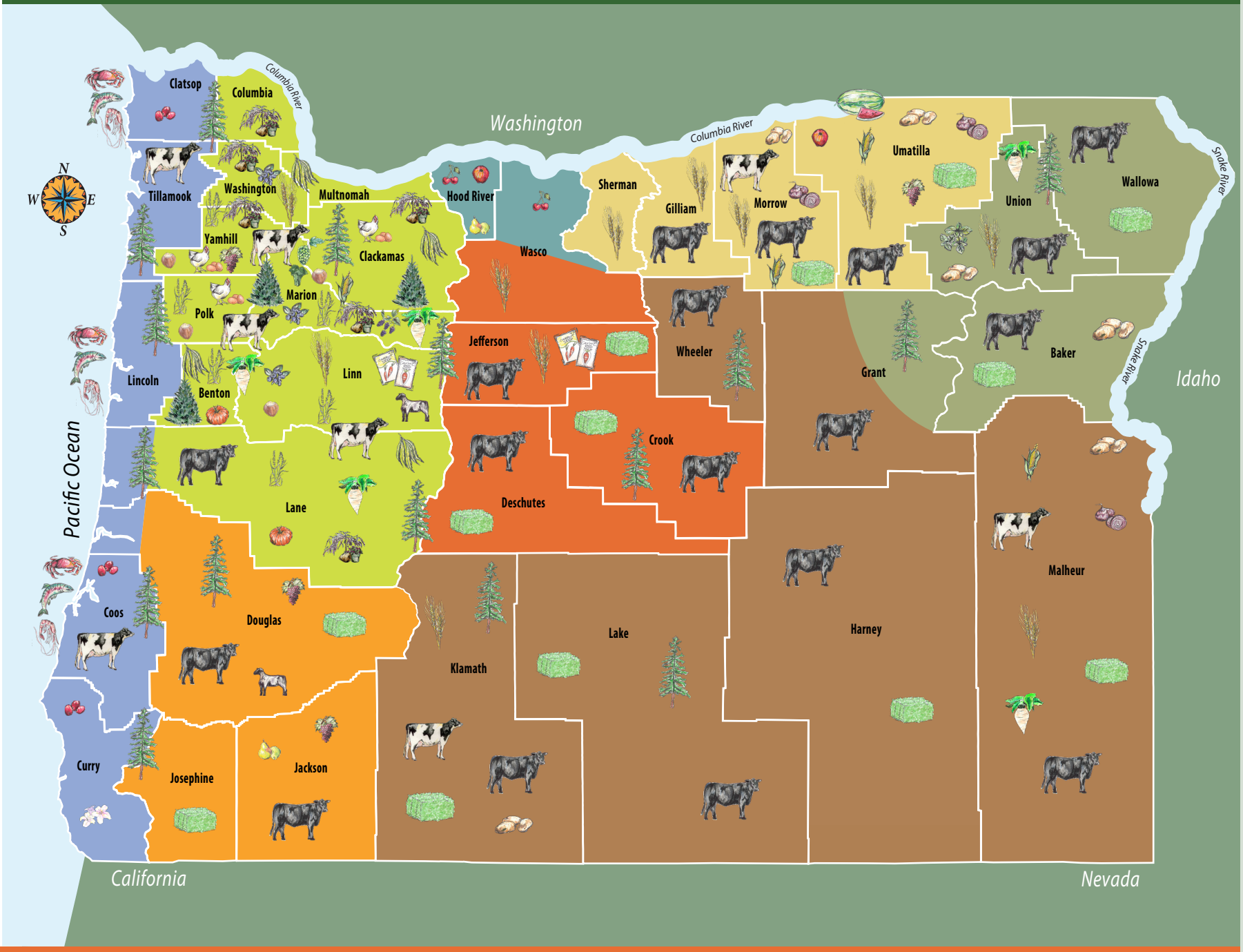
Grown in Oregon



Legend

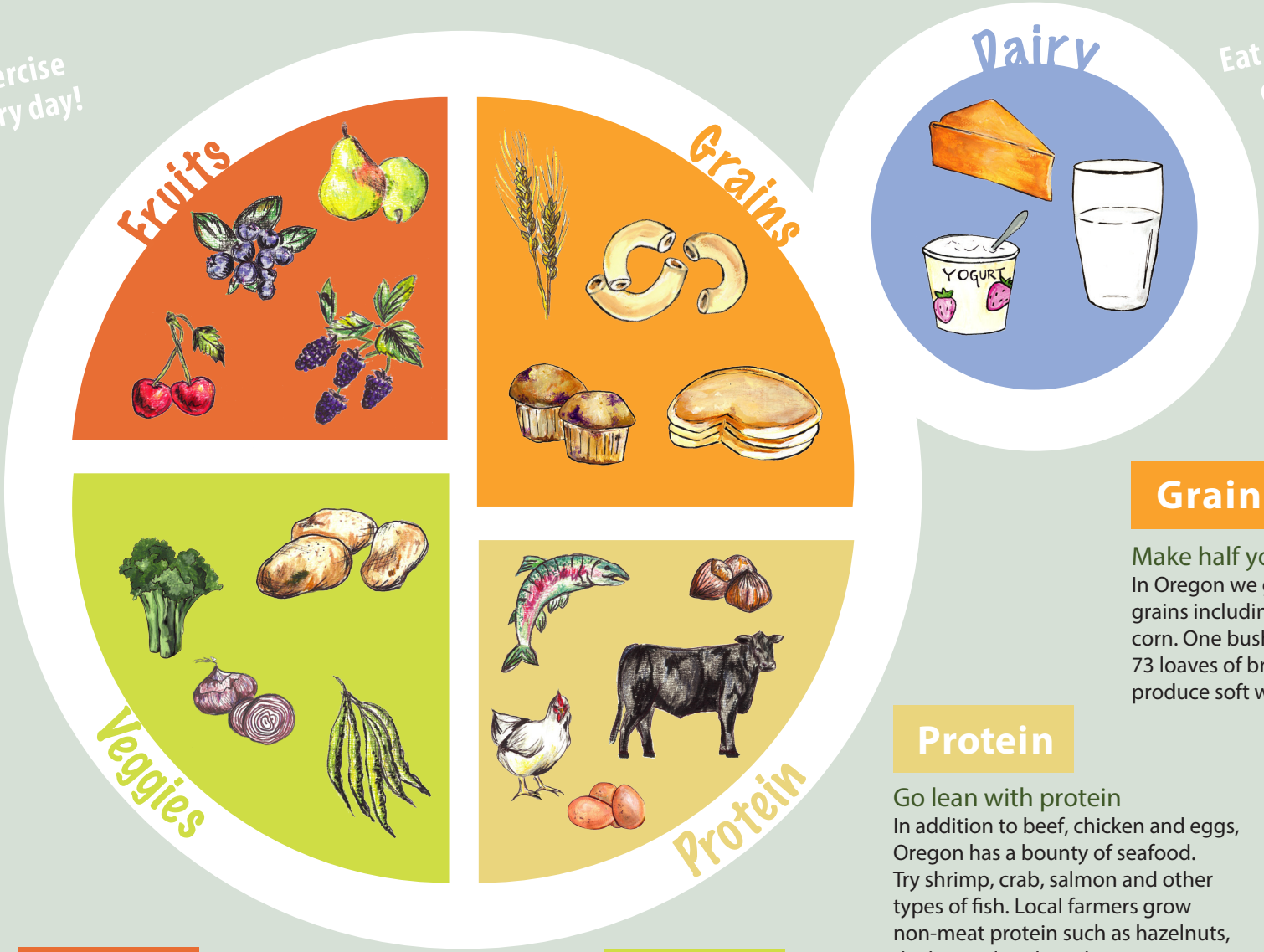
Oregon's Agricultural Regions

- Coast
- Willamette Valley
- Southern Oregon
- High Desert
- Mid-Columbia
- Columbia Plateau
- Northeast
- Southeast

Apples, Beans, Beef, Blackberries, Blueberries, Broccoli, Cherries, Chicken/Eggs, Christmas Trees, Corn, Crab, Cranberries, Dairy, Easter Lily, Fish, Forestry, Grapes, Grass Seed, Greenhouse/ Nursery, Hay, Hazelnuts, Hops, Onions, Pears, Peppermint, Potatoes, Pumpkins, Sheep, Shrimp, Sugarbeet, Vegetable/ Flower Seed, Watermelon, Wheat/Barley

Oregon Agriculture in the Classroom Foundation • oregonaitc.org

My Oregon Grown Plate



Dairy

Get your calcium-rich foods

Milk, yogurt and cheese are dairy products. Low-fat cheese sticks and yogurt are an easy way to get three servings a day. There are many other options such as soy, almond or oat. Milk is the official beverage of Oregon.

Grains

Make half your grains whole

In Oregon we grow many types of grains including wheat, oats, barley and corn. One bushel of wheat makes about 73 loaves of bread. Oregon farmers produce soft white wheat.

Protein

Go lean with protein

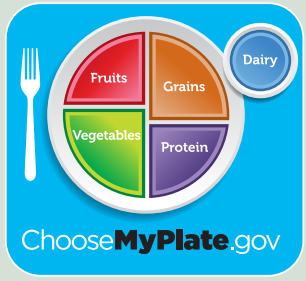
In addition to beef, chicken and eggs, Oregon has a bounty of seafood. Try shrimp, crab, salmon and other types of fish. Local farmers grow non-meat protein such as hazelnuts, dry beans, lentils and peas.

Fruits

Focus on fruits

Fresh Oregon fruit is sweet and delicious. Try berries, cherries, pears, peaches and watermelon. They can be eaten fresh, canned, frozen or dried.

Veggies

Vary your veggies

In Oregon it's easy to mix your veggies and eat a rainbow of colors. Try locally grown potatoes, onions, green beans, broccoli or squash.