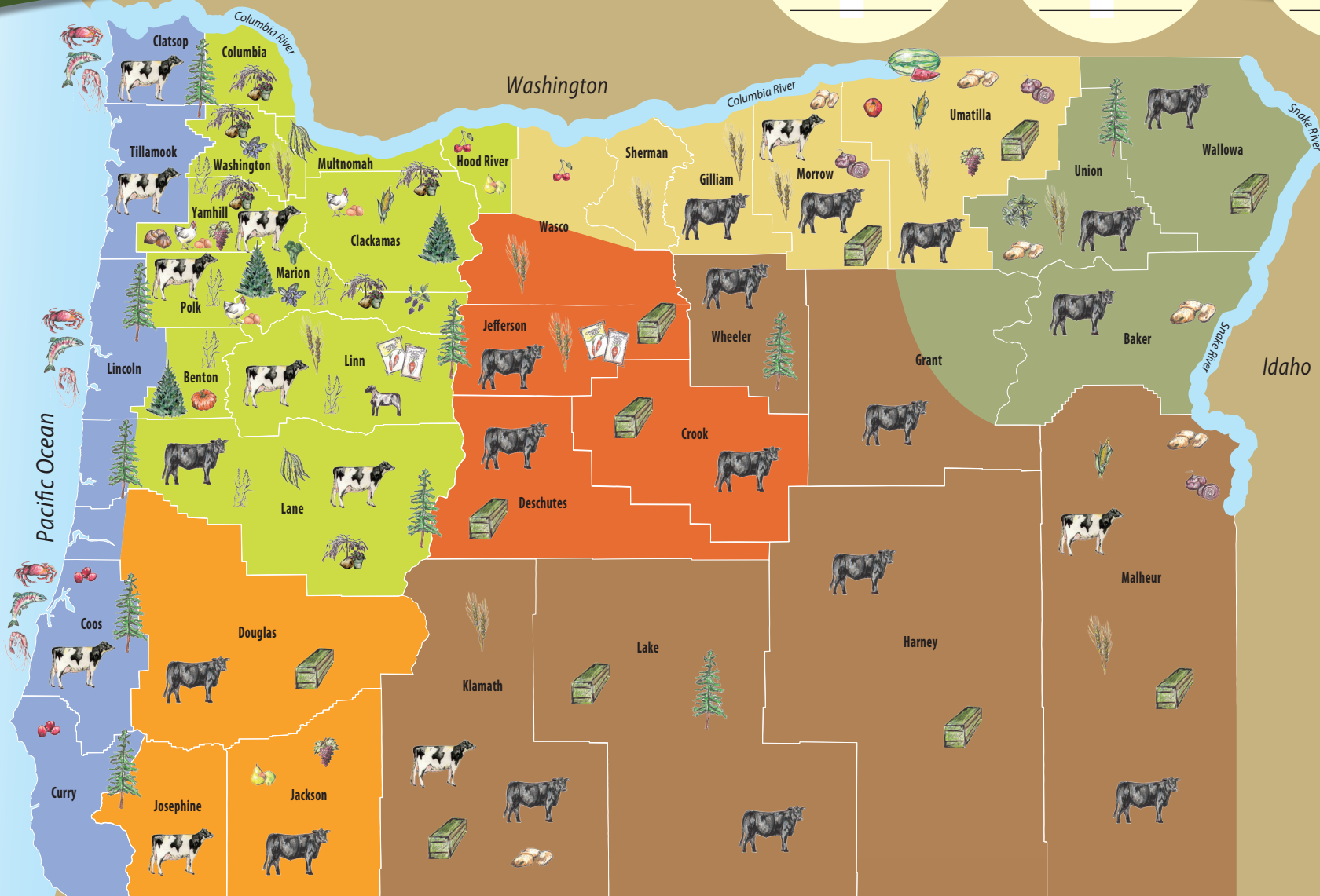


Grown in Oregon

What grows
in your
county?

What is your
favorite Oregon
grown fruit?

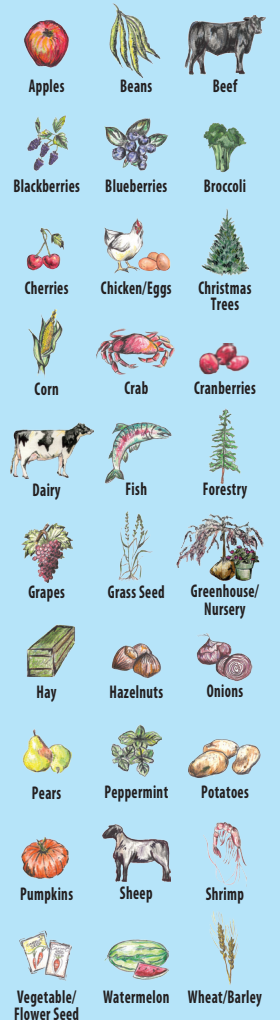
What is your
favorite
Oregon grown
vegetable?



Legend

Oregon's Agricultural Regions

- Coast
- Willamette Valley
- Southwest
- High Desert
- Columbia Basin
- Northeast
- Southeast



California



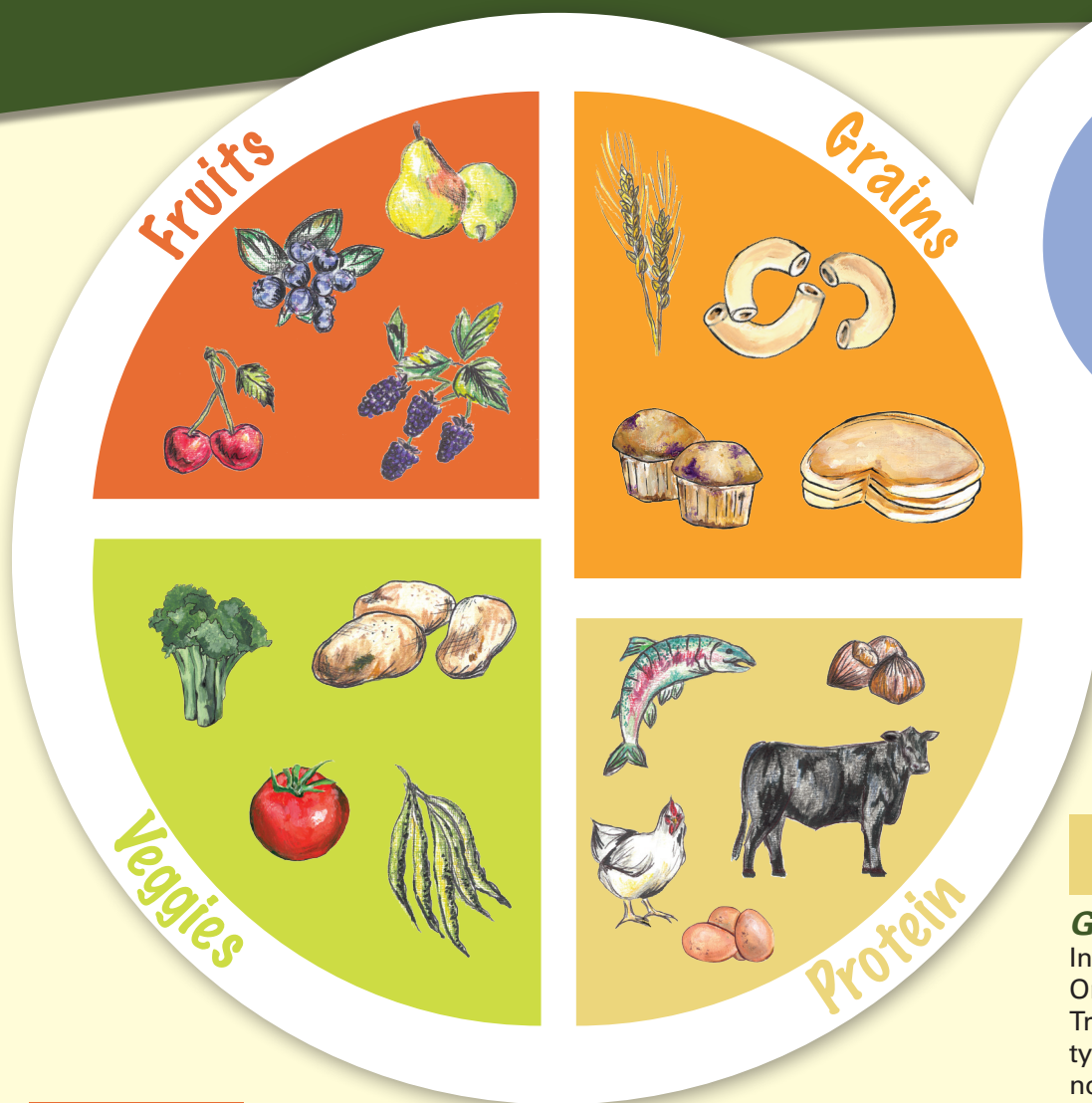
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Nevada

My Oregon Grown Plate

Eat a variety
of foods!

Exercise
every day!



Fruits

Focus on fruits

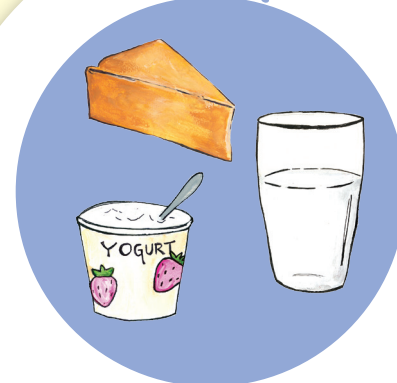
Fresh Oregon fruit is sweet and delicious. Try berries, cherries, pears, peaches and watermelon. They can be eaten fresh, canned, frozen or dried.

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, tomatoes, broccoli and squash.

Dairy



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. Soy drinks are another option. Milk is the official beverage of Oregon.

Grains

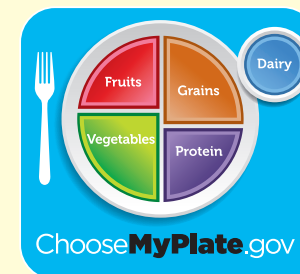
Make half your grains whole

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.



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