

RED & YELLOW BELL PEPPER



HARVEST OF THE MONTH
AUGUST



Red and yellow bell peppers grow everywhere in Texas and both are “hot” ingredients in dishes all over the world. Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and are in between green and red bell peppers on how ripe they get. Yellow bell peppers lack the sour taste green peppers sometimes have.

DID YOU KNOW?

One medium-sized red bell pepper contains approximately 150 percent of the recommended daily allowance for vitamin C, making it a great food source for this vitamin.

FUN FACT

Bell peppers were given the name “peppers” by Christopher Columbus and Spanish explorers who were looking for “peppercorn” to make black pepper.



BELL PEPPER GROWING REGIONS

- | | |
|--------------------|----------------------|
| 1. The High Plains | 5. Trans Pecos |
| 2. North Texas | 6. Winter Garden |
| 3. East Texas | 7. Coastal Blend |
| 4. Central Texas | 8. Rio Grande Valley |



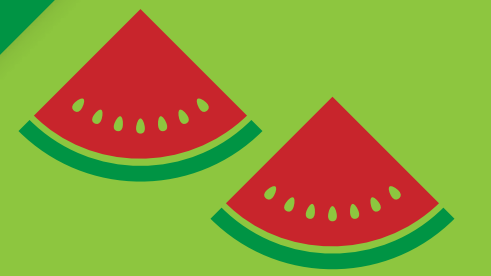
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HARVEST OF THE MONTH
SEPTEMBER



Watermelon has a smooth hard rind, usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but may sometimes be orange, yellow, or white. Watermelons may have many seeds or have no seeds at all. Watermelons are mostly water — about 92 percent — and are a very good source of vitamin A and vitamin C. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.

DID YOU KNOW?

Melons are the cousins of cucumbers and squash, as they are part of the large gourd family.

FUN FACT

Watermelon festivals are common in Texas, including the What-A-Melon Festival in Center, Texas; the Hempstead Watermelon Festival; and the Luling Watermelon Thump.



WATERMELON
GROWING REGIONS

- | | |
|--------------------|----------------------|
| 1. The High Plains | 3. Winter Garden |
| 2. East Texas | 4. Rio Grande Valley |



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GALA APPLES

HARVEST OF THE MONTH
OCTOBER



Gala apples come in all colors and sizes. They have stripes and are orange in color. Gala apples are sweet and can be cooked, baked in pies, or enjoyed raw as a fresh snack. They are often used to make apple sauce. Gala apples grow on trees in the Texas Hill Country and other parts of Texas. In the spring, their trees are covered in white flowers. Gala apples continue to grow throughout the summer and are ready to be picked in the autumn.

DID YOU KNOW?

Apples are the most popular fruit in the United States. Gala apples rank No. 2 out of the Top 10 apples grown in the country. Red Delicious apples are ranked No. 1.

FUN FACT

Apples float when dropped into water because they consist of 25% air.



GALA APPLES
GROWING REGIONS

1. The High Plains 2. Central Texas



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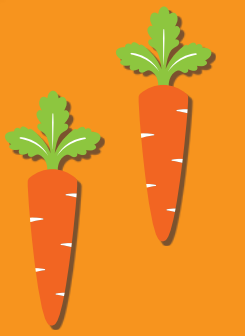
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CARROTS

HARVEST OF THE MONTH
NOVEMBER



Carrots are a root vegetable like potatoes, turnips and beets. Root vegetables are the edible roots of plants that grow underneath the ground. Above ground, they have ferny, green leaves. Carrots are often used for cooking and they have a lot of vitamin A. You can chop carrots for soups and stews, eat them raw in salads or with a dip, shred them for carrot cake and other desserts, or even blend them for a yummy juice.

DID YOU KNOW?

Carrots were one of the earliest vegetables grown by man. The first carrots were grown about 5,000 years ago in the Middle East.

FUN FACT

Carrots started out white or purple in color. The first orange carrots were grown in the Netherlands because orange was the official color of the royal family.



CARROT
GROWING REGIONS

1. The High Plains 2. Winter Garden



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SPINACH

HARVEST OF THE MONTH
DECEMBER



Spinach is one of the most popular members of the leafy "greens" group. In the 1930s, the cartoon character Popeye helped make spinach famous. It won't actually make you super-strong like Popeye, but it does have nutrients for your skin, eyes and a healthy body. Texas is ranked second in the country for growing spinach. It has flat, smooth leaves but some types have dark green, curly leaves. It can taste great raw in a salad or cooked in a sauce.

DID YOU KNOW?

Spinach grows rapidly and becomes full-grown in about six to eight weeks after it is planted. Farmers pick it when it has about 10-12 leaves, by pulling the plant out of the ground.

FUN FACT

The spinach-growing town of Crystal City, Texas built a statue of Popeye in 1937.



SPINACH
GROWING REGIONS

1. The High Plains
2. Winter Garden
3. Rio Grande Valley



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RED GRAPEFRUIT

HARVEST OF THE MONTH
JANUARY



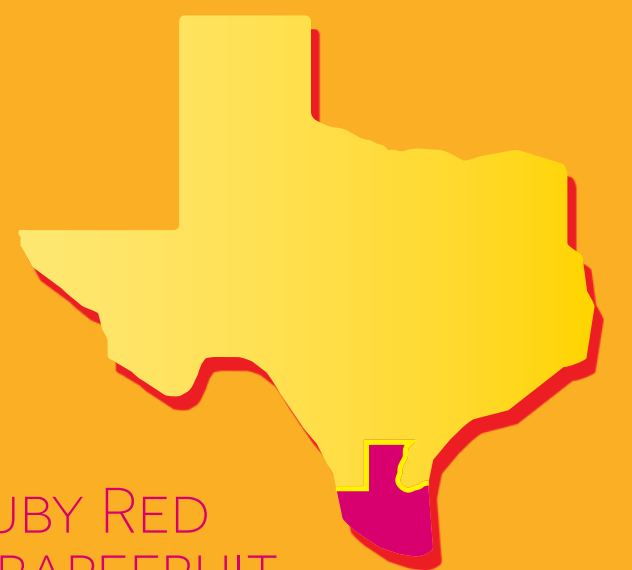
Red grapefruit is the state fruit of Texas. It was discovered growing on a pink grapefruit tree in Texas' Rio Grande Valley. It has a tangy, sweet taste and can be juiced, sliced in half or divided into several sections. Texas citrus fruits grow in places with lots of sunshine and soft ground. Varieties like Rio Star, Flame and Ruby Sweet can be found in supermarkets from October through May.

DID YOU KNOW?

A grapefruit has lots of vitamins A and C, so eating a ruby Texas red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.

FUN FACT

Grapefruit got its name from growing in bunches just like grapes.



RUBY RED
GRAPEFRUIT
GROWING REGIONS

Rio Grande Valley



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RED LEAF LETTUCE

HARVEST OF THE MONTH
FEBRUARY



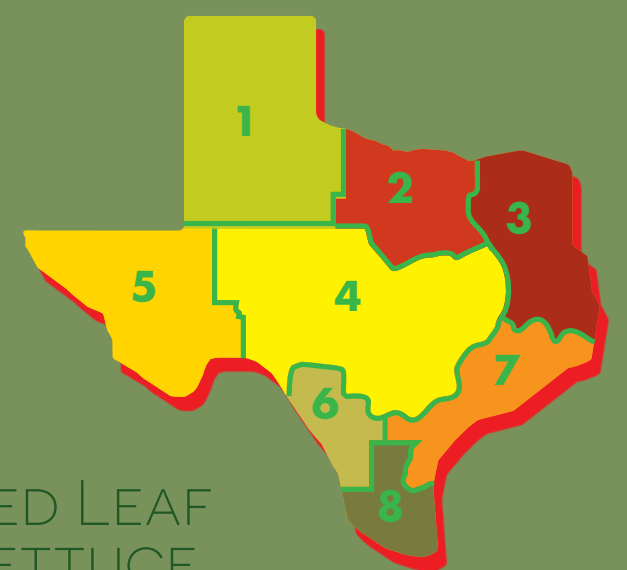
Red leaf lettuce has large, open leaves and is a reddish-purple color. Lettuce is harvested by cutting the short stem underneath the leafy mass called the "head." Other varieties include romaine, green and butter. Red leaf lettuce is fat-free and offers more nutrients than green lettuce. As one of the world's most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although it can be cooked or steamed for a culinary adventure.

DID YOU KNOW?

Red leaf lettuce comes from a big family, including: new red fire lettuce, red sails lettuce, redina lettuce, galactic lettuce and benito lettuce.

FUN FACT

Did you know lettuce is a member of the sunflower family?



RED LEAF
LETTUCE
GROWING REGIONS

- | | |
|--------------------|----------------------|
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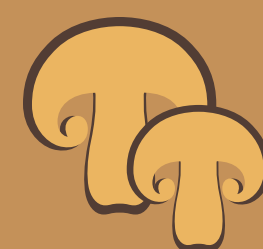
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BUTTON MUSHROOMS

HARVEST OF THE MONTH
MARCH



DID YOU KNOW?

Button mushrooms were first grown in France nearly 300 years ago.

FUN FACT

There are more than 30 species of mushroom that actually glow in the dark. People have been known to use these fungi to light their way through the woods.



BUTTON
MUSHROOM
GROWING REGIONS

1. East Texas

2. Central Texas

Button mushrooms grow out of the ground and don't need sunlight. Despite being mostly water—about 90 percent—mushrooms are sometimes thought of as the “meat” of the vegetable world. They are a low-calorie food that can be eaten raw, cooked or part of a larger meal. There are a few mushroom varieties, called toadstools, that are very poisonous. So if you find a mushroom growing in the woods or the yard, don't eat it.



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BROCCOLI

HARVEST OF THE MONTH
APRIL



Broccoli belongs to the Cruciferae family, which also includes cauliflower, cabbage, bok choy and Brussels sprouts. Broccoli prefers cool weather. It is often boiled, roasted or steamed, but can also be eaten raw. A head of broccoli is made up of tiny flower buds. If you don't pick it early enough, the head turns into a bunch of yellow flowers. Broccoli is filled with a lot of healthy vitamins and minerals which provide strength to the body and help fight diseases.

DID YOU KNOW?

Broccoli is an excellent source of vitamins C and K, and it is a good source of vitamin A and potassium.

FUN FACT

Broccoli has been around for more than 2,000 years and has been grown in the United States for more than 200 years!



BROCCOLI
GROWING REGIONS

1. Winter Garden 2. Rio Grande Valley



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BLUEBERRIES

HARVEST OF THE MONTH
MAY



DID YOU KNOW?

A one-cup serving of blueberries has only 80 calories and almost no fat. One serving gives you 25 percent of the Vitamin C needed for the day.

FUN FACT

Every year, almost 20,000 people come to the Annual Texas Blueberry Festival in Nacogdoches, Texas.



BLUEBERRY
GROWING REGIONS

East Texas

Blueberries are plump, juicy and sweet. They grow together on bushes in small clusters or groups. Each one is round and usually no larger than a marble. They are pale greenish at first, then turn reddish purple, and then dark blue when ready to eat. The darker their color, the sweeter they taste. Blueberries go great in everything from muffins to desserts. You may even find them on your breakfast cereal or in pancakes. Blueberries can ripen any time between May and August.



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PEACHES

HARVEST OF THE MONTH
JUNE



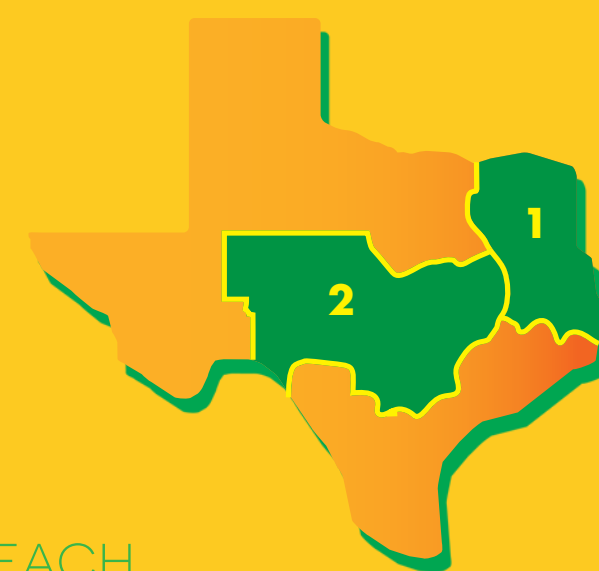
Peaches are stone fruits, which mean they have large pits or seeds in their centers. Peaches are known for their yellow and red fuzzy skins and they're really soft to the touch. Peaches are mostly grown in the central and eastern regions of Texas. The Hill County peach farms located in central Texas are famous for the quality of their fruit. Peaches grow on trees and taste the best from June through the end of August. Peaches are an extremely juicy fruit and taste great fresh or cooked. Use them with yogurt or in a fruit salad.

DID YOU KNOW?

The word 'peach' has come to mean 'fine' or 'excellent' and is used in many sayings like "everything's peachy" and "life is peachy keen."

FUN FACT

In China, peaches are symbols of long life and good luck.



PEACH
GROWING REGIONS

1. East Texas

2. Central Texas



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CHERRY TOMATOES

HARVEST OF THE MONTH
JULY



Cherry tomatoes are small, bite-sized tomatoes. Most are red, but some are yellow, green or black. Some are small as thumb tips while others are the size of golf balls. They grow best in warm weather and love to sun bathe. Cherry tomatoes grow on vines but farmers usually use trellises or fences to support their weight. Believe it or not, the tomato is technically a fruit. Most people think of them as a vegetable since they're commonly used in savory (not sweet) dishes.

DID YOU KNOW?

Tomatoes continue to gain weight after they are picked because they ripen from the inside out and produce more juice. If you place a tomato in the fridge the ripening process will stop.

FUN FACT

Tomatoes are thought to come from Peru, where their Aztec name translated to "plump thing with a navel."



CHERRY TOMATO
GROWING REGIONS

1. East Texas

2. Rio Grande Valley



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