

VEGETABLES



Name _____

New Mexico Agriculture
Learning About Garden Crops



Melons are tender annuals grown for their delicious fruits. There are hundreds of varieties of beans. Root crops are cool-season vegetables. Their produce grows underground. Squash is easy to grow, is nutritious and is low in calories. Peppers are an important crop grown in New Mexico. Greens are mostly cool-season crops. Cole is the word used to describe members of the cabbage family.

Here is a list of types of vegetables that can be grown in New Mexico. Put them in their proper category below.

- | | | | |
|-------------|------------|-------------|-----------------|
| Broccoli | Carrots | Zucchini | Beets |
| Lima | Casaba | Lettuce | Yellow _____ |
| Spinach | Bell _____ | Green _____ | Jalapeño |
| Chile | Cantaloupe | Cabbage | Pinto _____ |
| Acorn _____ | Radish | Honeydew | Spaghetti _____ |

MELONS

ROOT CROPS

SQUASH

PEPPERS

- | | | | |
|----|----|----|----|
| 1. | 1. | 1. | 1. |
| 2. | 2. | 2. | 2. |
| 3. | 3. | 3. | 3. |
| | | 4. | |

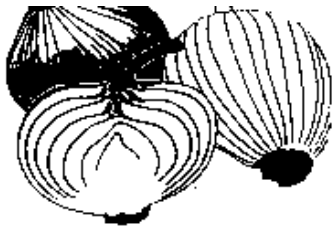
GREENS

BEANS

COLE

- | | | |
|----|----|----|
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| | 3. | |





Name _____

New Mexico Agriculture

Make a Garden

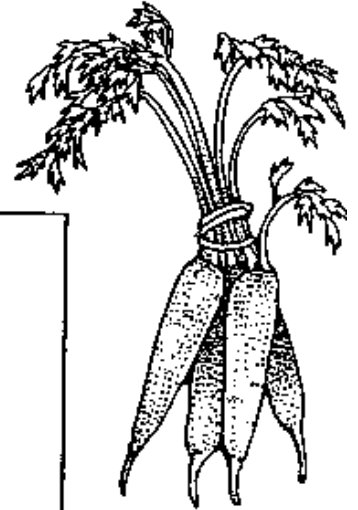
Pretend you are a farmer. You are going to plant a large garden. Draw pictures in the garden of the things you would plant. Here are some ideas that grow great in New Mexico to choose from.

Corn
Tomatoes
Lettuce
Cucumbers

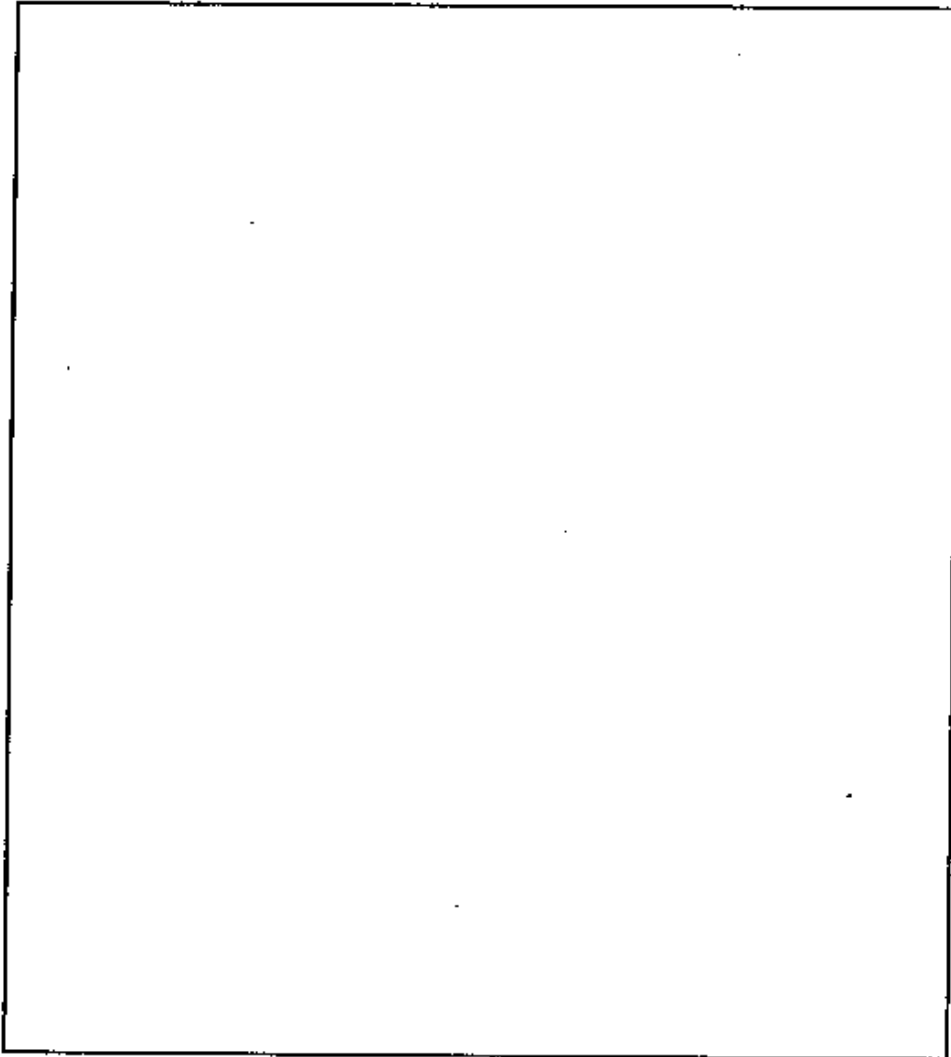
Pumpkins
Watermelons
Cantaloupe
Squash

Onions
Beans
Chile
Peas

Carrots
Potatoes



Draw a scarecrow to keep the birds away.



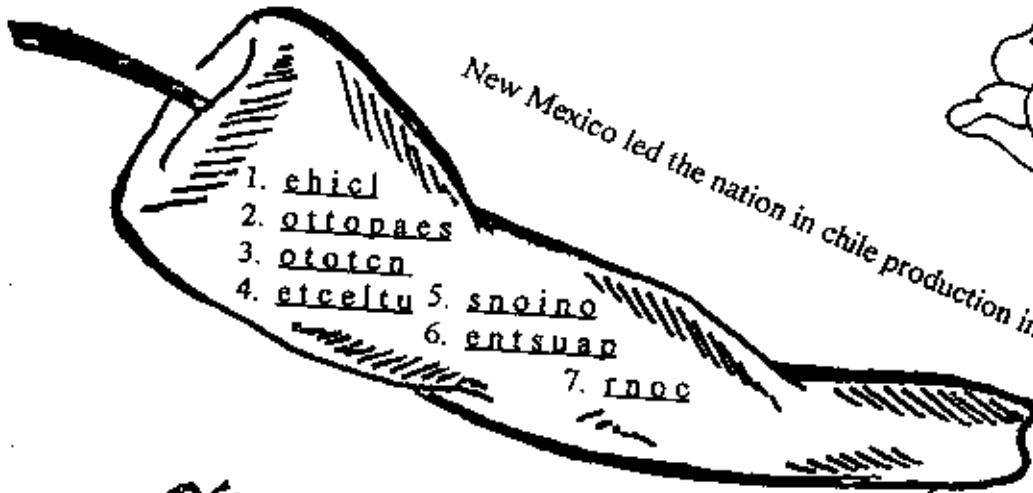
GARDEN

Your name

New Mexico Vegetables

Name _____

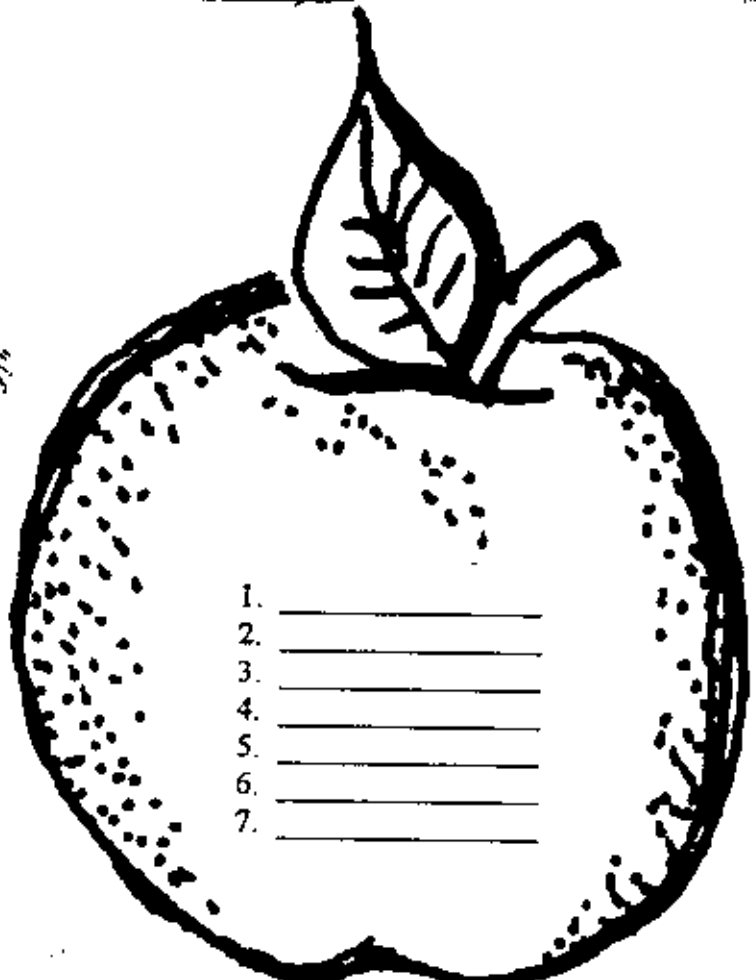
Discover top vegetables grown in New Mexico by unscrambling the words on the New Mexico chile. Write them on the apple.



New Mexico led the nation in chile production in 1992.



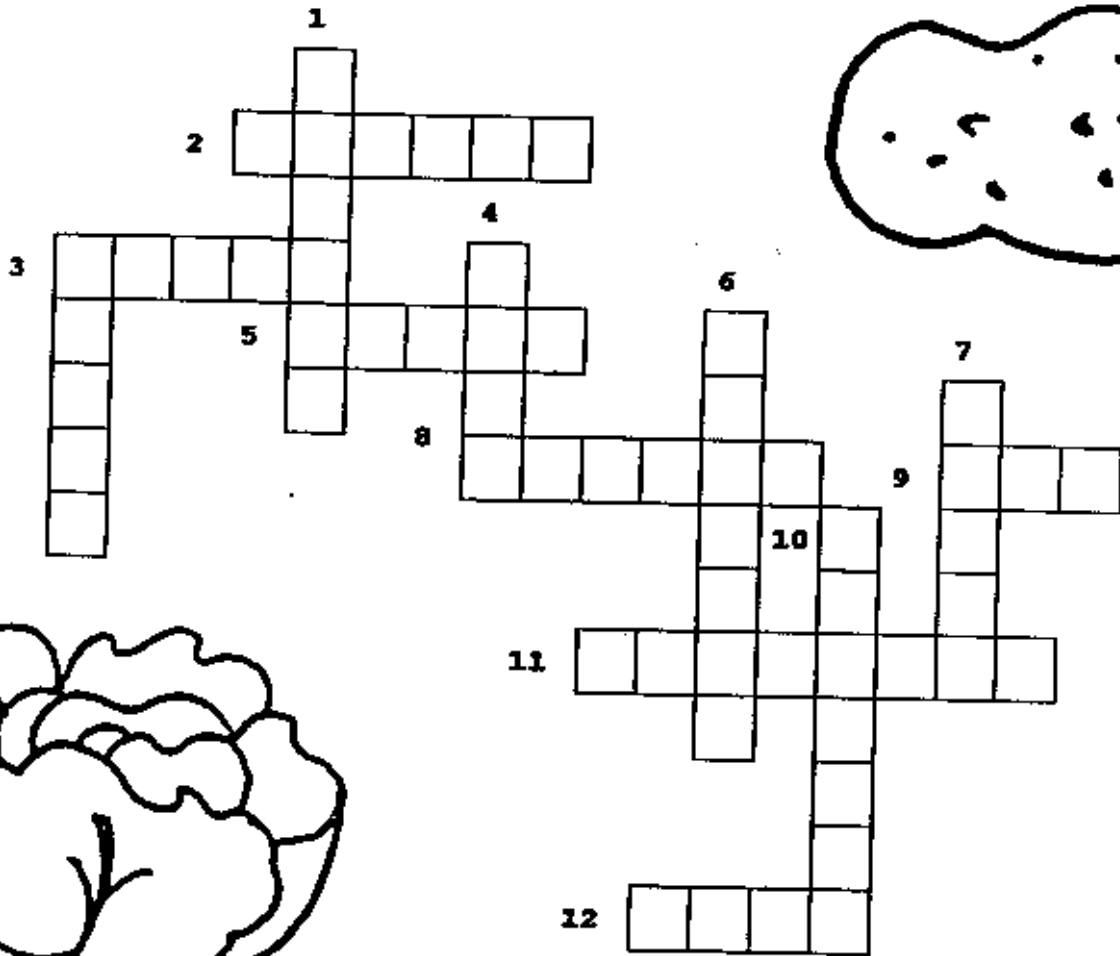
"An apple a day keeps the doctor away!"



Name _____

New Mexico Agriculture

What's Growing on Our New Mexico Farms?



Across:

2. A vegetable used to make french fries.
3. A grain used to make flour.
5. A white vegetable sometimes put on hamburgers. Hint: ___ rings.
8. A red vegetable used to make ketchup.
9. A grass grown and baled to feed horses and cows.
11. A vegetable used to make pickles.
12. A yellow vegetable that has kernels.

Down:

1. A plant that has white "balls" and is used to make clothes.
3. Unwanted plants.
4. Underground part of a plant.
6. A green vegetable that is used in salads.
7. A hot vegetable and the 4th largest crop in New Mexico.
10. Used to make jack-o-lanterns and pies.

New Mexico Agriculture

Mystery Crops



Change each letter to the one that comes after it to learn some of the top crops of New Mexico.

Hint: Z equals A;

Z̄ K̄ Ē Z̄ K̄ Ē Z̄

V̄ Ḡ D̄ Z̄ S̄

B̄ N̄ Q̄ H̄

B̄ N̄ S̄ S̄ N̄ H̄



Ō D̄ X̄ M̄ T̄ S̄ R̄

H̄ M̄ H̄ N̄ M̄ R̄

K̄ D̄ S̄ S̄ T̄ B̄ D̄

Ō N̄ S̄ Z̄ S̄ N̄ D̄ R̄

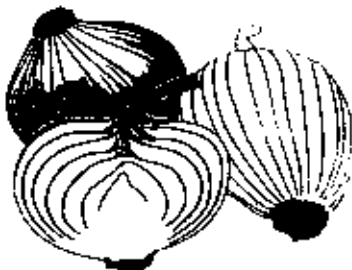
B̄ Ḡ H̄ K̄ D̄

Ā D̄ Z̄ M̄ R̄



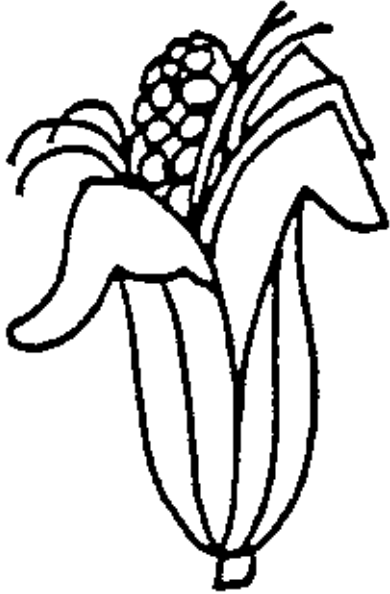
Ō D̄ B̄ X̄ M̄ R̄

Z̄ Ō Ō K̄ D̄ R̄

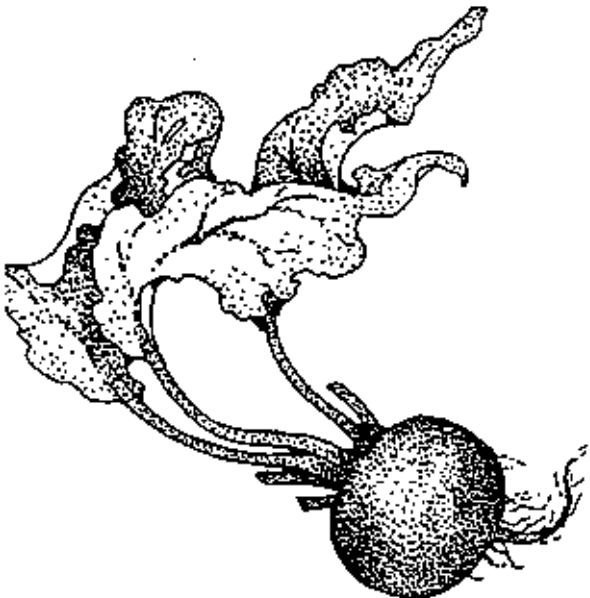


NAME _____

**Match the Vegetable
pictures to the words**



**Potato
Celery
Peas
Corn
Carrots
Lettuce
Beet**



Name _____

New Mexico Agriculture

Planting a Vegetable Garden

Planting a garden is something we can all do. Gardens are good because they provide us with healthy, fresh and tasty foods. Gardening helps us to be self-sufficient. Gardening reduces our dependency on others. It helps keep us in touch with nature and provides us with fresh air and exercise. Gardening enriches and conserves the land. It can even be profitable in a good year.

Define the following words to better understand how gardening can affect you:

self-sufficient:

dependency:

enriches:

conserves:

profitable:



A farmer needs your help. His garden is overgrown with weeds. Help him find his crops by searching down and across.

W	E	E	D	S	W	E	E	D	S	W	E	E	D	S	W
W	E	C	E	D	S	W	E	E	D	S	F	W	W	W	E
W	W	O	N	I	O	N	S	W	E	E	E	E	E	E	E
E	E	R	W	E	E	D	S	E	W	E	A	E	E	L	D
E	E	N	D	W	E	E	D	E	W	P	S	D	D	E	S
P	D	W	E	E	D	S	W	D	E	E	W	S	S	T	W
O	S	W	M	E	L	O	N	S	E	P	E	W	W	T	E
T	W	E	E	D	S	W	E	E	D	P	E	E	E	E	E
A	E	E	W	C	U	C	U	M	B	E	R	S	E	C	D
T	H	D	E	E	W	E	E	D	S	R	D	E	D	E	T
O	D	S	E	W	W	E	E	D	S	S	S	P	S	W	O
E	S	W	D	P	U	M	P	K	I	N	S	S	W	E	M
S	W	E	E	D	W	E	E	D	W	Q	W	E	E	A	
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E	W	E	E	D	S	O	W	E	E	D	A	E	D	W	O
E	E	D	B	E	A	N	S	W	D	E	S	D	W	E	E
D	E	W	E	E	D	S	W	E	E	D	H	W	E	E	S
S	D	C	H	I	L	R	W	E	E	D	W	E	E	D	S



PLANT PARTS YOU EAT

Draw a line from the food to the plant part.



LETTUCE

ROOTS



POTATOES

STEM



CELERY

LEAVES



BROCCOLI

FLOWER



CHERRIES

SEEDS



PEAS

FRUIT



CORN

ROOTS



TOMATO

STEM



CARROTS

LEAVES



ASPARAGUS

FLOWER



SPINACH

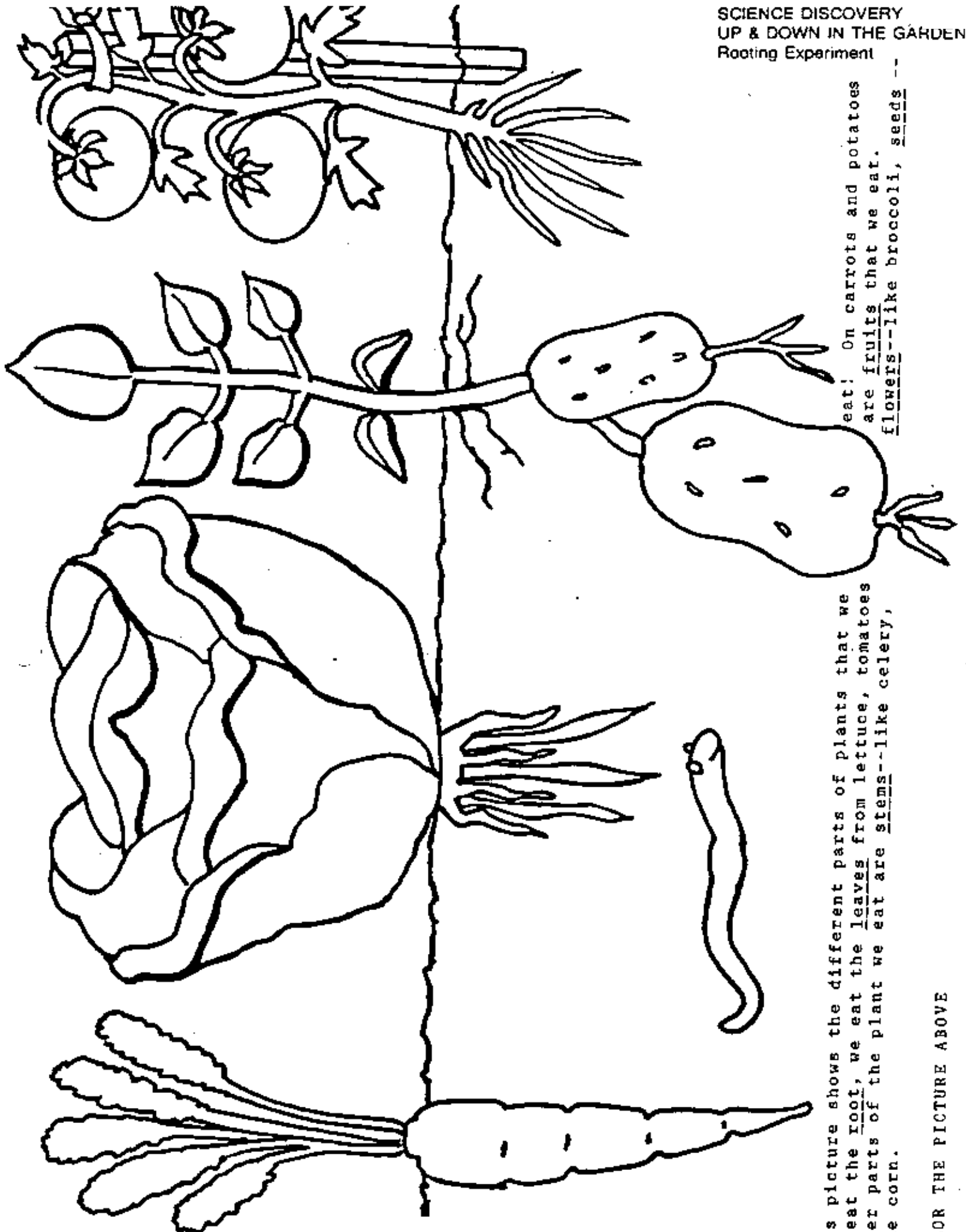
SEEDS



CAULIFLOWER

FRUIT

SCIENCE DISCOVERY
UP & DOWN IN THE GARDEN
Rooting Experiment



This picture shows the different parts of plants that we eat the root, we eat the leaves from lettuce, tomatoes Other parts of the plant we eat are stems--like celery, like corn.

eat! On carrots and potatoes are fruits that we eat. flowers--like broccoli, seeds --

COLOR THE PICTURE ABOVE

PUZZLE PIECES

Cut along solid lines. Then cut along - - - lines.

CORN



TOMATO



SEEDS



FRUIT



CARROTS



ASPARAGUS



ROOTS



STEM



SPINACH



CAULIFLOWER



LEAVES



FLOWER



The Garden

It was a cheerful morning as three children skipped into the completely different world surrounded by a magnificent maze of green and golden leaves, brightly colored vegetables spread before them like a rainbow. There were pumpkins, tomatoes, squash, and corn. The kids were proud of this garden. Last spring, it had been just soil and some rows of seeds. Now everything was full grown and ready to harvest.

One of the kids had wandered over to the carrot bed and was busily pulling a carrot plant. He was so excited! A beautiful carrot plant had called out to him: Meet me, greet me, eat me, hey! I can give you vitamin A. Vitamin A helps you see and keep your skin clean and smooth.

Then they moved on to the celery bed. The celery plant in front of them perked up straight and tall and sang out: Aha, Ahum, Ahoy, Ahem. When you're eating a celery, try the stem.

Then they moved to the part of the garden that had flowers to eat. They were special flowers like broccoli and cauliflower. Next they tried eating certain leaves like lettuce and cabbage. Then they tried seeds like peanuts and beans, and fruits like tomatoes and cucumbers.

When they went back to their house, they summed up their garden experience by saying this little rhyme for their mother:

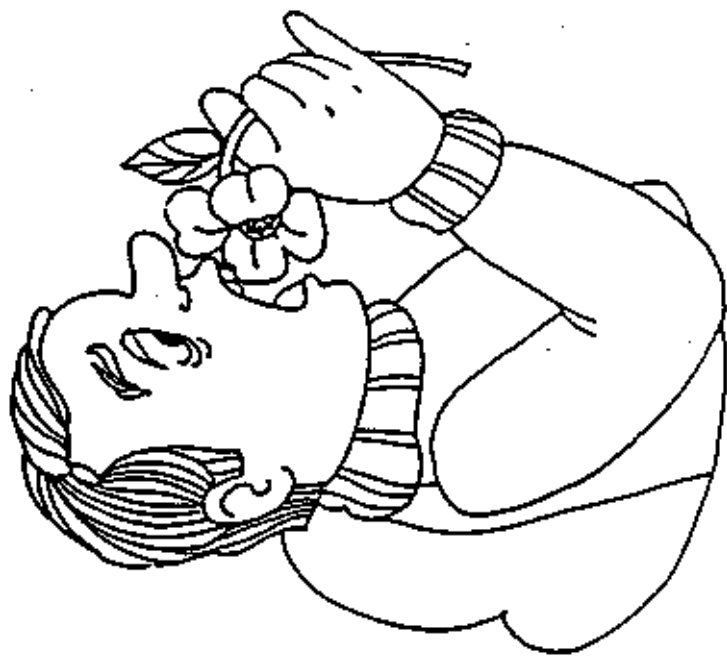
In the garden you will find vegetables of every kind.
The lettuce leaves, the carrot roots,
The celery stems and tomato fruits
Flowers of broccoli, seeds of peas,
All of them begging "Eat Us Please!"

What part of the plant do you eat?



PARTS OF PLANTS WE EAT

Name _____



Flowers



Stems







Leaves



Seeds

Fruits 

Roots 

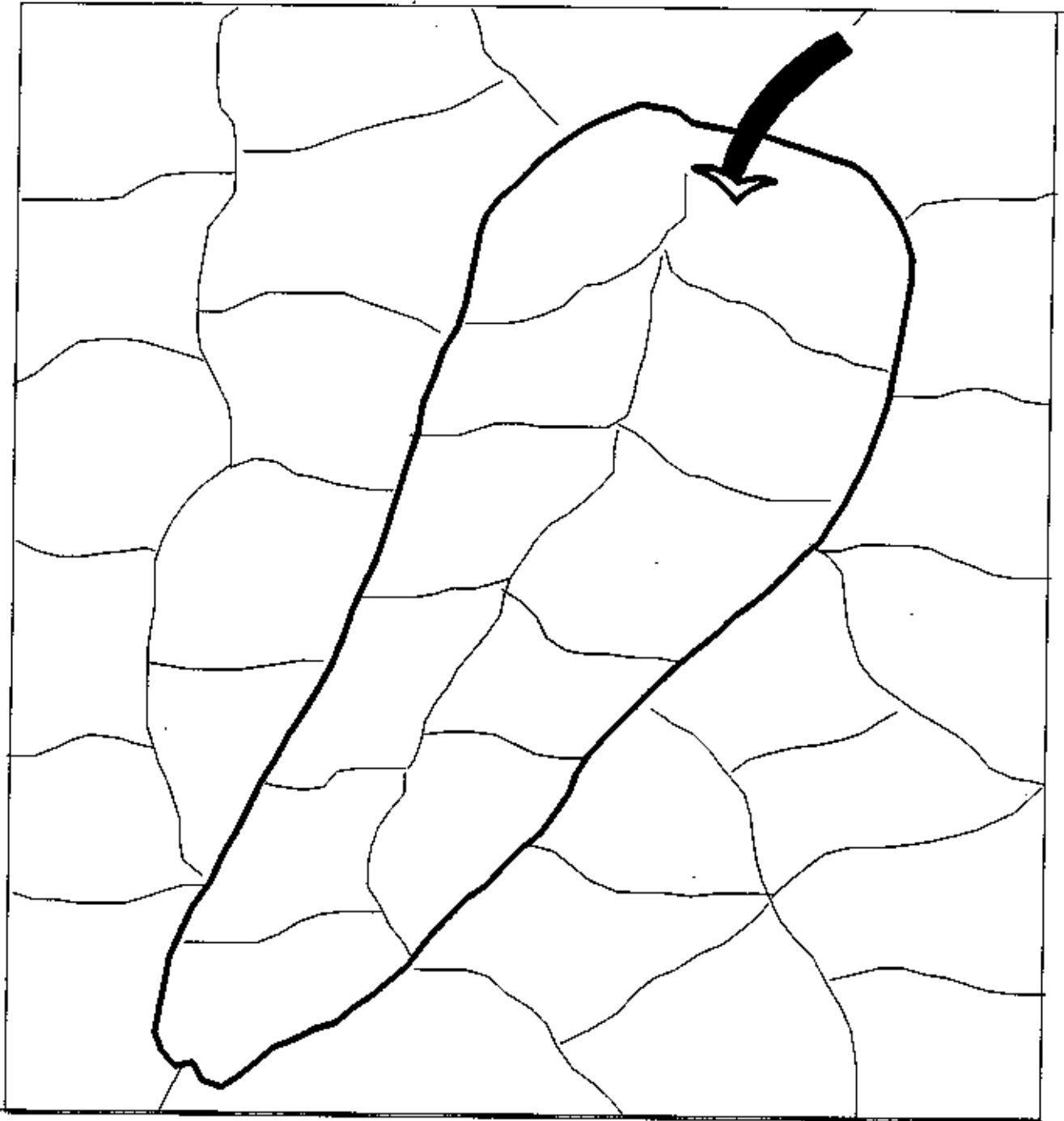
CHILI

NEW MEXICO AGRICULTURE

NAME: _____



N. M. farmers were #1 in the nation in chili production in 1992.



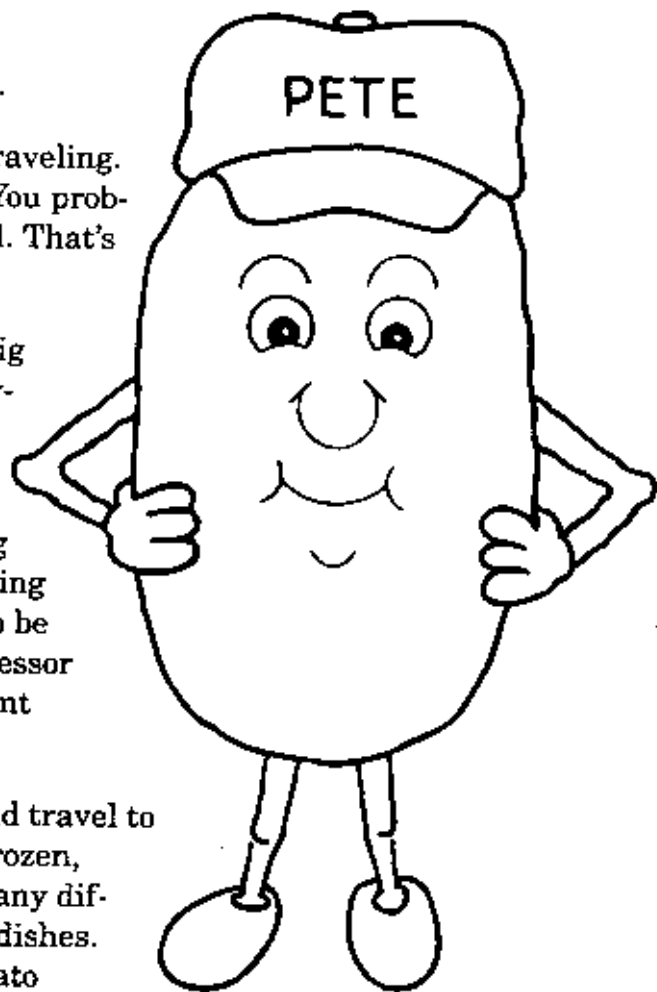
The Adventures of Pete the Potato



Lots of things happen to a potato before you get to eat it. Read the story below about Pete the Potato. Then, write your four favorite potato dishes on the lines at the bottom and answer the other two questions.

Name _____

Hello! My name is Pete and I'm a potato. I enjoy traveling. It's a fun trip from the farm to your dinner table. You probably like to eat my stem which grows underground. That's why I'm sometimes called a tuber.



My journey begins in the fall. I'm harvested by a big machine which digs me from the ground. After harvest, I am stored in a cool, dry place until the farmer sells me.

After the farmer sells me, I travel to the processing plant where I'm washed and sorted. At the processing plant, I might be boxed or placed in a plastic bag to be sold whole for you to prepare at home. Or, the processor might peel me and cook me into French fries, instant mashed potatoes or potato salad.

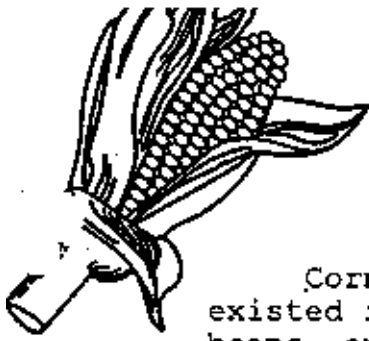
Next, I am placed aboard a truck or railroad car and travel to your supermarket or a restaurant. I might travel frozen, refrigerated, boxed or canned. I am processed in many different ways because people like to eat me in many dishes. In fact, each American eats about 81 pounds of potato products each year.

What are your four favorite ways to eat potatoes?

1. _____
2. _____
3. _____
4. _____

How many pounds do you weigh? _____

Do you eat more pounds of potatoes each year than you weigh? _____



New Mexico Agriculture

LEARNING ABOUT CORN

Corn is a native American crop. Cultivated corn has existed in the Southwest for at least 3000 years. Corn, beans, and squash were sacred food to the Pueblo Indians. Some tribes even worshipped it. Pollen from the corn was especially sacred.

When Christopher Columbus landed in the New World, the Indians were already expert farmers. The cultivation of corn, chile, beans and squash had begun to spread. Hunting and gathering were still an important part of the Indians' lives but farming allowed them to be more settled.

Some of the corn was eaten fresh but most of the crop was dried for seed and to eat during the winters. The women ground the corn kernels on flat stones, called metates, with a smaller stone called a mano. They spread corn batter over hot stones to make tortillas—one of the favorite foods of Mexico and the Southwestern United States today.

Eastern Indians gave corn to the early settlers and also taught them how to grow it, thus helping the colonists in many ways. Corn kept them from starving during hard times and provided food for their livestock. The settlers also used the husks or leaves for stuffing mattresses.

Corn is the most important cereal in the Western Hemisphere and is one of the world's major grain crops along with wheat and rice. Corn is a grass that can grow as high as twenty feet tall but is usually six to ten feet tall.

Many plants can grow wild. The wind scatters their seeds so that they can sprout and grow. But corn kernels cannot fly off the ear and scatter. If an ear falls to the ground, a sprout will grow from each kernel. The new sprouts will grow in a tangled heap where they will choke and die. Man must help the corn to grow new plants. The corn seeds (kernels) need to be planted so that there is enough space around each hill for the tall plants to grow. A single kernel can produce a plant that yields more than 600 kernels of corn per ear. There can be one to three ears of corn per plant.

QUESTIONS:

1. How did the growing of corn affect the Indians lives?
2. How did having corn help the American colonists?
3. How important is corn to us today?

New Mexico Agriculture

USES OF CORN

Corn is the largest grain crop grown in the United States. As a food it is an excellent source of carbohydrates. Some of the foods that we eat that have corn or corn products in them are corn meal, tortillas, corn oil, margarine, cereal, corn bread and corn syrup. Some of the foods that have corn fructose in them are soft drinks, puddings, cookies and candies.

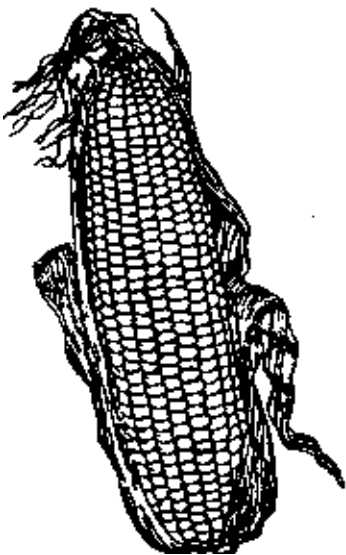
Corn is also used as a food for animals. Cattle, hogs, and poultry eat 5 billion bushels annually providing abundant meat supplies at the grocery store. Corn is also found in many pet foods. It is also a popular food for horses.

A fuel called ethanol is also made from corn. It is cleaner than other fuels.

There are newer uses for corn such as using corn for producing biodegradable plastics, cornstarch diapers, and trash bags. A new product called ecofoam has been invented to replace Styrofoam packing. It is 95% cornstarch and will break down (or dissolve) when wet.

ACTIVITY:

The list of corn products is almost endless. By reading labels and by doing some research, possibly in encyclopedia, try to find at least ten more products that are made from corn or have corn in them.



Name _____

New Mexico Agriculture

Popcorn

Popcorn has been an all-American favorite for centuries. Archaeologists have uncovered proof that popcorn has been around long before Columbus discovered America. Popcorn ears were found in the Bat Cave of New Mexico that were 5,600 years old. Popcorn was popular mostly in homes until around 1925 when the first electric popcorn machine was invented. Then popcorn became popular at events like movies and fairs too. Popcorn is nutritious. It supplies the body with important proteins, vitamins, minerals and energy giving carbohydrates.

Use the code below to finish these fun facts about popcorn.

1. $\overline{9}$ $\overline{14}$ $\overline{4}$ $\overline{9}$ $\overline{1}$ $\overline{14}$ $\overline{19}$ used popcorn for food and for decorations.
2. Indians popped corn in $\overline{16}$ $\overline{15}$ $\overline{20}$ $\overline{20}$ $\overline{5}$ $\overline{18}$ $\overline{25}$ crock with heated sand.
3. An Indian brought a gift of popped popcorn to the first $\overline{20}$ $\overline{8}$ $\overline{1}$ $\overline{14}$ $\overline{11}$ $\overline{19}$ $\overline{7}$ $\overline{9}$ $\overline{22}$ $\overline{9}$ $\overline{14}$ $\overline{7}$ feast.
4. Early movie goers munched on popcorn during $\overline{2}$ $\overline{12}$ $\overline{1}$ $\overline{3}$ $\overline{11}$ and $\overline{23}$ $\overline{8}$ $\overline{9}$ $\overline{20}$ $\overline{5}$ movies.
5. Indians believed there was a little $\overline{4}$ $\overline{5}$ $\overline{13}$ $\overline{15}$ $\overline{14}$ in the corn kernels which caused the $\overline{23}$ $\overline{1}$ $\overline{20}$ $\overline{5}$ $\overline{18}$ popcorn to pop. Actually corn pops because there is inside the kernels.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

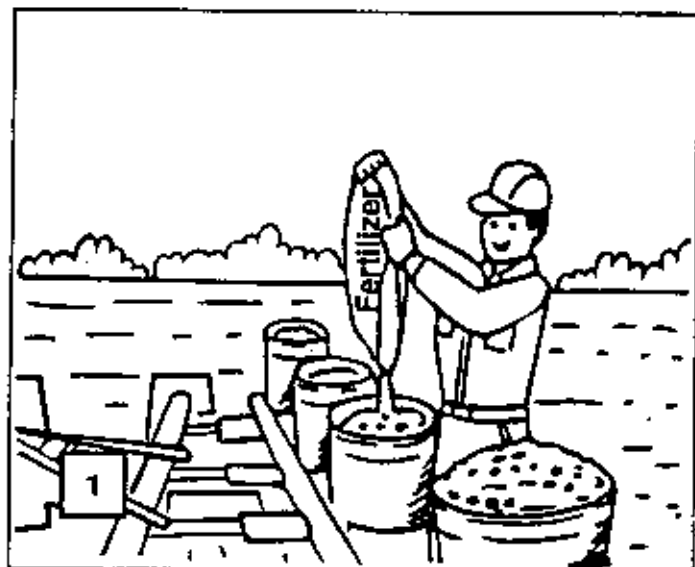
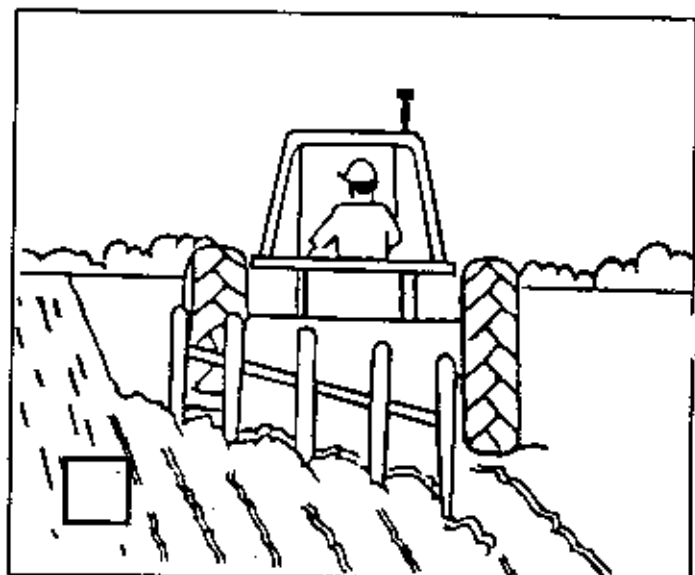
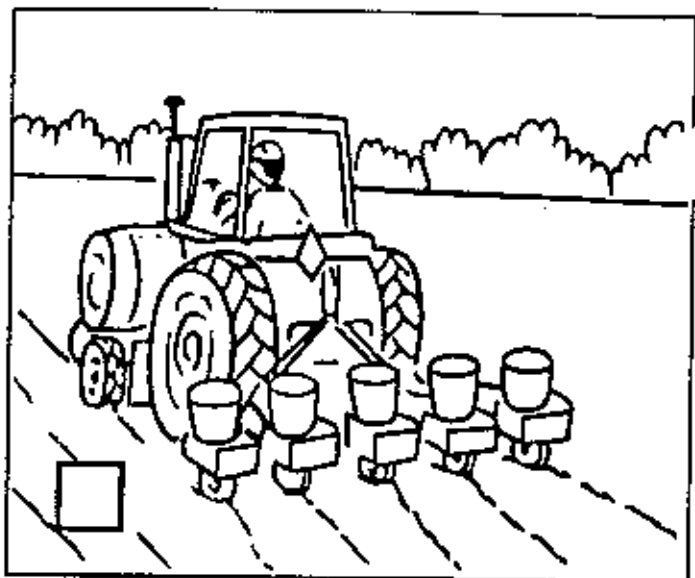
Growing Peanuts

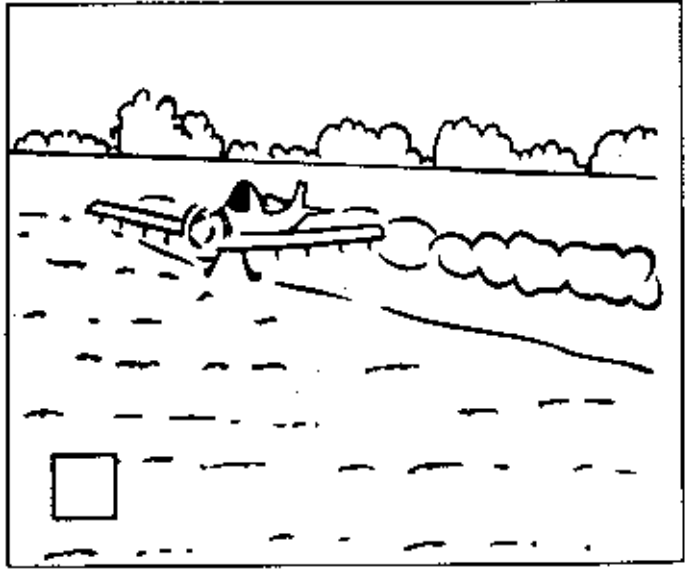
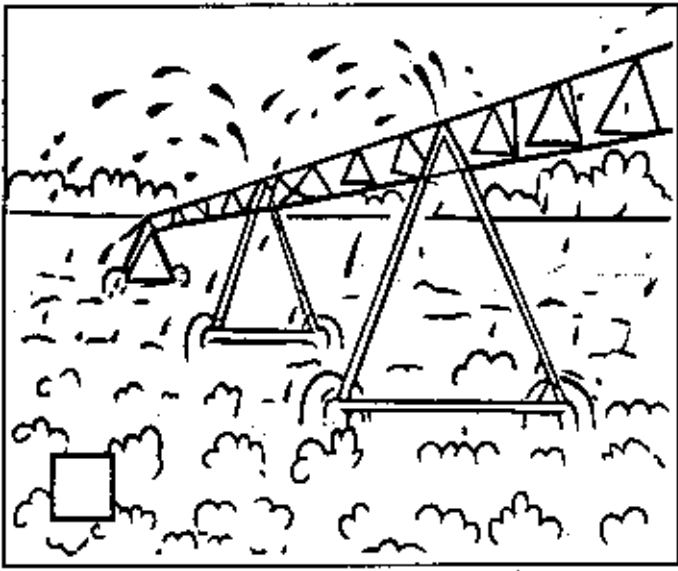
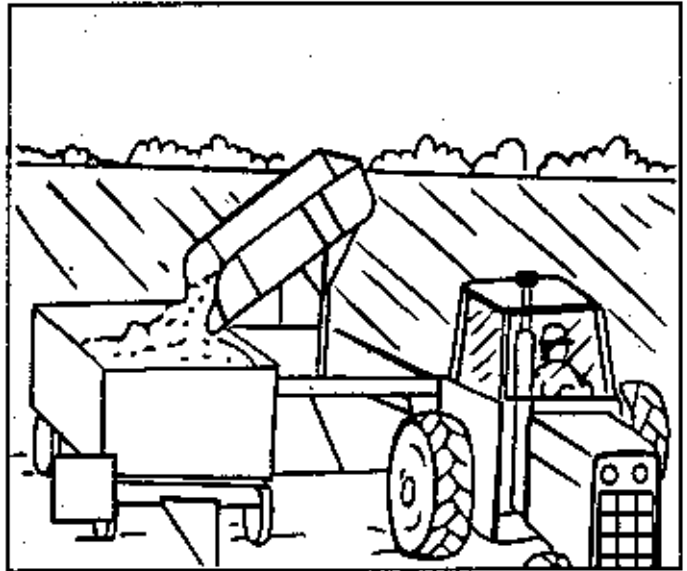
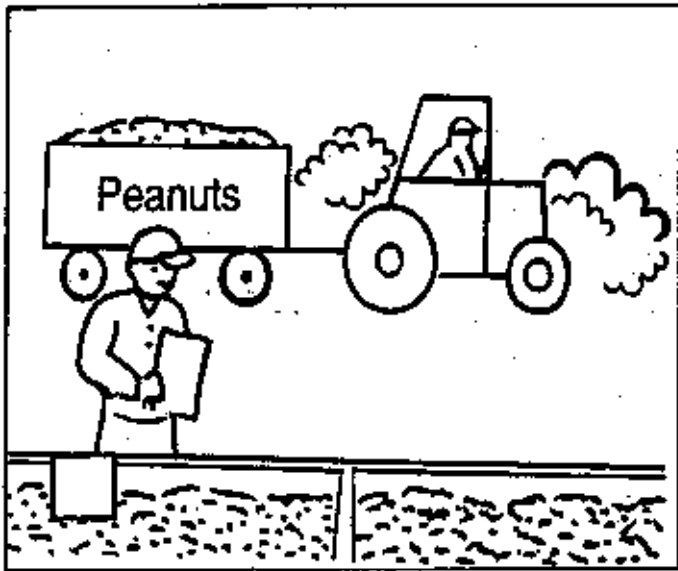
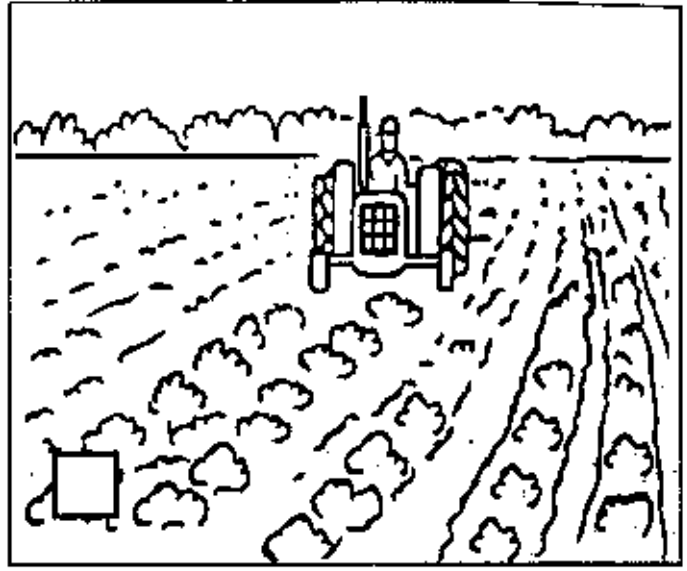
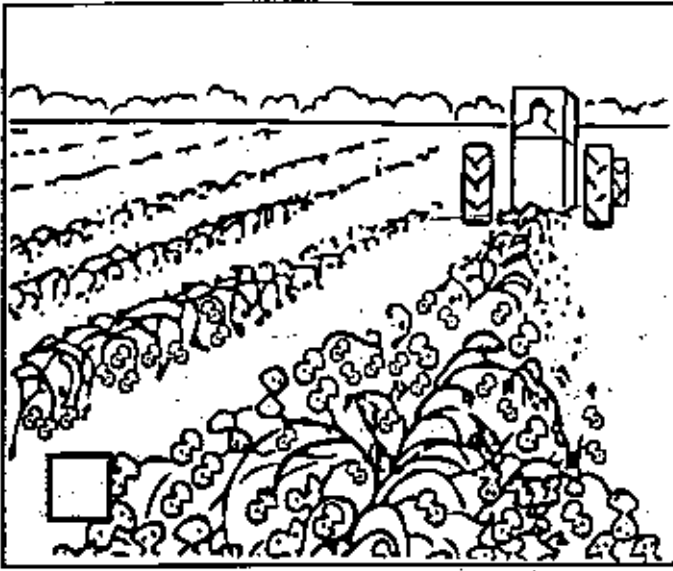
In 1992 New Mexico led the nation in Valencia peanuts!

Pictured are the steps the farmer takes to grow peanuts. A 1 has been placed in the box of the activity the farmer does first. Place a 2 in the box of the activity the farmer does next. Continue until you have numbered all the remaining pictures in the correct order. The steps are listed in the box below.

THE STEPS THE FARMER TAKES TO GROW PEANUTS:

1. **FERTILIZES** the soil with minerals that help peanuts grow.
2. **PLOWS** to prepare the soil for planting.
3. **PLANTS** the seeds.
4. **CULTIVATES** to remove weeds.
5. **SPRAYS** to protect them against bugs and diseases.
6. **IRRIGATES** to prevent them from getting too dry when it has not rained.
7. **DRIES** them in the sun by pulling them out of the ground.
8. **HARVESTS** by removing the peanuts from the vines.
9. **SELLS** them at a shelling plant or market.





Adapted from: "A Georgia Farm Activity Book"

Read and Learn About Peanuts

The peanut is one of the most important foods discovered in the New World. It has a pod that contains 2 or more nutlike seeds. The word peanut is used for these seeds and their pods. The peanut is a pea, not a nut. It's fruit is a pod and not a true nut. It belongs to the legume family. The peanut produces underground pods from above-ground flowers, making it a very unusual plant.

Varieties planted in the Southwest are the Spanish, Runner and Valencia. New Mexico produces over 90 percent of the Valencia peanuts grown in the United States. In New Mexico, peanuts are grown mainly in Curry, Lea, and Roosevelt counties.

Peanuts are one of the most nutritious of all vegetable foods. About one-half of the seed is oil, giving it a very high energy value. It is a high-protein, low carbohydrate food. George Washington Carver, a former slave, discovered over 300 new uses for the peanut. Some of the most common food uses are salted peanuts, peanut candy, peanut butter, peanut oil and dry roasted peanuts. The Valencia peanut is also called the ball-park peanut because it is used mostly for roasted peanuts in the hull.

Peanuts are also used to feed animals. Peanut meal adds protein to the diet of livestock. The vines are used as forage for hogs and cattle. The shells are also used for such things as insulation and as a substitute for cork.

Other names given to the peanut are groundnut, arachides, goobers, mani, and pinders.

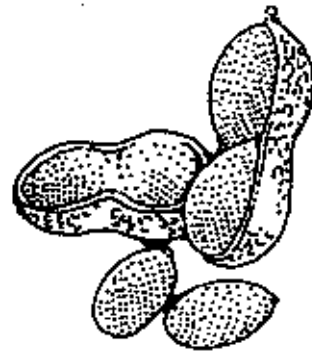
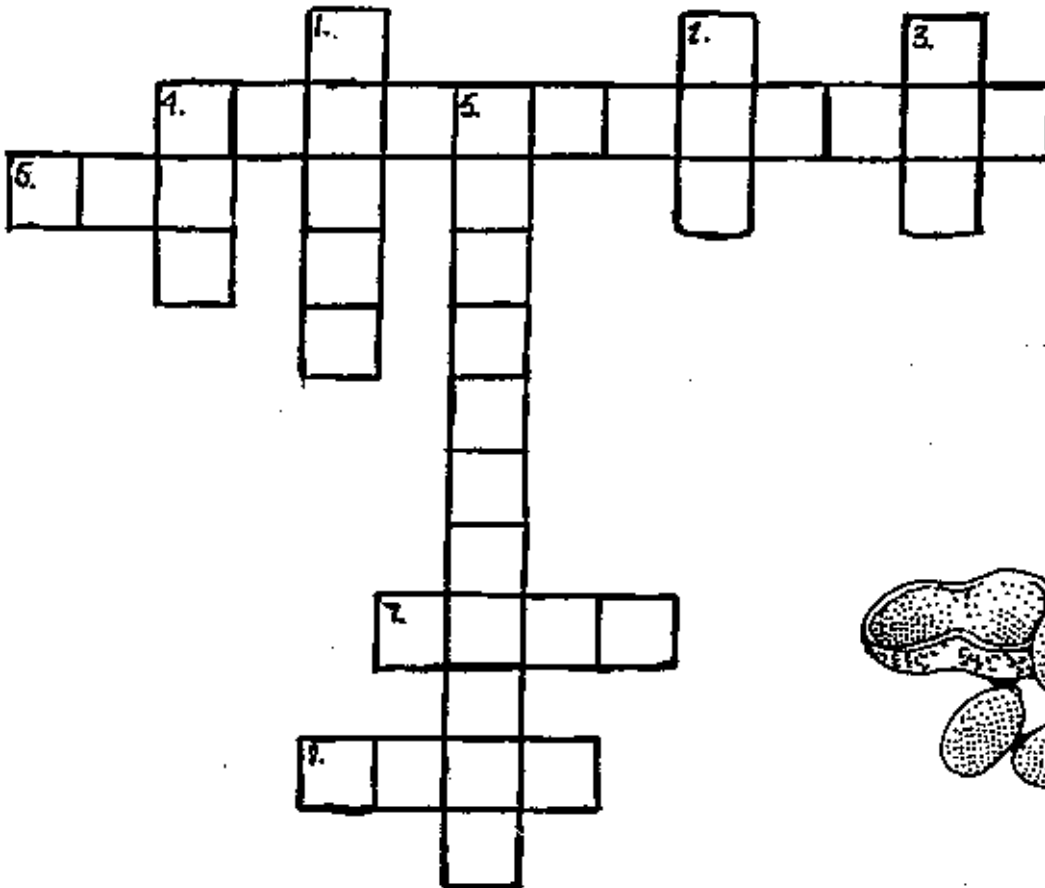
Answer these true and false questions to see what you remember about peanuts.

- | | | | |
|---|---|-----|---|
| T | F | 1. | The peanut is a nut. |
| T | F | 2. | The peanut belongs to the legume family. |
| T | F | 3. | Peanuts grow on trees. |
| T | F | 4. | Valencia is a variety of peanuts. |
| T | F | 5. | Most of New Mexico's peanuts come from Eddy, Hidalgo, and Socorro counties. |
| T | F | 6. | Peanuts are nutritious. |
| T | F | 7. | Valencia is also know as the ball-park peanut. |
| T | F | 8. | Goober is another name for peanut. |
| T | F | 9. | The shells are never used. |
| T | F | 10. | Peanuts are good to eat. |



PEANUTS

The peanut is one of the most important foods discovered in America. It is a pea not a nut. It grows on a vine, and is a pod that has two or more nutlike seeds. The pods grow underground. Some of the foods from peanuts are peanut butter, peanut oil, peanut candy, salted and dry roasted peanuts. We feed peanuts to animals at the zoo but they are also used to feed cattle and pigs.



DOWN

1. Peanuts are used in _____ (something sweet to eat).
2. Peanuts are not really a _____.
3. Peanuts are a _____ not a nut.
4. They are seeds that grow in a _____.
5. Peanuts grow _____.

ACROSS

4. We eat sandwiches of _____ and jelly.
6. We feed peanuts to animals at the _____.
7. Peanuts are an important _____ discovered in America.
8. Peanuts grow on a _____ not a tree.