

For good health . . . Eat 3 to 5 vegetables each day.

- tomato juice, cantaloupe or watermelon for breakfast
- carrots & celery or salad for lunch
- potato & 1 or 2 other vegetables for supper
- watermelon for dessert or snack

Eat vegetables with different vitamins each day.

- one vegetable high in vitamin A
(broccoli, cantaloupe, carrots, lettuce, peppers, spinach, or winter squash)
- one vegetable high in vitamin C
(asparagus, snap beans, lima beans, broccoli, Brussels sprouts, cabbage, cantaloupe, cauliflower, lettuce, peas, peppers, spinach, tomatoes, turnips, watermelon or winter squash)
- one vegetable high in fiber
(lima beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, peas, potatoes, sweet corn or winter squash)

Eat a vegetable from the cabbage family several times a week.

(broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale or turnips)

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It all adds up . . . Vegetables are grown on over 3,450 farms in Pennsylvania

major crops	acres	national rank
• asparagus	190	
• beans, snap	9,940	6 ^{th*}
• beets	100	
• broccoli	210	
• cabbage	1,320	14 ^{th**}
• cantaloupe	1,010	7 ^{th**}
• carrots	180	
• cauliflower	120	
• cucumbers	670	
• leafy greens	980	
• peas	780	
• peppers	1,360	
• potatoes	11,090	17 th
• pumpkins	7,400	4 nd
• squash	1,060	
• sweet corn	17,340	7 ^{th**} & 8 ^{th*}
• tomatoes	4,330	11 ^{th**}
• watermelon	550	
• other vegetables	1,140	

* = processing ** = fresh market

Rank the vegetable crops in order of the number of acres grown.

Add up the total number of acres of vegetables grown in Pennsylvania.

Calculate the average acres of vegetables grown on each of the 3,450 farms.

Fun and Healthy Facts about Pennsylvania Vegetables

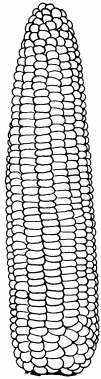
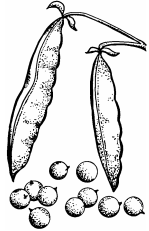


from the
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Not all vegetables are the same...

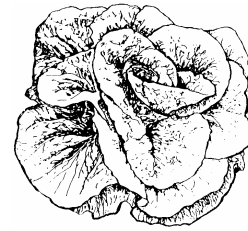
Some are seeds

- sweet corn
- peas
- lima beans



Some are leaves

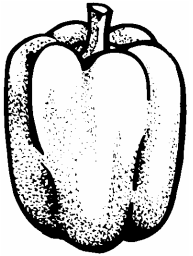
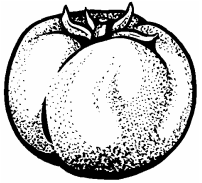
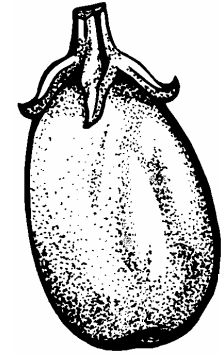
- cabbage
- celery
- lettuce
- onions
- parsley
- spinach



And some are really fruits

- cantaloupes
- cucumbers
- eggplant
- peppers
- pumpkins
- squash
- tomatoes
- watermelons

*(but for dietary purposes
may be considered
vegetables)*



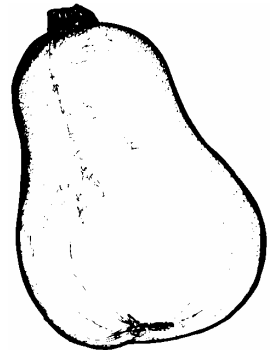
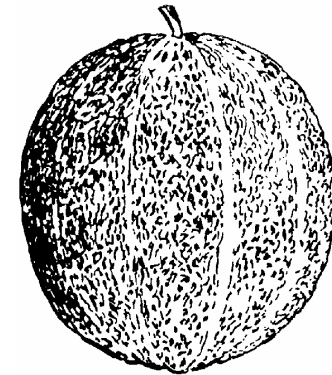
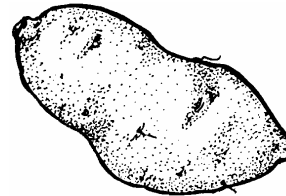
Some are seed pods

- snap beans
- sugar peas



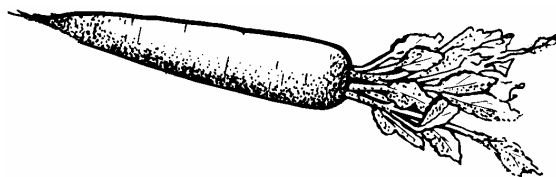
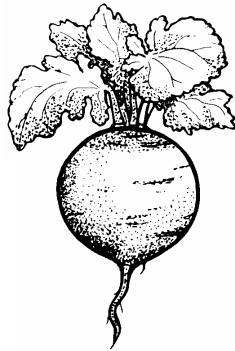
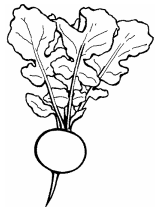
Some are stems

- asparagus
- potatoes
(a tuberous
underground stem)



Some are roots

- beets
- carrots
- parsnips
- radishes
- sweet
potatoes
- turnips



Some are flower buds

- broccoli
- cauliflower

