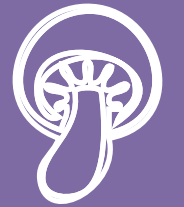


SPECIALITY CROPS

CULTIVOS ESPECIALIZADOS



WHAT'S INSIDE

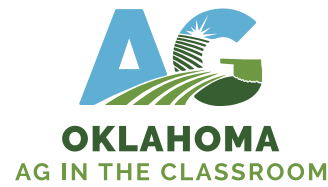


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Specialty crops are defined as fruits, vegetables, tree nuts, dried fruits, horticulture, and nursery crops including floriculture.



Specialty crops are plants that are intensively cultivated. There are many plants that may be collected from wild populations that are considered specialty crops when cultivated. (Example: Blackberries)



Wild plants are not considered specialty crops even though they may be used for the same purpose as cultivated plants.



Oklahoma has several specialty crops. Take a look inside to learn more about some of the specialty crops in our state.



| | |
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| Berries | 4-5 |
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BERRIES

Blackberries are produced commercially and grow wild across Oklahoma.

The dark blue color means blackberries have a high antioxidant level.

Blueberries are one of the only natural foods that are truly blue in color.

Blueberries are rich in vitamins C, manganese, and dietary fiber.

Native Americans once called blueberries “star berries,” because the five points of the blueberry blossom.



BAYAS

Las moras se producen comercialmente y crecen salvajes en Oklahoma.

El color azul oscuro significa que las moras tienen un alto nivel de antioxidantes.

Los arándanos son uno de los únicos alimentos naturales que son verdaderamente de color azul.

Los arándanos son ricos en vitaminas C, manganeso y fibra dietética.

Los nativos americanos alguna vez llamaron a los arándanos “bayas estrella”, porque florecen las cinco puntas de los arándanos.



CARROTS

Carrots are taproots. They grow downwards into the soil and swell.

There are many sizes, shapes, and colors of carrots but many are orange.

Carrots are members of the parsley family, characterized by the feathery green leaves.

Carrots are an excellent source of beta-carotene, which our bodies turn into vitamin A.

Cooking carrots increases their nutritional value.



ZANAHORIAS

Las zanahorias son raíces principales. Crecen hacia abajo en el suelo y se hinchan.

Hay muchos tamaños, formas y colores de zanahorias, pero muchas son de color naranja.

Las zanahorias son miembros de la familia del perejil, caracterizadas por las hojas verdes plumosas.

Las zanahorias son una excelente fuente de betacaroteno, que nuestros cuerpos convierten en vitamina A.

Cocinar zanahorias aumenta su valor nutricional.



GRAPES

Oklahoma's climate and soils are favorable for growing grapes.

Grapes are full of vitamin K and C, fiber, iron, and calcium.

Grapes are eaten fresh and as raisins, juice, vinegar, and wine.

Red grapes contain flavonoids which help protect the heart.

Grape-growing is the largest food industry in the world.



UVAS

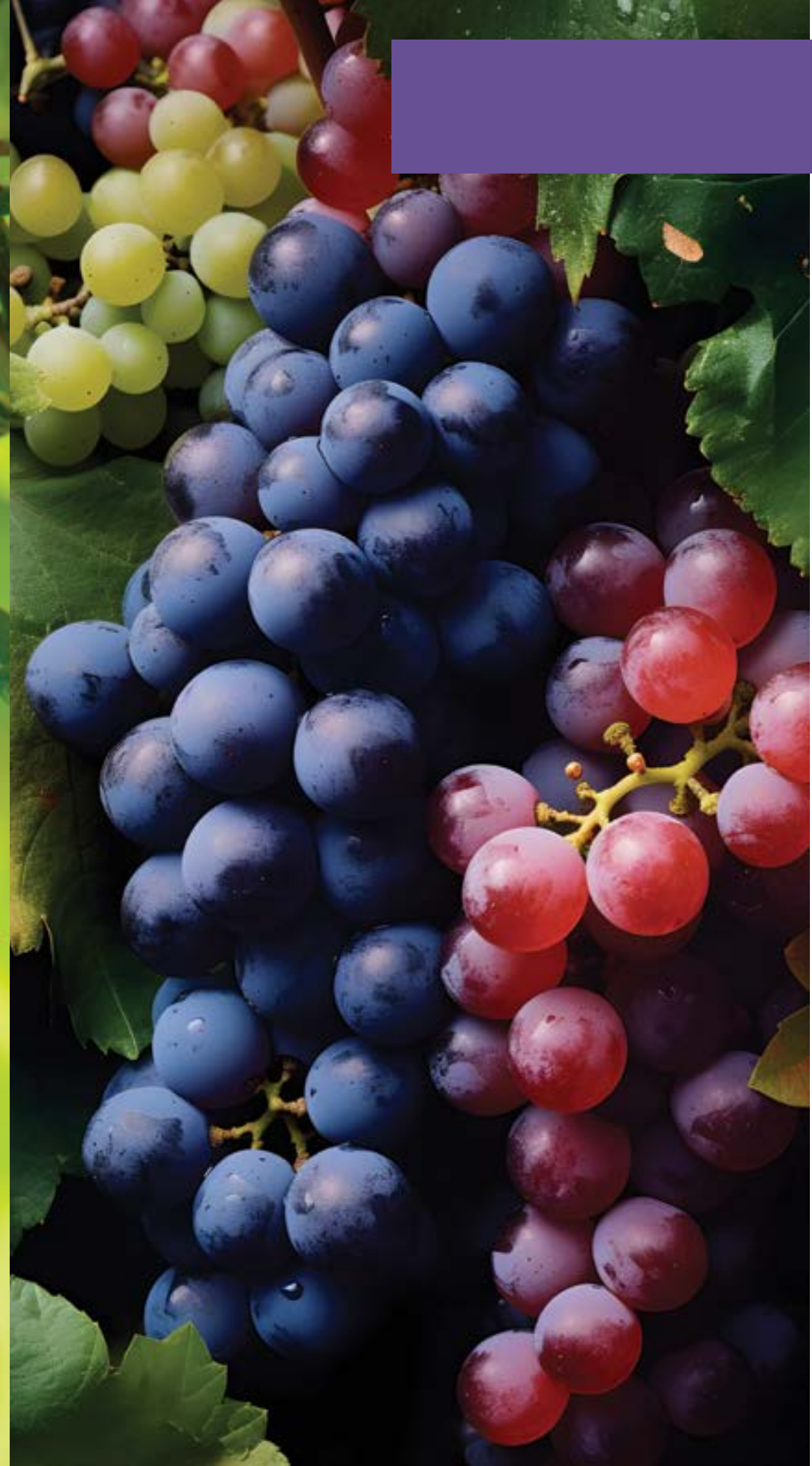
El clima y los suelos de Oklahoma son favorables para el crecimiento de uvas.

Las uvas están llenas de vitamina K y C, fibra, hierro y calcio.

Las uvas se comen frescas y como pasas, jugo, vinagre y vino.

Las uvas rojas contienen flavonoides que ayudan a proteger el corazón.

La cultura de uva es la industria alimentaria más grande del mundo.



HONEY

If properly stored, honey will not spoil.

Honey contains antioxidants which can protect the body from inflammation.

The color and flavor of honey depends on the nectar source.

Honey is the only human food made by an insect.

A honey bee worker only makes about one twelfth of a teaspoon in its life.



MIEL

Si se almacena adecuadamente, la miel no se echará a perder.

La miel contiene antioxidantes que pueden proteger al cuerpo de la inflamación.

El color y el sabor de la miel dependen de la fuente de néctar.

La miel es el único alimento humano hecha por un insecto.

Una abeja melífera obrera solo produce alrededor de una doceava parte de una cucharadita en su vida.



LAVENDER

Lavender has many medicinal uses like soothing burns and relieving anxiety.

Lavender is an ancient herb and may be used in cakes, lemonade, and cookies.

Lavender is plant found on most continents and has a color named after it.

Lavender oil is used to prevent pests like fleas, moths, and flies.

Lavender is not grown from seeds. It is grown from cuttings.



LAVANDA

La lavanda tiene muchos usos medicinales, como calmar quemaduras y aliviar la ansiedad.

La lavanda es una hierba antigua y se puede usar en pasteles, limonada y galletas.

La lavanda es una planta que se encuentra en la mayoría de los continentes y tiene un color que lleva su nombre.

El aceite de lavanda se usa para prevenir plagas como pulgas, polillas y moscas.

La lavanda no se cultiva a partir de semillas. Se cultiva a partir de esquejes.



LETTUCE

Lettuce leaves with darker colors contain more vitamins and minerals than paler leaves.

The average American eats 30 pounds of lettuce every year.

Lettuce is the second most popular fresh vegetable in the US. The potato is first.

About 75% of all lettuce grown in the US is iceberg lettuce.

Because lettuce is 95% water it is eaten fresh not canned, frozen, pickled, or dried.

LECHUGA

Las hojas de lechuga con colores más oscuros contienen más vitaminas y minerales que las hojas más pálidas.

El Americano promedio come 30 libras de lechuga cada año.

La lechuga es la segunda verdura fresca más popular en los EE.UU. La papa es lo primero.

Alrededor del 75% de toda la lechuga cultivada en los Estados Unidos es lechuga iceberg.

Debido a que la lechuga tiene un 95% de agua, se come fresca, no enlatada, congelada, en escabeche ni seca.

MUSHROOMS

Mushrooms are neither a fruit or vegetable. They are a fungi.

Mushrooms are the only food in the fresh produce section that produce vitamin D.

Mushrooms have high amounts of antioxidants, ergothioneine and glutathione.

Mushrooms are a low-energy-density food. They contain fewer calories per gram than many foods.

Button, cremini, portobello, shiitake, and oyster mushrooms are all popular for cooking.



CHAMPINONES

Los champiñones no son una fruta ni una verdura. Son un hongo.

Los hongos son el único alimento en la sección de productos frescos que producen vitamina D.

Los hongos tienen altas cantidades de antioxidantes, ergotioneína y glutatión.

Los champiñones son un alimento de baja densidad energética. Contienen menos calorías por gramo que muchos alimentos.

Los hongos botón, cremini, portobello, shiitake y ostras son populares para cocinar.



PEACHES

Peaches are excellent sources of vitamin A and C and other trace minerals.

Peaches - along with cherries, plums, and apricots - are stone fruits.

Many tribes in Indian Territory grew peaches well before Oklahoma statehood.

The three basic types of peaches are clingstone, freestone, and semi-freestone.

Freestone peaches are ideal for fresh consumption because the pits separate easily from the flesh.



Name: _____

Word Search/Búsqueda de Palabras

NUECESRKZDSPINACHQRXPLJCV
CRLAVENDERSKZMSAYGSLINIWL
ABKUNZWFEFLSWEETPOTATOESX
RGJAFP AJFREUXJQEULWQKFGNH
RGICORZHSJCGBIWTQYVXRMRHH
OKLZDYYUTNHJSXRP T FRESASGW
TWEAVXOF R MUHKUAUIGT TODDUY
SQTNTWCEAIGJCDVMACRNK PDBP
YWTAESA UWEAEBPNPCQZNVEFUH
LCUHITLBBLFMAEEKBQT P WCGHQ
ZXCOQRAMEDYIYUZICWCXEASLA
KLERMXBKRSQIAKONSJDUZNMFU
BZKIUJAQRPNCSHIPDHEAWSCUS
IKTAQSZJIFPCAMOTESOGTBHVA
KBOSMLALEMHQLOMKYNLNDXAAN
HJTXMLJNSECEDURAZNOSEOMSD
UTVOYWATERMELONMGRTUEYPMI
QJHCMTJNLSSOSRLZURDEIYIJA
JHTYJAVVDIYEIYKGC SAMVONRG
TTGSPJTLDESPINACASHPQLORP
CFZCBVJOCOPIUYEJN JNREQNAC
PEACHESIEMLAVANDARLF OSEMR
YCYFJEGWASFKZMMUXKYEROSNS
EJGAQBERRIESIPIALFFXDKMLC
URWXPPYJHVLDTOMATESUKGDSU

Find the following words in the puzzle.

| | | | |
|-------------|----------|--------------|----------------|
| BAYAS | FRESAS | MUSHROOMS | SWEET POTATOES |
| BERRIES | GRAPES | NUECES | TOMATES |
| CALABAZA | HONEY | PEACHES | TOMATOES |
| CARROTS | LAVANDA | PECANS | UVAS |
| CAMOTES | LAVENDER | PUMPKIN | WATERMELON |
| CHAMPINONES | LECHUGA | SANDIA | ZANAHORIAS |
| DURAZNOS | LETTUCE | SPINACH | |
| ESPINACAS | MIEL | STRAWBERRIES | |

Name: _____



Dig for the Facts/Indagaren los Hechos

Name of specialty crop

Calories

Nutrients

Serving Size

Top three ways it is consumed

Place of origin

A place it is known to grow

How much is produced in Oklahoma?

What counties in Oklahoma grow the crop?

How is it harvested?

Is it grown in the soil, with hydroponics, auqapponics or a combination?

When was it first in grocery stores?

Write a brief report about a specialty crop. Use the information listed above in the report.

Name: _____



Specialty Crop Recipe/Receta de Cultivo Especial

Create your own recipe using a specialty crop as the primary ingredient.

Cree su propia receta utilizando un cultivo especial como ingrediente principal.

| | |
|---|-------|
| Recipe name/ Nombre de la Receta: _____ | |
| Ingredients/ Ingredientes | |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| Directions/ Direcciones | |
| _____ | |
| _____ | |
| _____ | |
| _____ | |
| _____ | |
| _____ | |
| _____ | |
| _____ | |
| _____ | |
| _____ | |

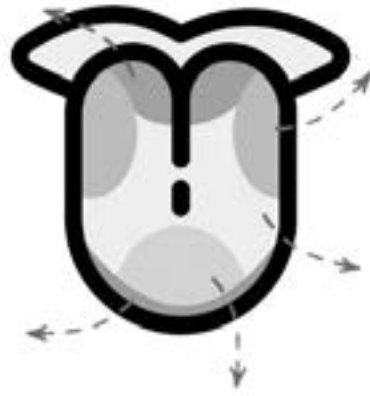
Name: _____



Taste Test/ Prueba de Sabor

BITTER AMARGO

Bitterness is often present in foods like coffee, dark chocolate, and some vegetables.



SOUR FUENTE

Sourness is often found in foods like citrus fruits, pickles, and vinegar.

SALTY SALADO

Saltiness is commonly found in foods like potato chips, pretzels, and seafood.

UMAMI UMAMI

Umami is often found in foods like meat, fish, and soy sauce.

SWEET DULCE

Sweetness is associated with foods like candy, fruit, and honey.

Directions: Choose three Specialty Crops to evaluate. Circle the number that best answers each question. 1 is the worst and 5 is the best.

Specialty Crop #1

| | | | | | |
|---|---|---|---|---|---|
| How does the food look? Describe how this food looks: | 1 | 2 | 3 | 4 | 5 |
| How does the food taste? Describe how this food tastes: | 1 | 2 | 3 | 4 | 5 |
| How is the texture? How does the food feel in your mouth? Describe the texture and feeling of this food: | 1 | 2 | 3 | 4 | 5 |
| How does the food smell? Describe the aroma of this food: | 1 | 2 | 3 | 4 | 5 |
| How would you rate the food overall? Describe the overall experience of tasting this food: | 1 | 2 | 3 | 4 | 5 |

Specialty Crop #2

| | | | | | |
|---|---|---|---|---|---|
| How does the food look? Describe how this food looks: | 1 | 2 | 3 | 4 | 5 |
| How does the food taste? Describe how this food tastes: | 1 | 2 | 3 | 4 | 5 |
| How is the texture? How does the food feel in your mouth? Describe the texture and feeling of this food: | 1 | 2 | 3 | 4 | 5 |
| How does the food smell? Describe the aroma of this food: | 1 | 2 | 3 | 4 | 5 |
| How would you rate the food overall? Describe the overall experience of tasting this food: | 1 | 2 | 3 | 4 | 5 |

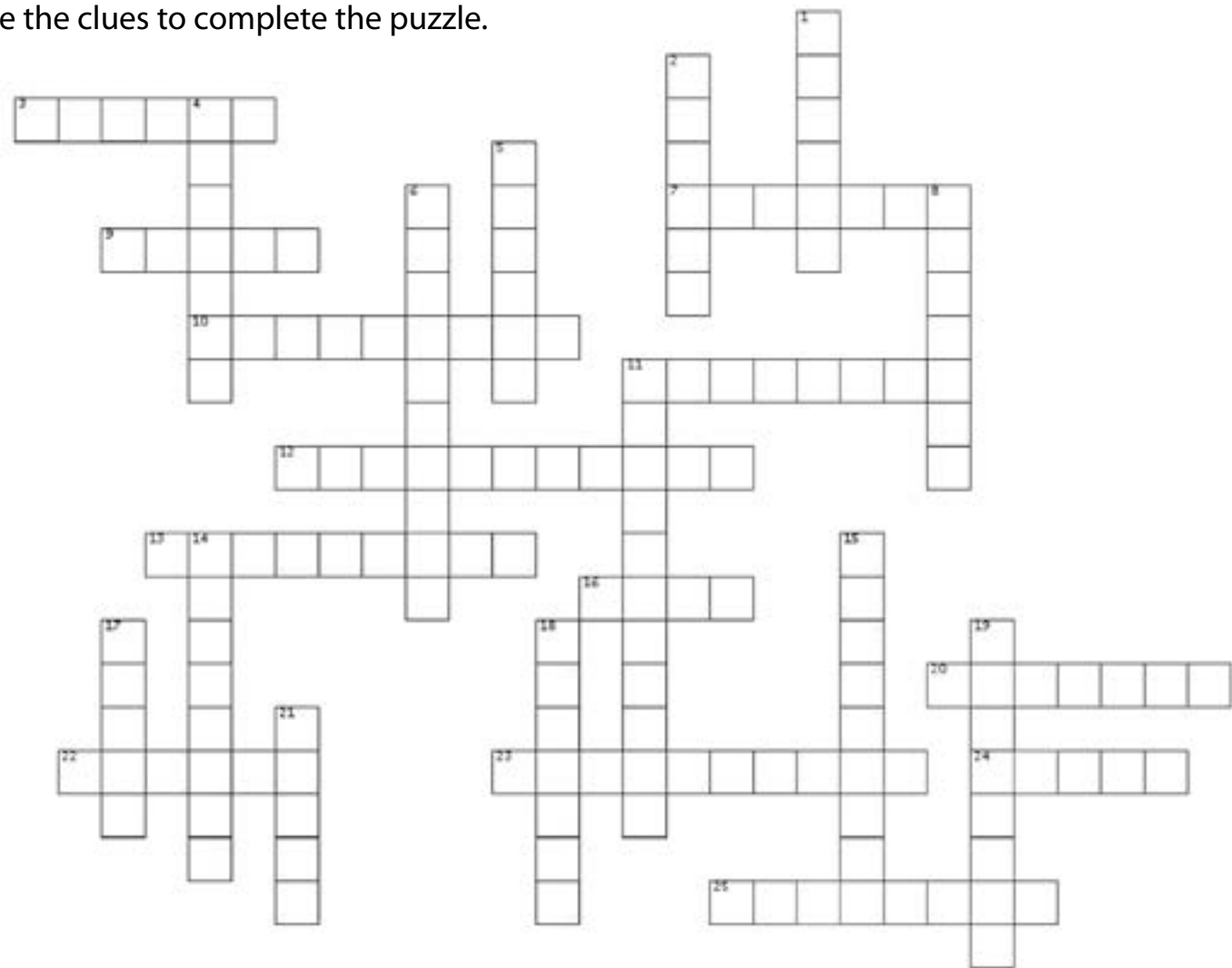
Specialty Crop #3

| | | | | | |
|---|---|---|---|---|---|
| How does the food look? Describe how this food looks: | 1 | 2 | 3 | 4 | 5 |
| How does the food taste? Describe how this food tastes: | 1 | 2 | 3 | 4 | 5 |
| How is the texture? How does the food feel in your mouth? Describe the texture and feeling of this food: | 1 | 2 | 3 | 4 | 5 |
| How does the food smell? Describe the aroma of this food: | 1 | 2 | 3 | 4 | 5 |
| How would you rate the food overall? Describe the overall experience of tasting this food: | 1 | 2 | 3 | 4 | 5 |

Name: _____

Crossword Puzzle/ Crucigrama

Use the clues to complete the puzzle.



DOWN

- 1. This taproot is part of the parsley family.
- 2. The Spanish word for pecans.
- 4. The Spanish word for tomatoes.
- 5. Spanish word for strawberries.
- 6. The only fruit with the seeds on the outside.
- 8. Dishes served on a bed of this are called "florentine"
- 11. The Spanish word for mushrooms.
- 14. The oil from this plant is used to repel pests like fleas and moths.
- 15. The Spanish word for carrots
- 17. This nut is a type of hickory native to the US.
- 18. The Spanish word for lavender.
- 19. This specialty crop is a fungi, not a fruit or vegetable.
- 21. The Spanish word for berries.

ACROSS

- 3. This red food is high in lycopene.
- 7. The Spanish word for sweet potatoes.
- 9. This specialty crop has a large pit, or stone, on the inside.
- 10. The Spanish word for spinach
- 11. The Spanish word for pumpkin.
- 12. This tuber is often confused for a yam, but it is not in the yam family.
- 13. This berry was once called star berry by the Native Americans.
- 16. The Spanish word for honey.
- 20. This specialty crop is especially popular in October.
- 22. The Spanish word for watermelon.
- 23. All parts of this specialty crop are edible, even the thick green rind.
- 24. The only human food made by insects.
- 25. The Spanish word for peaches.

Name: _____

Talk For A Minute/ Hable Por Un Minuto

Discuss the importance of eating fruits and vegetables.

Discuss which specialty crops you like the most.

Name a specialty crop and discuss all the ways it can be prepared and eaten.

Discuss a specialty crop you like and tell why it's your favorite.

Name a specialty crop you have not tried and discuss why you would or would not try it.

Discuss your normal breakfast/lunch/dinner. Identify all of the specialty crops in the meal.

Discuss your favorite holiday meal. Identify all of the specialty crops in the meal.

Name your favorite restaurant. Do they serve any specialty crops? Name them.

Discuss the importance of table manners. Do you have good table manners? Why or why not?

Directions:

Work with a partner to discuss the questions and statements. Identify one person as Partner A, and the other as Partner B. Partner A will address the statement first. Try to talk for at least one minute without Partner B talking. After Partner A is finished, Partner B will ask questions about what Partner A said, such as 'Tell me more about, or Why do you think that?'. Then, Partner B will talk about the same statement for one minute. Finally, Partner A will ask questions. As time allows, discuss the other statements.

Name: _____

Nutrition Labels/ Etiquetas Nutricionales

Nutrition Labels/ Etiquetas Nutricionales

| Blackberries | |
|--------------------------------|--------------|
| Serving Size | 144 g |
| Amount Per Serving | 62 |
| <small>% Daily Value *</small> | |
| Total Fat 0.7g | 1 % |
| Sodium 1.4mg | 0 % |
| Total Carbohydrate 14g | 5 % |
| Dietary Fiber 7.6g | 27 % |
| Sugar 7g | |
| Protein 2g | 4 % |
| Vitamin D 0.00mcg | 0 % |
| Calcium 41.76mg | 3 % |
| Iron 0.89mg | 5 % |
| Potassium 233mg | 5 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Grapes | |
|--------------------------------|--------------|
| Serving Size | 150 g |
| Amount Per Serving | 104 |
| <small>% Daily Value *</small> | |
| Total Fat 0.2g | 0 % |
| Saturated Fat 0.1g | 0 % |
| Sodium 3mg | 0 % |
| Total Carbohydrate 27g | 10 % |
| Dietary Fiber 1.4g | 5 % |
| Sugar 23g | |
| Protein 1.1g | 2 % |
| Vitamin D 0.00mcg | 0 % |
| Calcium 15.00mg | 1 % |
| Iron 0.54mg | 3 % |
| Potassium 267mg | 6 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Carrots | |
|--------------------------------|--------------|
| Portion Size | 128 g |
| Amount Per Portion | 52 |
| <small>% Daily Value *</small> | |
| Total Fat 0.3g | 0 % |
| Sodium 88mg | 4 % |
| Total Carbohydrate 12g | 4 % |
| Dietary Fiber 3.6g | 13 % |
| Sugar 6.1g | |
| Protein 1.2g | 2 % |
| Vitamin D 0.00mcg | 0 % |
| Calcium 42.24mg | 3 % |
| Iron 0.38mg | 2 % |
| Potassium 410mg | 9 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Lettuce | |
|--------------------------------|-------------|
| Portion Size | 35 g |
| Amount Per Portion | 4.9 |
| <small>% Daily Value *</small> | |
| Total Fat 0.1g | 0 % |
| Sodium 6.7mg | 0 % |
| Total Carbohydrate 1g | 0 % |
| Dietary Fiber 0.4g | 1 % |
| Sugar 0.5g | |
| Protein 0.4g | 1 % |
| Vitamin D 0.00mcg | 0 % |
| Calcium 9.45mg | 1 % |
| Iron 0.22mg | 1 % |
| Potassium 59mg | 1 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Peach | |
|--------------------------------|--------------|
| Serving Size | 150 g |
| Amount Per Serving | 63 |
| <small>% Daily Value *</small> | |
| Total Fat 0.4g | 1 % |
| Sodium 20mg | 1 % |
| Total Carbohydrate 15g | 5 % |
| Dietary Fiber 2.2g | 8 % |
| Sugar 13g | |
| Protein 1.4g | 3 % |
| Vitamin D 0.00mcg | 0 % |
| Calcium 6.00mg | 0 % |
| Iron 0.51mg | 3 % |
| Potassium 183mg | 4 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Pumpkin | |
|--------------------------------|--------------|
| Serving Size | 245 g |
| Amount Per Serving | 49 |
| <small>% Daily Value *</small> | |
| Total Fat 0.2g | 0 % |
| Saturated Fat 0.1g | 0 % |
| Sodium 2.5mg | 0 % |
| Total Carbohydrate 12g | 4 % |
| Dietary Fiber 2.7g | 10 % |
| Sugar 5.1g | |
| Protein 1.8g | 4 % |
| Vitamin D 0.00mcg | 0 % |
| Calcium 36.75mg | 3 % |
| Iron 1.40mg | 8 % |
| Potassium 564mg | 12 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Strawberries | |
|--------------------------------|--------------|
| Serving Size | 144 g |
| Amount Per Serving | 46 |
| <small>% Daily Value *</small> | |
| Total Fat 0.4g | 1 % |
| Sodium 1.4mg | 0 % |
| Total Carbohydrate 11g | 4 % |
| Dietary Fiber 2.9g | 10 % |
| Sugar 7g | |
| Protein 1g | 2 % |
| Vitamin D 0.00mcg | 0 % |
| Calcium 23.04mg | 2 % |
| Iron 0.59mg | 3 % |
| Potassium 220mg | 5 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Tomato | |
|--------------------------------|--------------|
| Serving Size | 100 g |
| Amount Per Serving | 18 |
| <small>% Daily Value *</small> | |
| Total Fat 0.2g | 0 % |
| Sodium 5mg | 0 % |
| Total Carbohydrate 3.9g | 1 % |
| Dietary Fiber 1.2g | 4 % |
| Sugar 2.6g | |
| Protein 0.9g | 2 % |
| Vitamin D 0.00mcg | 0 % |
| Calcium 10.00mg | 1 % |
| Iron 0.27mg | 2 % |
| Potassium 237mg | 5 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Watermelon | |
|--------------------------------|--------------|
| Serving Size | 100 g |
| Amount Per Serving | 30 |
| <small>% Daily Value *</small> | |
| Total Fat 0.2g | 0 % |
| Sodium 1mg | 0 % |
| Total Carbohydrate 7.6g | 3 % |
| Dietary Fiber 0.4g | 1 % |
| Sugar 6.2g | |
| Protein 0.6g | 1 % |
| Vitamin D 0.00mcg | 0 % |
| Calcium 7.00mg | 1 % |
| Iron 0.24mg | 1 % |
| Potassium 112mg | 2 % |

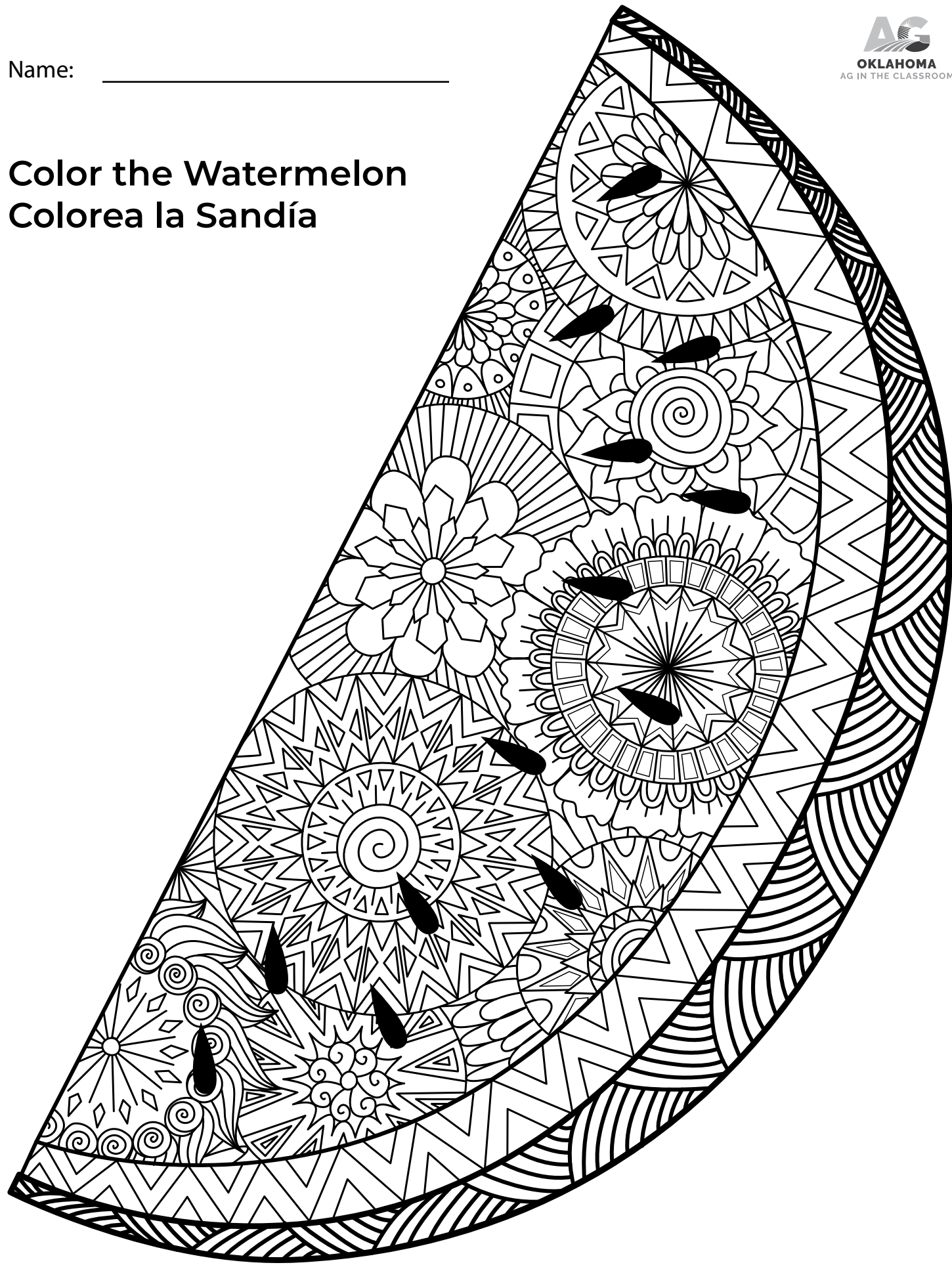
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

Compare the nutrition labels and answer the following questions.

- Which food is highest in protein? _____
- Which food is lowest in sugar? _____
- Which food is highest in sugar? _____
- Which food is the best source of iron? _____
- Which food provides the most calcium? _____
- Which food has the most calories? _____
- Which food has the fewest calories? _____
- Which food has the most potassium? _____
- Which food contains the highest % of dietary fiber? _____
- Look at the sodium and rank the foods from lowest to highest content.

Name: _____

Color the Watermelon Colorea la Sandía



www.agclassroom.org/ok

DURAZNOS

Los duraznos son excelentes fuentes de vitamina A y C y otros minerales traza.

Duraznos a lo largo con cerezas, ciruelas y chabacanos, son frutas de hueso.

Muchas tribus en territorio Indio cultivaban duraznos mucho antes de la estadidad de Oklahoma.

Los tres tipos básicos de duraznos son clingstone, freestone y semi-freestone.

Los duraznos Freestone son ideales para el consumo fresco porque los huesos se separan fácilmente de la pulpa.



PECANS

The pecan is a kind of hickory nut native to the United States.

Pecans are high in polyunsaturated fat; this is a healthy fat.

Pecans are a good source of vitamins, calcium, phosphorus, and iron.

Pecan trees like to grow together in clusters, or groves.

Eating pecans can reduce the risk of high cholesterol, diabetes, and hypertension.



NUECES

La nuez pecana es una especie de nuez de nogal originaria de los Estados Unidos.

Las nueces tienen un alto contenido de grasas poliinsaturadas; esta es una grasa saludable.

Las nueces son una buena fuente de vitaminas, calcio, fósforo y hierro.

A los árboles de nuez pecana les gusta crecer juntos en racimos o arboledas.

Comer nueces puede reducir el riesgo de colesterol alto, diabetes e hipertensión.



PUMPKIN

Roasted pumpkin seeds are nutritious, low in calories, and high in protein and iron.

Pumpkins are full of beta carotene which turns into vitamin A after eaten.

Vitamin A is good for eye and skin health and supports the immune system.

Every part of the pumpkin is edible, including the skin, leaves, flowers, and stem.

Pumpkins are cucurbits, as are related to squash, cucumbers, and melons.



CALABAZA

Las semillas de calabaza asadas son nutritivas, bajas en calorías y alto contenido en proteínas y hierro.

Las calabazas están llenas de betacaroteno que se convierte en vitamina A después de comerlas.

La vitamina A es buena para la salud de los ojos y la piel, y apoya el sistema inmunológico.

Cada parte de la calabaza es comestible, incluida la piel, las hojas, las flores y el tallo.

Las calabazas son cucurbitáceas, ya que están relacionadas con la calabaza, los pepinos y los melones.



SPINACH

Dishes served on a bed of spinach are called “florentine”.

Spinach may be eaten raw, cooked, boiled, baked, or sauted.

Spinach may decrease oxidative stress, and improve eye health.

Spinach may also help prevent heart disease and cancer.

Spinach is high in fiber, iron, calcium, and folate.



ESPINACAS

Los platos servidos en una cama de espinacas se llaman “florentinos”.

Las espinacas se pueden comer crudas, cocidas, hervidas, horneadas o salteadas.

La espinaca puede disminuir el estrés oxidativo y mejorar la salud ocular.

Las espinacas también pueden ayudar a prevenir enfermedades cardíacas y cáncer.

La espinaca tiene un alto contenido de fibra, hierro, calcio y ácido fólico.



STRAWBERRIES

Strawberries are one of the most popular fruits in the US.

Strawberries are eaten by 94 percent of Americans.

Strawberries are the only fruit with their seeds on the outside.

One cup of strawberries is only 55 calories.

Eight strawberries provide 140% of the vitamin C needed for a child for one day.



FRESAS

Las fresas son una de las frutas más populares en los Estados Unidos.

Las fresas son consumidas por el 94 por ciento de los Americanos.

Las fresas son la única fruta con sus semillas puestas el exterior.

Una taza de fresas tiene solo 55 calorías.

Ocho fresas proporcionan el 140% de la vitamina C necesaria para un niño durante un día.



SWEET POTATOES

Sweet potatoes are root tubers; fleshy roots that store food for plants.

Although it is often called a yam, the sweet potato is NOT in the yam family.

Sweet potatoes are full of beta carotene, an organic compound that helps prevent vitamin A deficiency.

Sweet potatoes are high in fiber and a good source of Vitamin B6.

Sweet potatoes are eaten baked, fried, steamed, mashed, and as chips.



CAMOTES

Los camotes son tubérculos de raíz; raíces carnosas que almacenan alimento para las plantas.

Aunque a menudo se le llama ñame, el camote NO pertenece a la familia del ñame.

Los camotes están llenas de betacaroteno, un compuesto orgánico que ayuda a prevenir la deficiencia de vitamina A.

Los camotes son ricos en fibra y una buena fuente de vitamina B6.

Los camotes se comen horneadas, fritas, al vapor, en puré, y como papas fritas.



TOMATOES

Tomatoes are eaten raw, cooked, pureed, roasted, and grilled.

Tomatoes are high in lycopene, a plant compound linked to improved heart health.

While it is botanically a fruit, tomatoes are considered a vegetable for culinary purposes.

Tomatoes are acidic, making them easy to preserve in home canning.

Tomatoes are a good source of vitamin C, vitamin K, potassium, and folate.

TOMATES

Los tomates se pueden comer crudos, cocidos, en puré, asados, y a la parrilla.

Los tomates tienen un alto contenido de licopeno, un compuesto vegetal relacionado con una mejor salud cardíaca.

Si bien botánicamente es una fruta, los tomates se consideran una verdura con fines culinarios.

Los tomates son ácidos, lo que los hace fáciles de conservar en conservas caseras.

Los tomates son una buena fuente de vitamina C y K, potasio, y folato.

WATERMELON

Watermelon is a nutritious choice. It is high in Vitamin C and A.

All parts of a watermelon are edible.

A watermelon is classified as both a fruit and a vegetable.

Watermelon is a natural sports drink, rich in magnesium and potassium.

Watermelon live up to their name. They are 92% water.



SANDIA

La sandía es una opción nutritiva. Tiene un alto contenido de vitamina C y A.

Todas las partes de una sandía son comestibles.

Una sandía se clasifica como fruta y verdura.

La sandía es una bebida deportiva natural, rica en magnesio y potasio.

La sandía hace honor a su nombre. Son 92% de agua.



MORE CROPS

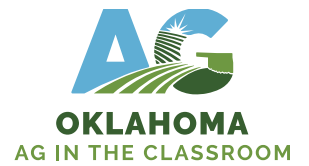
In Oklahoma there are lots of other specialty crops.

- Apples
- Asparagus
- Beets
- Black-Eyed Peas
- Broccoli
- Cauliflower
- Cabbage
- Cantaloupe
- Cucumbers
- Green Beans
- Greens
- Pears
- Peppers
- Radishes
- Squash
- Zucchini



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