Farming Feeds Alabama: Make-It

Now that you know more about the food grown and made in Alabama, why not make a special recipe for dinner or a snack? Make sure an adult helps with using the stove and sharp utensils.

**Chicken Quesadillas**

**Ingredients:**
- 2 whole wheat tortillas
- 1 can of cooked chicken
- ¼ cup shredded cheese
- ¼ cup green pepper, optional

**Directions:**
1. Place one tortilla on a plate.
2. Top with chicken, cheese and green pepper.
3. Place second tortilla on top.
4. Optional – ask an adult to heat the quesadilla in a skillet on the stove, just enough to melt the cheese.
5. Cut into pieces and enjoy.

Use this same idea to create other quesadillas with different ingredients. Try peanut butter, banana and honey. Be creative! And remember to thank a farmer, because they’re working hard every day to grow food for everyone in our country and our world!
**From Farm to Table**

When it comes to food, most of what you eat probably comes from a grocery store or restaurant. But where do the stores and restaurants get food? It comes from our farms. From chicken and steaks to fruits and veggies, the food you eat was first raised by a farmer.

Alabama has a lot of poultry farmers. In fact, we’re third in the U.S. for number of chickens raised. Help our farmer get his chickens from his farm to the grocery store. Be sure to stay on the right side of the road. Start at the hatchery, then stop at the broiler farm, processing plant, food service company, grocery store and end at your table.

**Farm Mix-Up Answers:**
1c - denim, 2a - steak, 3e - peanut butter, 4b - ethanol, 5f - honey, 6d - paper

**A Regular Day on the Farm**

Farmers cover a lot of ground in Alabama. Our state has almost 49,000 farms on more than 9 million acres of land. Farmers take their jobs very seriously and do their best to care for their land, animals and crops. But this farm needs some color!