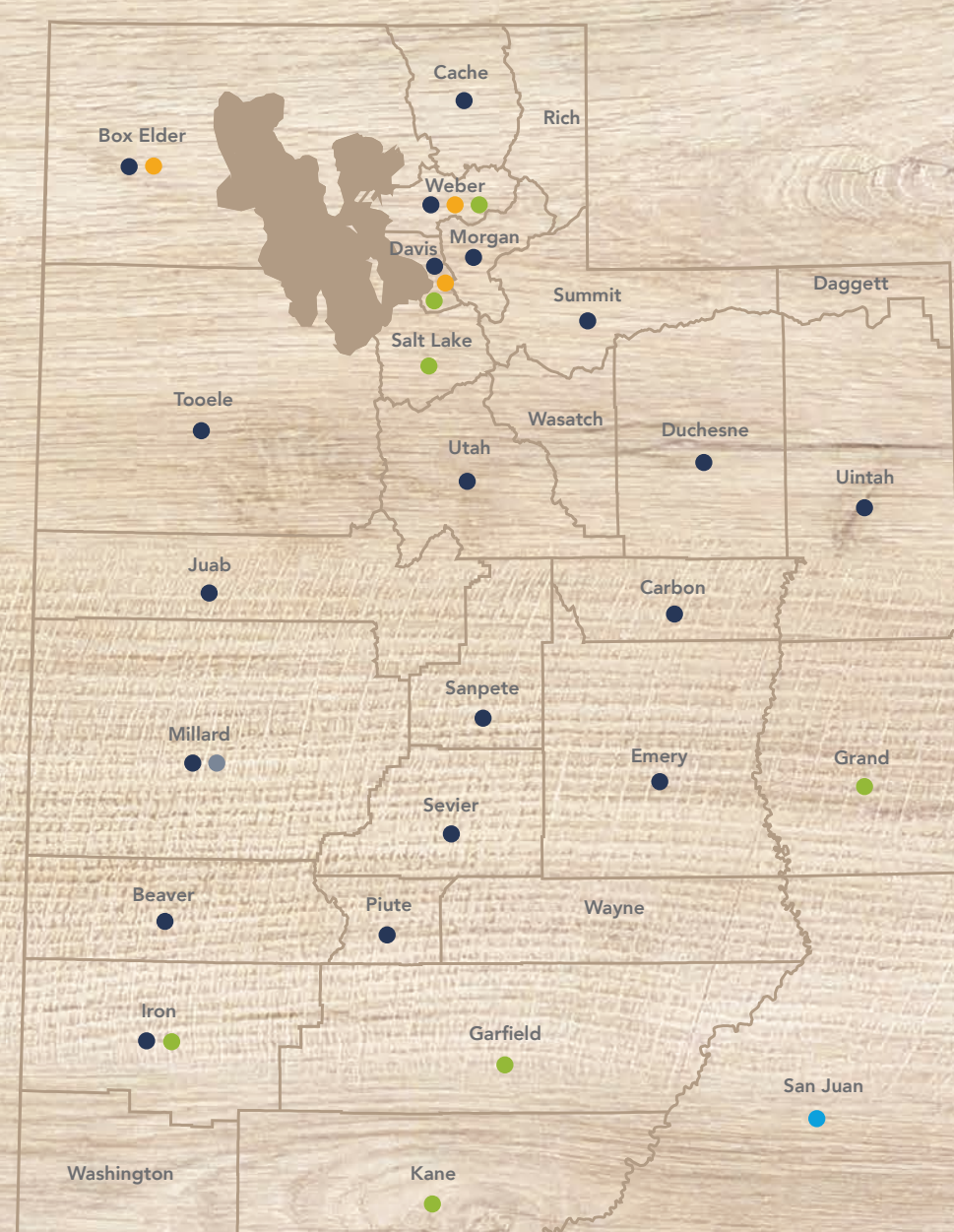


Vegetables



Did you know?

There are over 1,000 acres of corn grown in Utah. This also includes Utah's largest corn maze, which is about the size of 26 football fields. That's enough corn to feed 1,000 families for a year!



- Corn
- Onions
- Vegetables*
- Mushrooms
- Dried Beans

* Denotes a variety of foods including asparagus, beets, broccoli, carrots, cauliflower, cucumbers, lettuce, peas, peppers, potatoes, spinach, squash, sweet potatoes and tomatoes



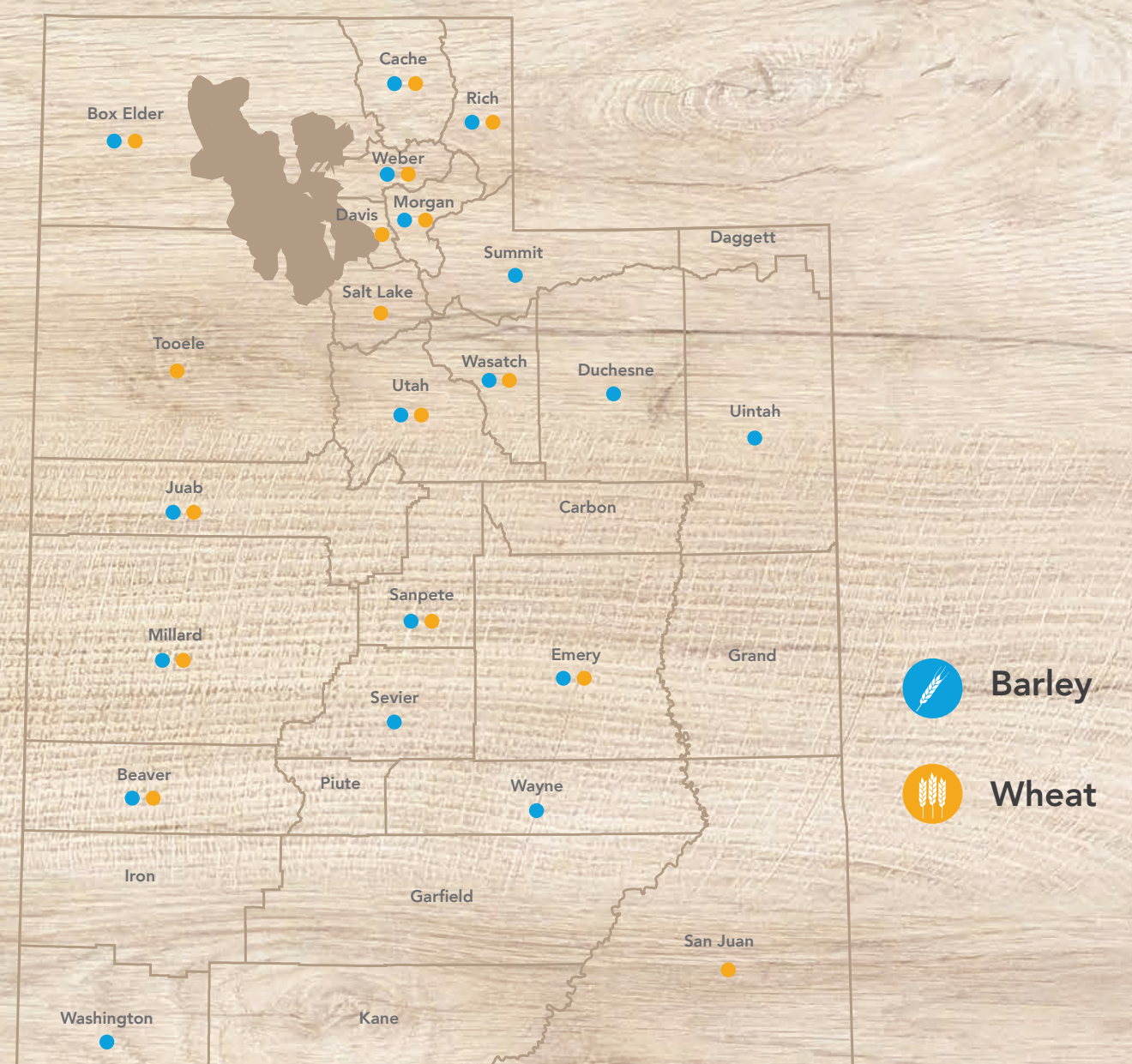
→ **Fresh From Your Farmers**

Grains



Did you know?

Utah produces over \$25 million dollars of wheat each year. Not all wheat is the same – there are actually 6 different kinds! In Utah, we mostly grow soft white winter wheat.

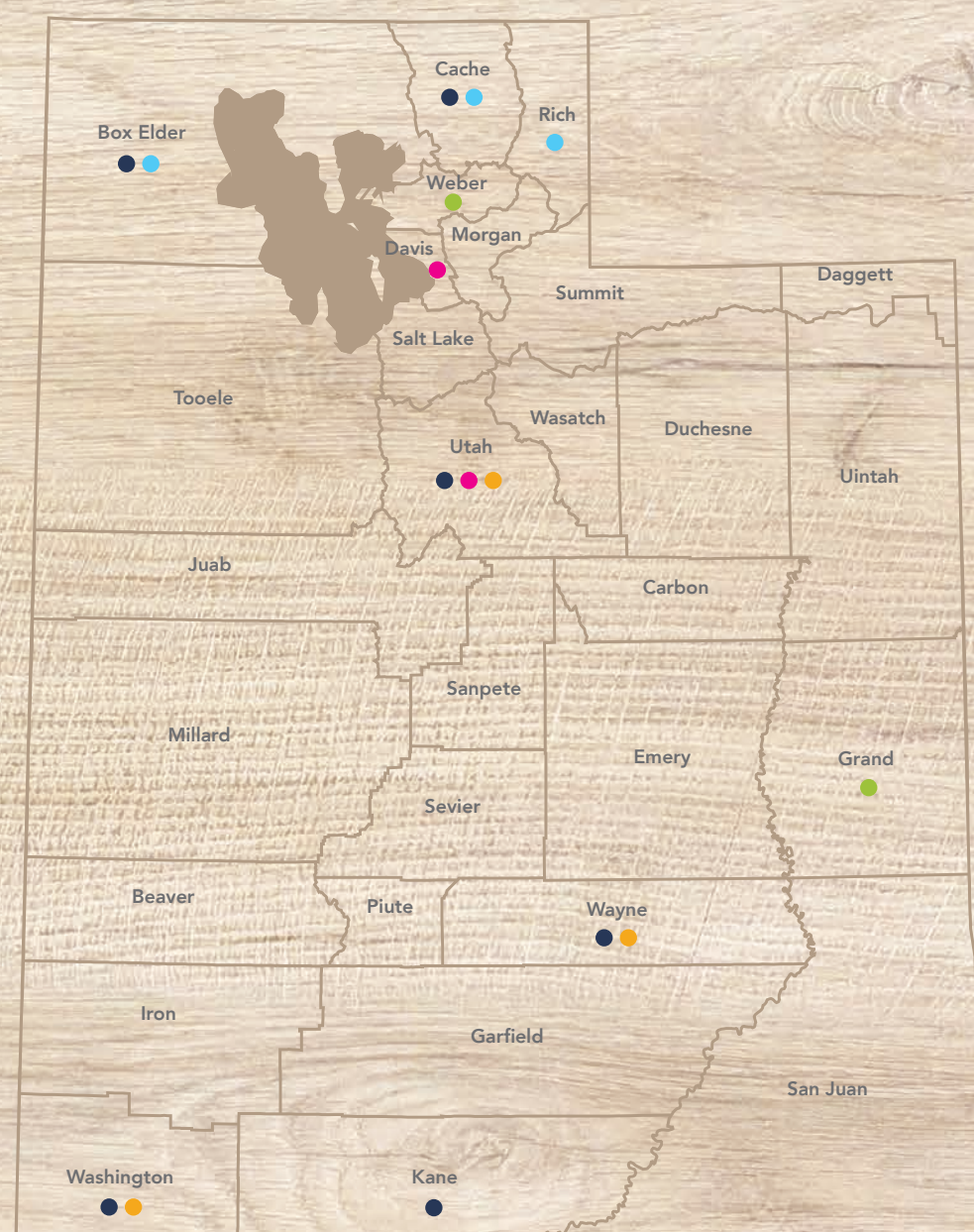


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Fruits

Did you know?

Utah is ranked 2nd in the nation for tart cherry production – we produce 33 million pounds of cherries every year! Cherries are a delicious way to add fiber, vitamins and minerals to your diet.



- Apples
- Berries
- Cherries
- Peaches
- Watermelon

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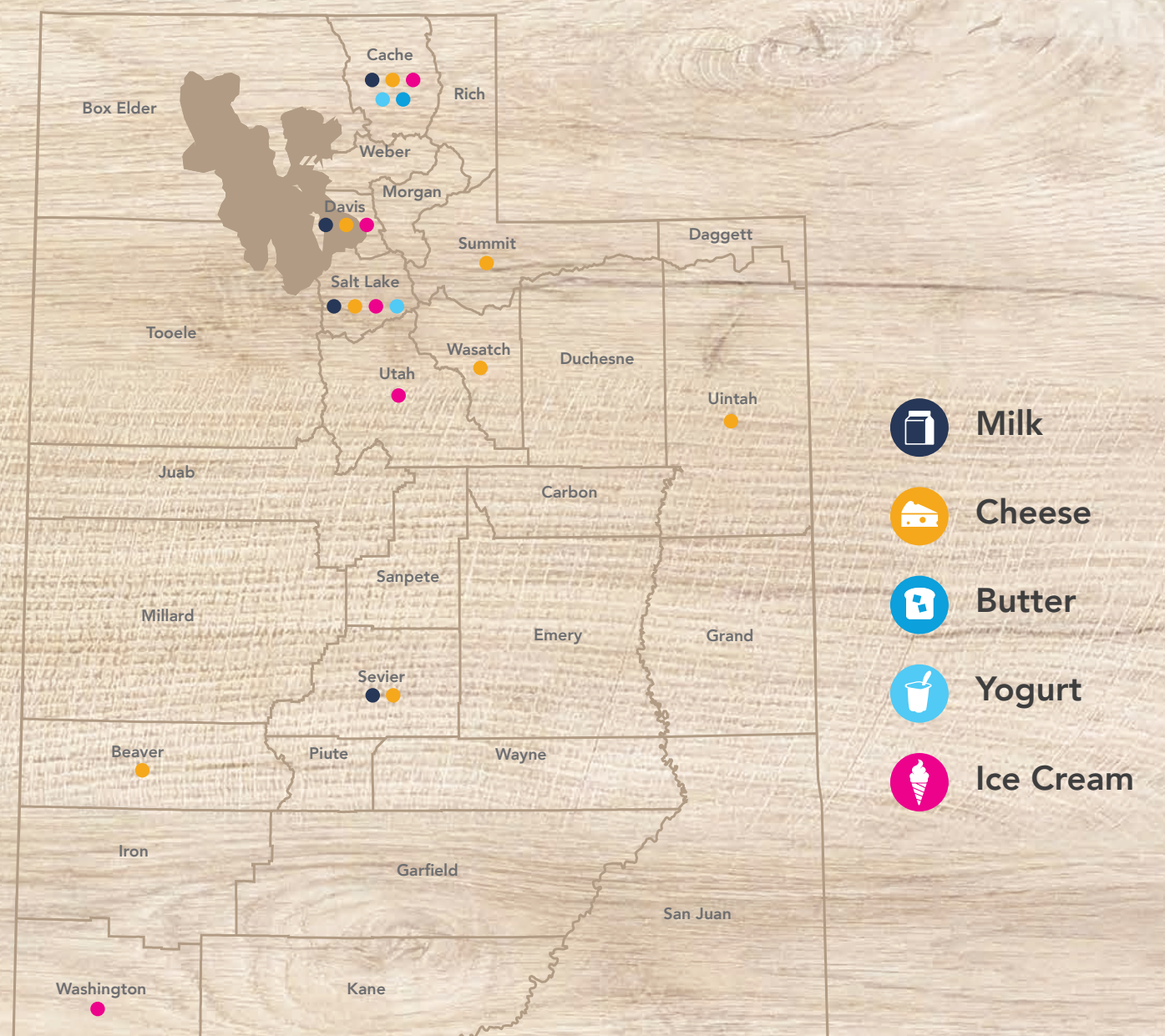
Farm **to** Fork

Dairy



Did you know?

The average cow produces 8 gallons of milk a day – that's about 100 glasses! Make sure to get your 3 servings of dairy every day!



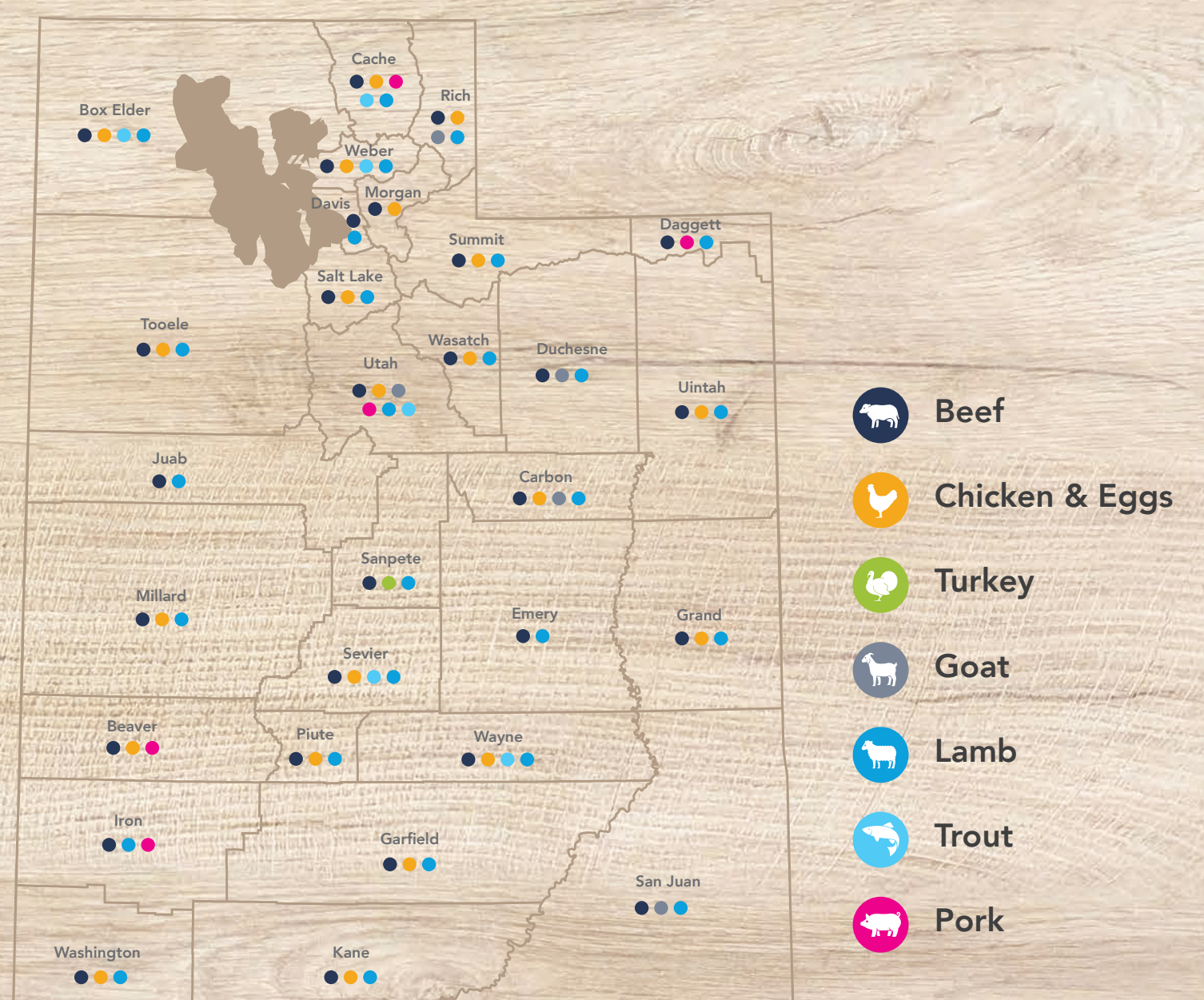
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Protein



Did you know?

Cattle are ruminant animals which means they have a stomach with 4 compartments – that's a lot of room for food! This allows them to digest things like grass and hay that humans can't enjoy. That makes them great recyclers!



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