who buys goods and services.

Domesticated To grow (a plant) for human use.

Drought A long period of time during which there is very little or no rain.

Economy The system by which goods and services are produced, sold, and bought in a country or region.

Enclave An area with people who are different in some way from the people in the areas around it.

Fertilizer A substance (such as manure or a special chemical) that is added to soil to help the growth of plants.

Fossil fuel A fuel (such as coal, oil, or natural gas) that is formed in the earth from dead plants or animals.

Fowl A domesticated bird kept for its eggs or meat.

GPS

A radio system that uses signals from satellites to identify a current location and give directions to other places.

Hybrid Seed A plant that is produced from two plants of different kinds.

Immigration The action of coming to live permanently in a foreign country.

Irrigation To supply land with water by using artificial means (such as pipes).

Lactose

A type of sugar that is naturally present in milk.

Migrant

A person who goes from one place to another to find work.

Nonperishable Able to be stored for a long time before being eaten or used.

Occupation

A situation in which the military of a foreign government goes into an area or country and takes control of it.

Orbit The curved path of an object or spacecraft around a star, planet, or moon.

Originate To be produced or created.

Per capita By or for each person.

Poultry

Domesticated birds raised for food, such as turkey and chicken.

Processed A series of actions that produce something.

Processor A machine, company, etc., that treats, prepares, or handles something.

Producer Someone or something that grows or makes particular goods or products.

Shoot The part of a new plant that is just beginning to grow above the ground.

Staple food An important food that is eaten very often.

Stationary Staying in one place or position.

Supply chain The sequence of steps involved in the production and distribution of a commodity.

Tripe

The stomach of an animal (such as a cow or ox) that is eaten as food.

Activity

Choose ten words in the glossary and create an illustrated dictionary. Identify whether each word is a noun, adjective, or verb. Standards: CC ELA: L.3-8.6 To request a free copy of *What's Growin' On? Extra! Extra!* Extensions to enhance the use of this newspaper, visit *LearnAboutAg.org/wgo* or call (800) 700-AITC (2482).

Resources

Almond Board of California almonds.com

California Beef Council *calbeef.org*

California Date Commission *datesaregreat.com*

California Department of Food and Agriculture cdfa.ca.gov

California Dry Bean Advisory Board calbeans.org

California Farm Bureau Federation *www.cfbf.org*

California Grown californiagrown.org

California Milk Advisory Board *realcaliforniamilk.com*

California Olive Committee *calolive.org*

California Pork Producers Association calpork.com California Poultry Federation cpif.org

California Rice Commission *calrice.org*

California Sheep Commission californialamb.com

California Sweetpotato Council *casweetpotatoes.com*

California Walnut Board *walnuts.org*

Dairy Council of California *healthyeating.org*

National Corn Growers Association *ncga.com*

Pacific Egg and Poultry Association *pacificegg.org*

California's Official State Foods

You might know that the California state animal is the grizzly bear, but did you know California has state foods, too?





Fruit: Avocado

As the largest producer in the United States, California knows a thing or two about avocados. Eaten fresh, added to a salad, or mashed up into a zesty guacamole, avocados provide a substantial amount of vitamins, minerals, and other nutrients with relatively few calories.

Grain: Rice

Even though California is in second place for growing the most rice, California rice is some of the most popular rice in the world. California rice fields provide important habitat for nearly 230 different wildlife species.



Nuts: Almond, Walnut, Pistachio, and Pecan

It's no wonder California couldn't pick just one state nut. California produces the nation's supply of almonds, walnuts, and pistachios, with pecan production steadily increasing. In 2017, Governor Jerry Brown signed the official state nuts into law.



Vegetable: Artichoke

California is home to Castroville, a town in Monterey County proudly nicknamed the "Artichoke Capital of the World." With 99.99% of the nation's artichokes grown in California, artichokes are truly California's vegetable.

STRIDE

BAYER



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