Vegetables are an important source of many nutrients, including fiber, potassium, vitamin A, vitamin C, and vitamin K. They are also a good source of antioxidants, which help protect your body from damage caused by free radicals.

Starchy vegetables include corn, green peas, lima beans, potatoes, and white beans. These vegetables are rich in complex carbohydrates, which provide energy to your body.

Dark green vegetables include broccoli, spinach, kale, and collard greens. They are a rich source of vitamin K, which is important for blood clotting and bone health.

Red and orange vegetables include red bell peppers, carrots, and sweet potatoes. They are a good source of vitamin A, which is important for vision and immune function.

Beans and peas are a good source of plant protein, fiber, and various vitamins and minerals. They are also a rich source of antioxidants and anti-inflammatory compounds.

For more information on the five types of vegetables, visit agclassroom.org and agri.nv.gov.

Why Are Vegetables Good for Your Body?

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### Activity Time!

Write down everything you ate yesterday, from the time you woke up until you went to bed.

**Count up all the vegetables you ate.**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

How many vegetables did you have for breakfast? _____

How many vegetables did you have for lunch? _____

How many vegetables did you have for dinner? _____

### Make a graph of your counts below

**Number of vegetable servings**

<table>
<thead>
<tr>
<th>6oz</th>
<th>4oz</th>
<th>2oz</th>
<th>1oz</th>
<th>½ oz</th>
<th>0 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

### SEASONAL FOODS ACTIVITY

Check out the examples of vegetables in season. Circle all the vegetables you have not tried.

<table>
<thead>
<tr>
<th>Vegetable Subgroups</th>
<th>Ate It!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dark Green</td>
<td></td>
</tr>
<tr>
<td>Starchy</td>
<td></td>
</tr>
<tr>
<td>Red &amp; Orange</td>
<td></td>
</tr>
<tr>
<td>Beans &amp; Peas</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

### Make your own menu!

Using the vegetable subgroups and seasonality calendar, create a menu for the week that allows you to eat the recommended daily value of 1 ½ to 2 cups of vegetables per day, and at least one of each of the 5 vegetable categories during the week.

Think of all the different ways you can eat vegetables (cooked, raw, mashed, added to other dishes such as rice or pasta, etc.).

**Plan Your Menu, Track Your Progress**

Each day track your progress by writing the day of the week in the Ate It! column for the vegetable subgroups you ate. Don’t worry if you didn’t eat exactly what you planned on your menu, the important thing is to eat a variety of vegetables.

### Seasonality Calendar

Check out the examples of vegetables in season. Circle all the vegetables you have not tried.

**Fall**
- Bell peppers
- Cauliflower
- Eggplant
- Leeks
- Mushrooms
- Potatoes
- Pumpkins
- Red Potatoes
- Sweet Potatoes
- Winter Squash

**Winter**
- Beets
- Collard greens
- Kale
- Leeks
- Mushrooms
- Peppers
- Potatoes
- Sweet Potatoes
- Turnips

**Spring**
- Asparagus
- Beets
- Cauliflower
- Green Onions
- Green Peas
- Kale
- Leek
- Mushrooms
- Radishes
- Red Potatoes
- Sweet Onions

**Summer**
- Bell peppers
- Cabbage
- Carrots
- Celery
- Cucumbers
- Eggplant
- Green beans
- Ora
- Tomatoes

### Nevada Connection: Winnemucca Farms

Most, if not all, of Nevada’s potatoes are grown in Humboldt County, in the northern part of the state. It’s there that you’ll find the town of Winnemucca, where Winnemucca Farms has been growing potatoes and other crops for some of your favorite snack foods for nearly 30 years.

Winnemucca Farms was established in the 1980s by Don Kracaw, a farmer from Idaho (a state known for its potatoes!), Kracaw came to Winnemucca to visit friends, and became interested in the good, sandy soil found here, thinking it would be good farming soil. By 1976, the farm had 10 acres of land in corn-production and 82 agricultural wells drilled. At that time, Winnemucca Farms was the largest family-owned farm in the Western United States.

The farm soon began selling its potatoes to potato processing companies. In fact, the first Pringles potato chips were produced with potatoes grown at Winnemucca Farms! Although the Kracaw family no longer owns the farm, the farm manager, Tom Heyn, says that they’re busier than ever! Winnemucca Farms grows about 15,000 acres of crops—mainly potatoes. Half of those potatoes are shipped by truck to the Frito-Lay plant in California, where they are turned into potato chips. The other half of the potato crop is delivered to grocery stores, including Walmart and Ralph’s, and a small amount is sent to In-N-Out Burger, where they’re turned into French fries!

Winnemucca Farms also grows sugar snap peas, which it harvests in July. Farm manager Tom Heyn calls snap peas “our biggest and most fun crop.” This is because, as of 2014, 80 percent of the peas used in the Snapea Crisps line of snacks found in local grocery stores are grown at Winnemucca Farms! The farm also grows alfalfa, corn, and wheat.

Winnemucca Farms is so large, in fact, that it’s the largest agricultural user of water in the state of Nevada. Because water is so scarce in the state, Heyn and his crew watch their water use closely. They monitor soil moisture daily in all fields, and constantly check how their wells are working, in order to use every drop efficiently. They will even send airplanes overhead twice a month, in order to watch that sprinklers and irrigation are properly and efficiently distributing water.

What crops does Winnemucca Farms grow?

(Provided by Great Basin Community Food Co-op)

### Winter

Cold weather means SAVOYS are extra delicious! What are your favorite winter vegetables that would go well in a soup?

Winter
- Beets
- Cauliflower
- Kale
- Leeks
- Mushrooms
- Peppers
- Potatoes
- Sweet Potatoes
- Turnips
- Winter Squash

**Summer**
- Bell peppers
- Cabbage
- Carrots
- Celery
- Cucumbers
- Eggplant
- Green beans
- Ora
- Tomatoes

### Seasonal Foods Activity

Imagine a fresh summer salad, bursting with colorful vegetables… Using the seasonality calendar create a recipe of vegetables you’d like to use in a salad.

### The Reasons for Buying with the Seasons:

Have you ever wondered why you don’t see fresh corn in the grocery store during winter, or why we eat pumpkins at Thanksgiving?

This is because of the growing seasons. Corn grows in the summer, and pumpkins are harvested in the fall.

Although technology and the opportunity to ship foods across the world have made it possible to buy tomatoes out of season in winter and oranges out of season in summer, eating with the seasons is best because:

- It’s more affordable. When there are more crops available such as a bumper crop of pumpkins in the fall, they are usually more affordable because producers are anxious to sell them before they go bad. But when you try to buy tomatoes in winter, they have had to be shipped from far away, and all those costs of production and shipping are included in what you pay.

- It’s tastier. Bite into a fresh-from-the-vine tomato topped with fragrant basil and you’ll see what we mean. Nothing beats the flavor of in-season produce (that vine won’t taste half as good).

- It’s more nutritious. When out-of-season vegetables have to be shipped in from far away, they are picked before they’re ripe, so that they don’t become overripe and turn rotten during the trip. But the natural ripening process is what creates all those nutrients, and vegetables picked too early aren’t as flavorful as fresh, ripe ones.