



## Colorado Grows World-Class Produce

Colorado farmers and ranchers are often known for growing crops like corn and wheat, or raising livestock like cattle and sheep. However, many farmers in our state grow the fruits and vegetables found in local grocery stores and farmers markets! Farmers who grow fruits and vegetables are also commonly known as growers or producers.

Colorado is home to many different growing regions, which are areas with certain weather and soil conditions that are suited best for specific agricultural crops. From north to south, east to west, the climate in Colorado can vary greatly throughout the year.

Cool nights and warm days on the Western Slope allow farmers to grow crops like sweet corn, peaches, apples, and wine grapes. The northern Front Range is known for favorable soil conditions and well developed irrigation systems, where farmers can grow vegetables like lettuce, cabbage, spinach, carrots, onions, potatoes, sweet corn, and pumpkins. The southeast corner of Colorado experiences hot summer days, making the growing conditions perfect for melons, onions, and chile peppers. Finally, farmers in the San Luis Valley are especially known for growing potatoes, thanks to their mild summers and high altitude (7,600 feet!).

Can you identify these Colorado products? Write the name of the fruit or vegetable in the space below each picture. All of the items pictured below are also listed on the Colorado Produce Calendar on page 7.



**A**

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**B**

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**C**

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**D**

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**E**

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**F**

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**G**

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**H**

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**I**

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**J**

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**K**

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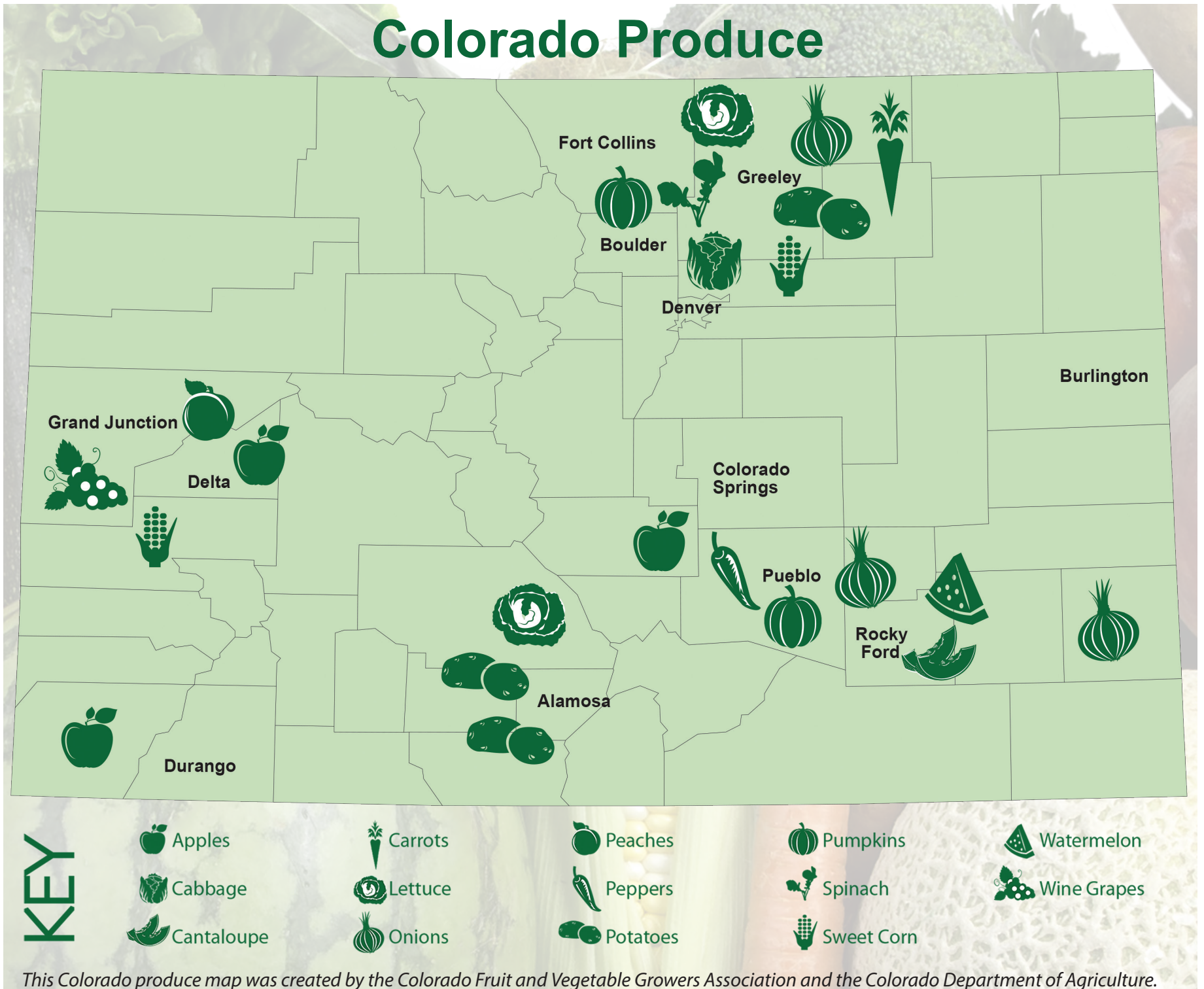
**L**

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# Where is Colorado Produce Grown?

Colorado grows a wide variety of fruits and vegetables under some of the best climatic conditions in the

country. The Colorado Produce map below shows some of the primary produce production areas in Colorado.



# Where are Your Favorites Grown?

Use the Colorado produce map to the left to answer the questions below. Please answer in complete sentences.

1. Lettuce is grown near which three cities?

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2. Colorado's San Luis Valley near Alamosa is the second largest fresh potato growing region in the United States. Where else are potatoes grown in Colorado?

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3. How many times are onions pictured on the map?

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4. Name the different types of produce grown near Grand Junction and Delta?

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5. Where are peaches grown?

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6. Watermelon and cantaloupe are different types of melons. Near what city are these melons grown?

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7. How many different types of fruits and vegetables are grown in Colorado?

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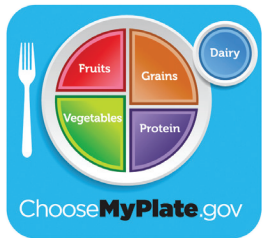
8. What is your favorite type of Colorado produce and where is it grown?

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# Colorado Produce Packs a Punch!



Did you know that you should eat 1 ½ cups of fruit and 2-2 ½ cups of vegetables every day? That is about the same as eating one peach and 18 baby carrots. Fruits and vegetables contain many of the most important nutrients for our bodies. Nutrients are the substances in food that our bodies need to function, like carbohydrates, protein, fat, vitamins, and minerals.

Most fruits and vegetables are naturally low in fat, sodium, and calories, and contain no cholesterol. They provide our bodies with many essential nutrients, like vitamin A, vitamin C, potassium, fiber, and folate. When you eat a diet rich in fruits and vegetables, you are helping your body in many ways, like maintaining a healthy blood pressure, reducing cholesterol levels, and lowering your risk for heart disease. Also, you are helping your body form red blood cells, keeping your skin and eyes healthy, and even helping heal cuts and wounds! Fruits and vegetables really do pack a punch!



Find the hidden Colorado grown fruits and vegetables in the puzzle.  
Words can read up, down, or across, from left to right or right to left.

**Find:**

Apple

Apricots

Asparagus

Beets

Broccoli

Carrots

Celery

Chard

Cherries

Eggplant

Grapes

Lettuce

Onions

Pear

Peppers

Potatoes

S	G	A	S	P	A	R	A	G	U	S	Q	O	L	C
E	V	T	P	B	A	D	Z	W	Q	G	X	P	E	A
E	P	D	U	R	C	N	N	J	U	B	R	J	T	R
L	N	O	M	O	S	Q	U	A	S	H	K	L	T	R
G	P	N	P	C	E	G	G	P	L	A	N	T	U	O
R	O	I	K	C	A	Q	V	R	C	V	E	C	C	T
A	T	O	I	O	P	B	V	C	H	U	S	X	E	S
P	A	N	N	L	P	E	Y	T	A	Q	Y	F	U	M
E	T	S	S	I	L	E	A	P	R	I	C	O	T	S
S	O	W	P	U	E	T	G	G	D	H	X	Y	Z	L
A	E	S	M	U	P	S	H	Y	B	L	G	G	N	P
H	S	P	E	P	P	E	R	S	V	P	G	Z	E	E
C	E	L	E	R	Y	T	O	M	A	T	O	E	S	A
A	V	I	W	A	T	E	R	M	E	L	O	N	M	R
D	R	Y	Z	E	I	O	C	H	E	R	R	I	E	S

Pumpkins

Squash

Tomatoes

Watermelon

## Fruit and Vegetable Goals

Name a fruit you would like to try:

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How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner, or on pancakes.)

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Name a vegetable you would like to try:

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How will you eat this vegetable? (As a snack, with dip, or for lunch)

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# Food Waste Reducer

While fruits and vegetables are delicious and good for you, an important thing to remember is that they are also perishable. Perishable means that something is likely to decay or go bad in a short amount of time. While a select few, like potatoes, onions, and apples, can last longer in temperature-controlled storage, most fruits and vegetables must be eaten, used, or frozen within a few days of being purchased at the grocery store or farmers market.

Unfortunately, a lot of food DOES go bad before we eat it, and it is usually thrown away. Not only is that bad for the environment, but also for your parents' wallets because it is wasted money!

Did you know, in the United States alone, over 33% of the food produced for us to eat is thrown away? That's about 219 pounds of food per American per year!

Here are a few ways you and your family can help reduce food waste:

- Help your parents put together their weekly grocery shopping list. What fruits and vegetables do you like to eat every day, like carrots and apples? What items do you eat once or twice a week with a meal, like broccoli and green beans?
- Store fruits and vegetables properly. Find out which ones need to be in the refrigerator or left on the counter, if they can be stored with other produce items, or need to be stored by themselves.
- Eat your leftovers! Often, leftovers get forgotten in the back of the refrigerator, never to be seen again (until they start smelling!). Designate one night a week as "Leftover Night" to help reduce the amount of leftovers that get thrown away.
- Ask about how your school can buy local food from Colorado farmers and ranchers.
- Set up a Share Table in your school cafeteria where students can place unopened, wrapped food and beverages or food items with a peel that they choose not to eat or drink for other students to consume.
- Start a compost bin in your classroom, house, or back yard! Research how to make a compost bin, and start throwing things like food scraps, egg shells, coffee and coffee filters in there. The worms in the bin will chew up all the waste and turn it into rich compost, perfect for your garden or a friend's garden.

Think of any other ways you can help reduce food waste and take the Food Waste Reducer Pledge below.

## The Food Waste Reducer Pledge:

I, \_\_\_\_\_, promise to reduce the  
(name)  
amount of food I waste. The main way I am going to reduce food waste is by

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# Look For This Logo!



Have you seen this logo before? It is the logo for the Colorado Proud program.

Colorado Proud is an award-winning program from the Colorado Department of Agriculture. Colorado Proud is 23 years old!

The Colorado Proud logo helps consumers easily find locally grown, raised, or processed food and agricultural products. Buying Colorado products supports local businesses and our state's economy. Look for the Colorado Proud logo at grocery stores, farmers markets, garden centers, and restaurants.

To learn more, ask your teacher or parents if you can visit the Colorado Proud website at [www.ColoradoProud.org](http://www.ColoradoProud.org).

## When are Your Favorites In Season?

The Colorado Produce Calendar to the right shows all the fruits and vegetables grown by different farmers across Colorado, and when they are in season. "In season" means the crop is ready to be harvested and eaten.

As you can see, not all crops are harvested at the same time throughout the year. Some grow better early in the year when the weather is cooler, and some prefer to grow all summer long in the hot sun.

You will also notice that a few of the crops, like spinach and tomatoes, are grown all year. This is because some farmers have greenhouses or indoor structures, where the outside weather does not affect the crops!

Growers can increase the number of months some crops are available by placing them in storage. Storage means the crops, like potatoes and onions, can safely be kept in temperature-controlled buildings for long periods of time.

## Where to buy Colorado Farm Fresh Produce?

Colorado produce can be bought throughout the year in many different places! Have you ever been to your local farmers market? This is where farmers in your area bring their freshest and most recently harvested produce to sell to the people in your community. Because Colorado has cold and snowy winters, most of the farmers markets in our state do not run all year. They usually start up sometime in May or June and are open certain days of the week

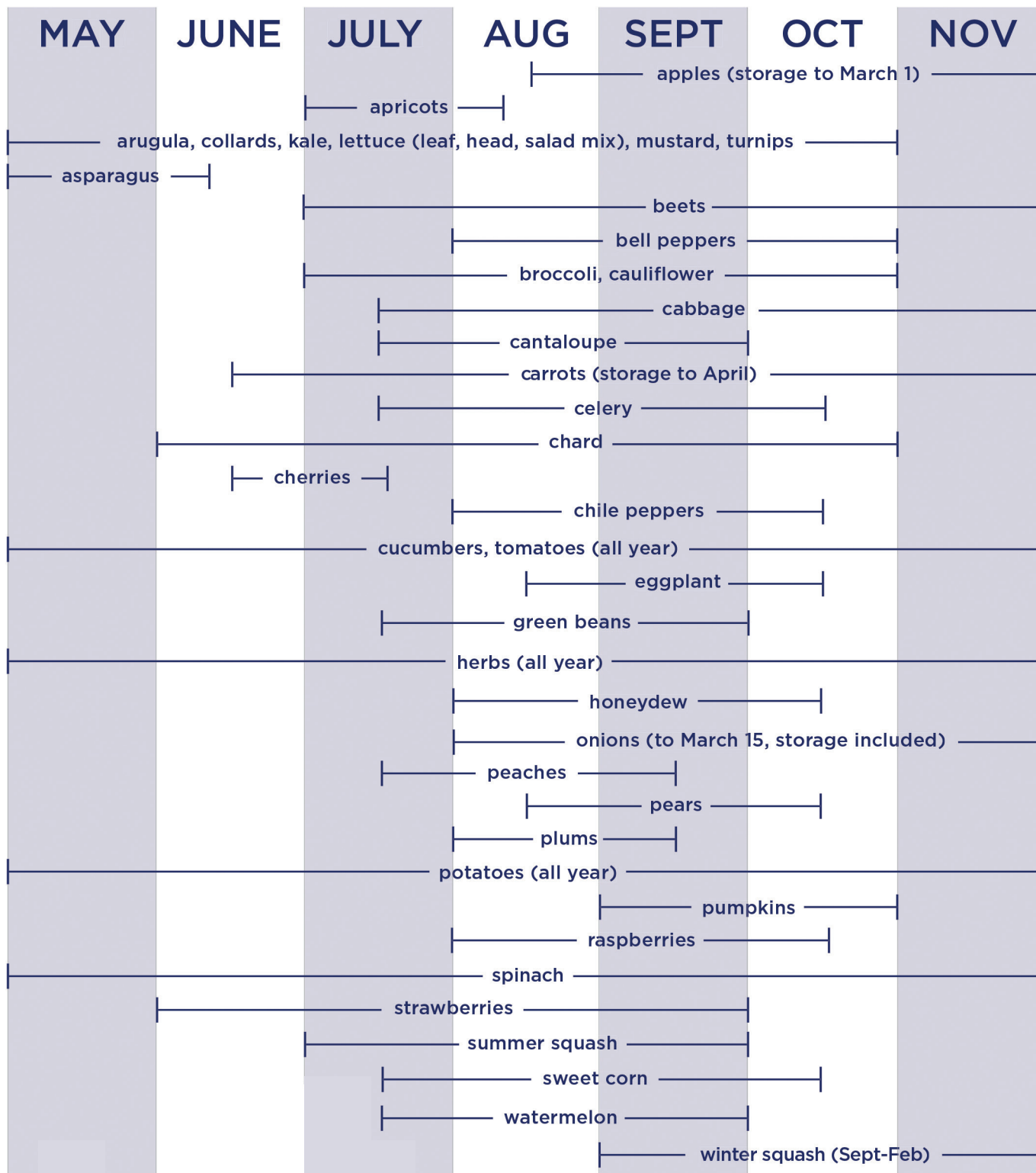
until late summer or early fall. This summer and fall, ask your parents to take you to your local farmers market! And be sure to look for the Colorado Proud logo while you're there.

You can find the most recent list of farmers markets in Colorado by going to [www.CoFarmersMarkets.org](http://www.CoFarmersMarkets.org). Or, download the free Colorado Farm Fresh mobile app from the Colorado Department of Agriculture available for Apple and Android devices.



# Colorado Produce Calendar

Find your seasonal Colorado-grown fruits and vegetables.



## Short-Answer Questions

Answer the questions below by using the Colorado Produce Calendar.

1. Name three vegetables that are in season in July.

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2. True/False: Chile peppers are in season at the same time as asparagus.

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3. Are peaches in season April-June or July-September?

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4. When are potatoes available?

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5. Name three fruits that growers harvest in September.

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6. Is there a fruit or vegetable on this produce calendar you have never tried before? What is it?

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# Grilled Potato and Vegetable Kabobs

Make this nutritious and delicious recipe with an adult.



Serves: 4

Prep time: 10 minutes

Cook time: 20 minutes

Recipe and photo courtesy  
of ColoradoPotato.org

## Lemon Herb Drizzle

1/4 cup oil (extra virgin olive oil or any cooking oil of your choice)

3 teaspoons minced garlic (or 3 garlic cloves, minced)

2 tablespoons dry or fresh chopped herbs (such  
as basil, rosemary, marjoram, and sage)

1/2 teaspoon salt

2 tablespoons lemon juice (or juice of 1 fresh lemon)

1/4 teaspoon ground pepper

## Kabobs

1 lb. of your favorite Colorado potatoes (any type), scrubbed

1 (12-oz.) package precooked sausage, sliced 1/4-inch  
thick on the diagonal

2 ears fresh sweet corn, cut into 1-inch pieces

1 zucchini, sliced 1/4-inch thick on the diagonal

## Preparation

1. Heat oil in a small saucepan until very hot; remove from heat and stir in garlic.
2. Let cool, then stir in herbs, salt, lemon juice and pepper; set aside.
3. Place potatoes in a medium-size microwave-safe bowl and cover with a lid or plastic wrap.  
Note: If using plastic wrap, make sure plastic wrap is not touching any potatoes and poke one small hole to vent.
4. Microwave on high for 10 to 12 minutes or until potatoes are tender (cooking time may vary depending on microwave). Use oven mitts to carefully remove from microwave.
5. When cool enough to handle, cut into large chunks. Thread potatoes, sausage and vegetables onto skewers.
6. Grill over medium-high heat for about 10 minutes, turning frequently and brushing with a little of the herb mixture during the last few minutes of cooking.
7. Remove from grill and place on a platter; drizzle with remaining herb mixture.

**Can you think of other vegetables or even fruits that would taste great on these kabobs?  
Try adding them when you make this recipe!**

## Did You Know?

- There are more than 90,000 acres in production for fruits and vegetables in Colorado.
- Around 2,100 farms in Colorado grow fruits and vegetables.
- There are more than 150 families who grow potatoes in the San Luis Valley and potatoes have been farmed in Colorado since 1875.
- Fruit and vegetable production is almost a \$485 million industry in Colorado.

**For other recipes and to learn more about Colorado produce, visit [ColoradoProduce.org](http://ColoradoProduce.org) and [ColoradoProud.org](http://ColoradoProud.org), or connect with them on Facebook and Instagram.**



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