



Ag Mag

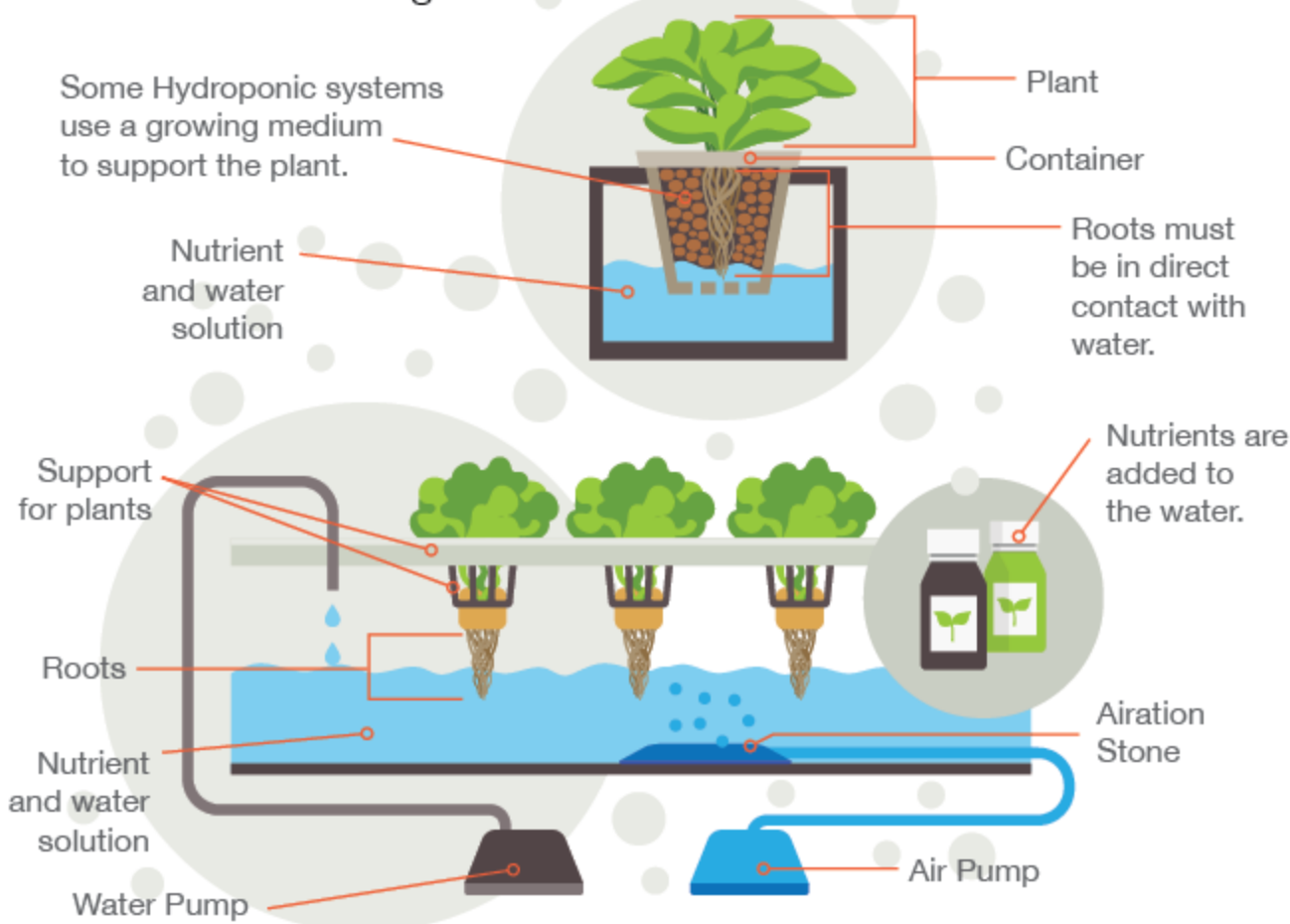
AGRICULTURAL GAZETTE FOR KIDS



FRUIT & VEGETABLE

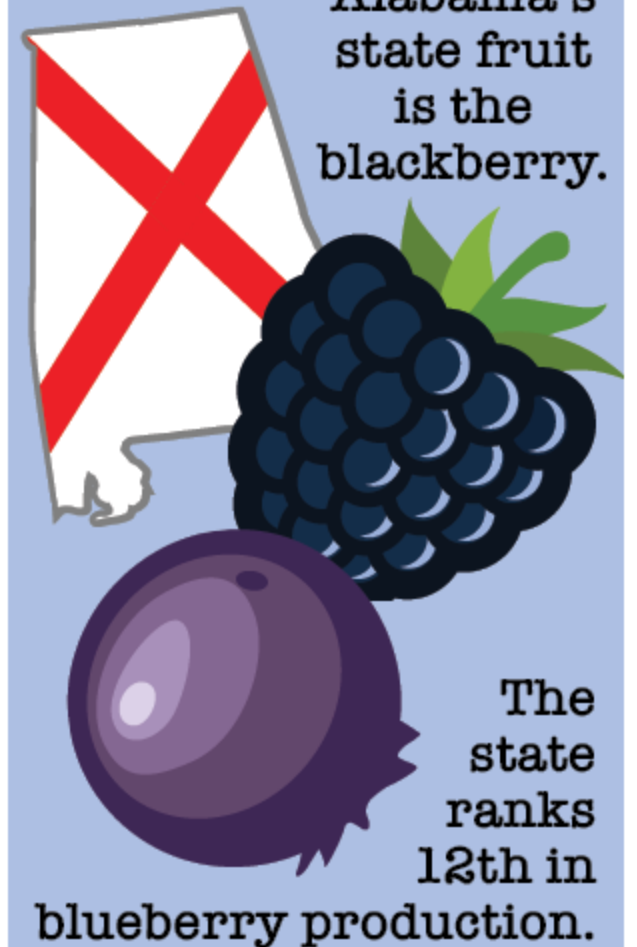
HYDRO-WHAT'S-IT? HYDROPONICS!

Did you know you can grow plants on top of water? **Hydroponics** is a method of growing plants in a water-based, nutrient-filled solution. Instead of soil, the root system is supported by a growing medium which can be anything that won't decay or break down quickly. As the population continues to rapidly increase and available land for crops decreases, hydroponics allows farmers to produce crops in greenhouses or on multilevel buildings.



DID YOU KNOW?

Alabama's state fruit is the blackberry.



The state ranks 12th in blueberry production.

Alabama Farmers Market Facts



In 1999, Alabama had only 17 farmers markets. Today, there are over 160.

About 1,100 farms participate in Alabama farmers markets each year.

Alabama farmers markets generate at least \$16 million in sales annually.

NUTRITION



Half your plate should be fruits and vegetables, according to the U.S. Department of Agriculture.

Grown in Alabama

WATERMELONS



PEACHES

Peaches are the state's leading commercial fruit, two-thirds of which are grown in Chilton County. This tasty fruit generates \$6.2 million in sales for Alabama per year. Almost all peach farms in Alabama are family owned, and the peach crop is sold to local farmers markets. A small group of larger farms sell to out-of-state distributors. Peaches are so popular in Alabama the fruit has its own queen! The Miss Peach Queen Pageant has been an annual tradition at the Chilton County Peach Festival since 1947.



Alabama ranks 12th in the nation for watermelon production. Fun fact: watermelons are classified as both a fruit and vegetable. Because it grows from a seed, it can be called a fruit, but because it is harvested from a field – and is in the same family as

cucumbers, pumpkins and squash – it can be called a vegetable. Even though watermelons are 92% water, they are still packed with nutrients. Each bite is full of vitamins, minerals and carbohydrates.

Picking the best watermelon is easy if you know what to look for. When a watermelon is ripe, it develops a yellow spot on its bottom from resting on the ground. If this spot is creamy yellow, it's ripe and ready to eat!

SATSUMAS

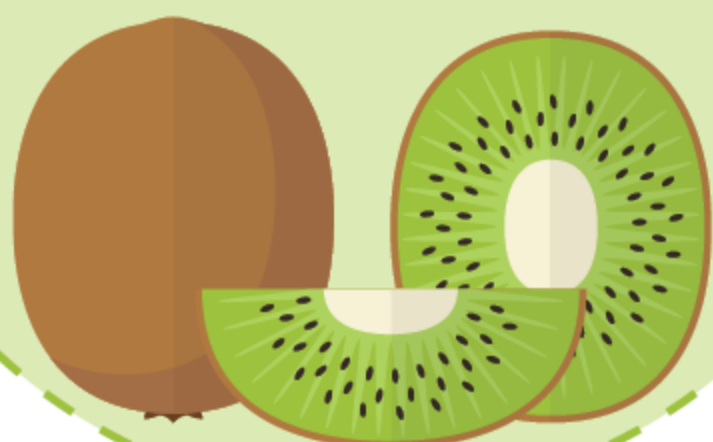
Alabama is No. 3 nationally in satsuma production with more than 100 acres of trees planted. Satsumas are a seedless variety of the mandarin orange and are harvested in fall and early winter. Satsuma growers in Alabama sell within the state. The fruit grows well along extreme southern Gulf states. The sweet fruit has few seeds, if any, and is easy to peel. On average, a big satsuma tree can produce 300 to 400 pounds yearly.



DID YOU KNOW?

The only kiwi farm east of California is in Reeltown, Alabama.

This farm produces kiwi fruit for premium markets in China, Japan and Korea. It grows a variety of gold kiwi called the AU Golden Sunshine.





LETTUCE

Lettuce is one of the oldest known vegetables and is one of the top three vegetables produced in the US. There are several types of lettuce, but the three most common are head, leaf and romaine. Iceberg lettuce has been the most popular variety, but a shift in popularity has occurred in the past ten years. Varieties of lettuce differ in color, texture and amount of nutrients. Lettuce is low in calories, fat-free, cholesterol-free and low in sodium. It has 11 calories per one cup. Lettuce is a member of the sunflower family, and Americans consume 30 pounds per person each year.



Lettuce was recently grown, harvested

and eaten on board the International Space Station.

Fast Facts

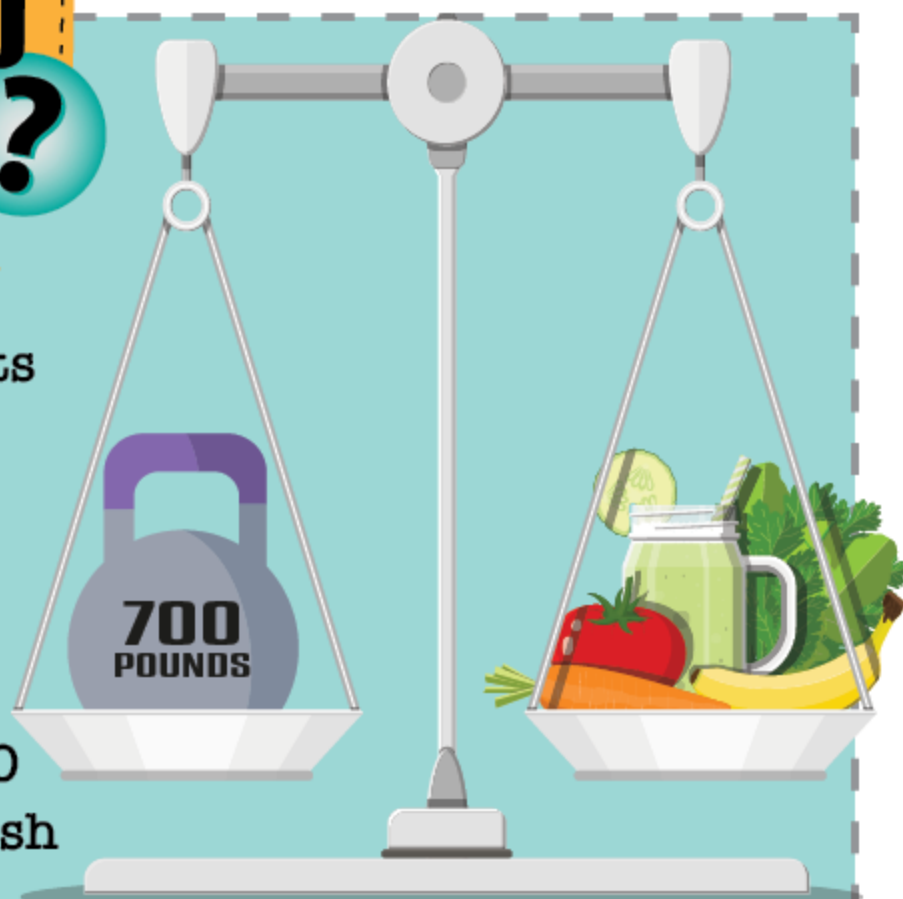


Alabama farmers produce a diverse selection of fruit, nut and vegetable crops.

Alabama's fruit and vegetable industry has a \$161.5 million economic impact annually and provides 1,121 jobs.

DID YOU KNOW?

The average American eats more than 700 pounds of fruits and veggies each year, including 300 pounds of fresh produce.



SWEET POTATOES



In the early 1900s, George Washington Carver encouraged southern farmers to produce sweet potatoes, which grow well in most southern soils and

are a good source of nutrition at a low cost. Sweet potatoes top the list of most nutritious vegetables and are rich in complex carbohydrates, fiber, vitamins, minerals and beta carotene. Because consumers are more focused on fresh foods in the U.S., Alabama farmers are benefitting from growing this nutritious crop. Alabama ranks seventh in the nation for sweet potato production with more than 1,750 acres of sweet potatoes grown annually on 67 Alabama farms. Alabama sweet potato producers sell to both farmers markets and grocery stores.

SUMMER SQUASH

Summer squash is a warm season crop grown throughout Alabama. There are four groups of summer squash: straightneck, crookneck, scallop and zucchini. Summer squash is nutritious because it is very low in calories and high in fiber. One cup of squash has as much potassium as a banana and a very important mineral nutrient called phosphorus. Summer squash

can be served with other vegetables and dips, in salads, grilled, broiled, steamed, stir-fried, deep-fried, boiled, baked or stuffed. It goes well with any dish because of its mild flavor, unique texture and beautiful color.



Squash is one of the oldest known crops.

It was grown in Mexico over 10,000 years ago.

Romaine Calm – This Word Game Is Berry Challenging!

Lettuce see how many fruits and veggies you can name – at least one for each letter of the alphabet. Total your score at the end.

Points		Points	
A	1	N	5
B	1	O	1
C	1	P	1
D	5	Q	5
E	5	R	1
F	5	S	1
G	1	T	1
H	5	U	5
I	5	V	5
J	5	W	1
K	1	X	1
L	1	Y	5
M	1	Z	1
Total Score			

Freebie: Xigua (xīguā or shy-gway); Mandarin Chinese word for a small, round watermelon.

THE GREAT FRUIT OR VEGETABLE DEBATE

Botany defines fruit as the seed-bearing part of a plant that develops from the ovary of a flowering plant. So, tomatoes and eggplant are both fruit.

I am not listing my world-famous eggplant parmesan as hot fruit salad on the menu!



Where Does It Grow?

Write the name of the fruit or vegetable then circle whether it grows in a tree, above ground or below ground.



ANSWER KEY: Left column from top: Strawberry, above ground; Peach, in a tree; Watermelon, above ground; Blackberry, above ground; Avocado, in a tree; Onion, below ground; Corn, above ground; Potato, below ground; Beet, below ground; Pumpkin, above ground; Pear, above ground.



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND



IN A TREE ABOVE GROUND BELOW GROUND

SOURCES:

<http://www.fullbloomhydroponics.net>
<http://www.encyclopediaofalabama.org>
<https://www.farmflavor.com>
<https://www.healthline.com>



Produced by Alabama Farmers Agriculture Foundation • AlabamaFarmersFoundation.org
Through Support From the Farming Feeds Alabama License Plate
Distributed by Alabama Farmers Federation • www.AlfaFarmers.org

Compiling Editor, Elizabeth Thompson