Farm Service Agency

What's Growing In Washington

Farm Fresh Food, Facts and Fun

USDA

Washington Farm Service Agency

What are you having for lunch?

I bet it will be something good. And if it is hamburger, chicken, potatoes, peas or even apple pie, it's a good bet that your food was grown not too far from where you live.

Washington farmers and ranchers raise over 300 kinds of crops and farm animals. Some you are familiar with, like apples, cows and wheat, but did you know Washington farmers also grow tulips, mushrooms, cranberries, lentils, cabbage seed, potatoes, soy beans, canola, hops, wine grapes, and many different kinds of grass and flower seeds? Washington is a growing place!

Agriculture is the heart of Washington's economy and provides more jobs than any other industry in the state. We are lucky to have good soil and plenty of water and sunshine for growing food in our state. And through our local conservation efforts, the Farm Service Agency is working with farmers and ranchers to keep it that way.

I hope you will have fun with this activity book, and that you discover something new about Washington agriculture, and the farmers and ranchers who help keep our plates full of delicious things to eat.

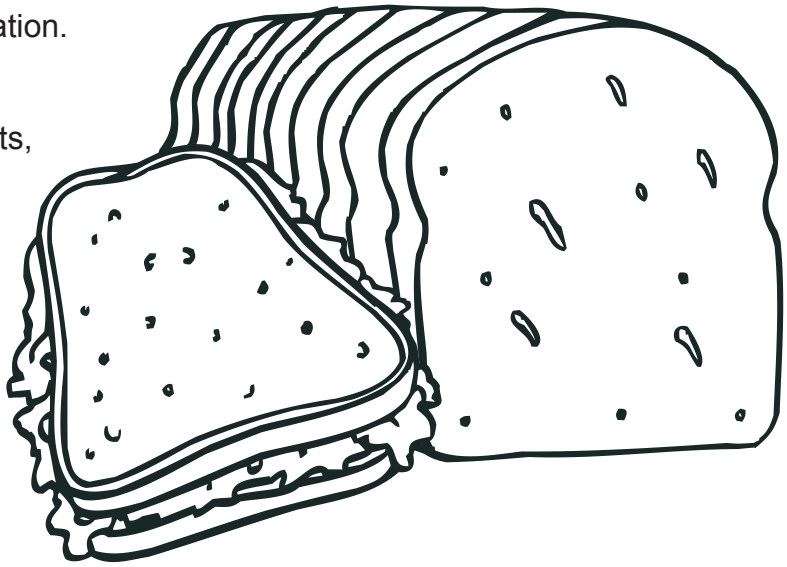
So, what are you having for lunch? I bet it will be something grown in Washington. Washington farmers make our lives delicious!

Jack Silzel

State Executive Director
Washington Farm Service Agency

Washington Grows Wheat!

In fact, wheat is grown on more acres in Washington than any other crop. Whitman County is the number one wheat producing county in the nation.



Wheat belongs to the cereal family of plants, which also includes rye, corn, oats and rice. Several different kinds of wheat are grown here, but more than 80% is soft white wheat, the kind used in pancakes, cookies, cakes, crackers, flat breads and cereals.

Hard red wheat is used for hard rolls, and bagels, while hard white wheat is used for things like Asian-style noodles. Durham wheat is used for making different kinds of pasta.

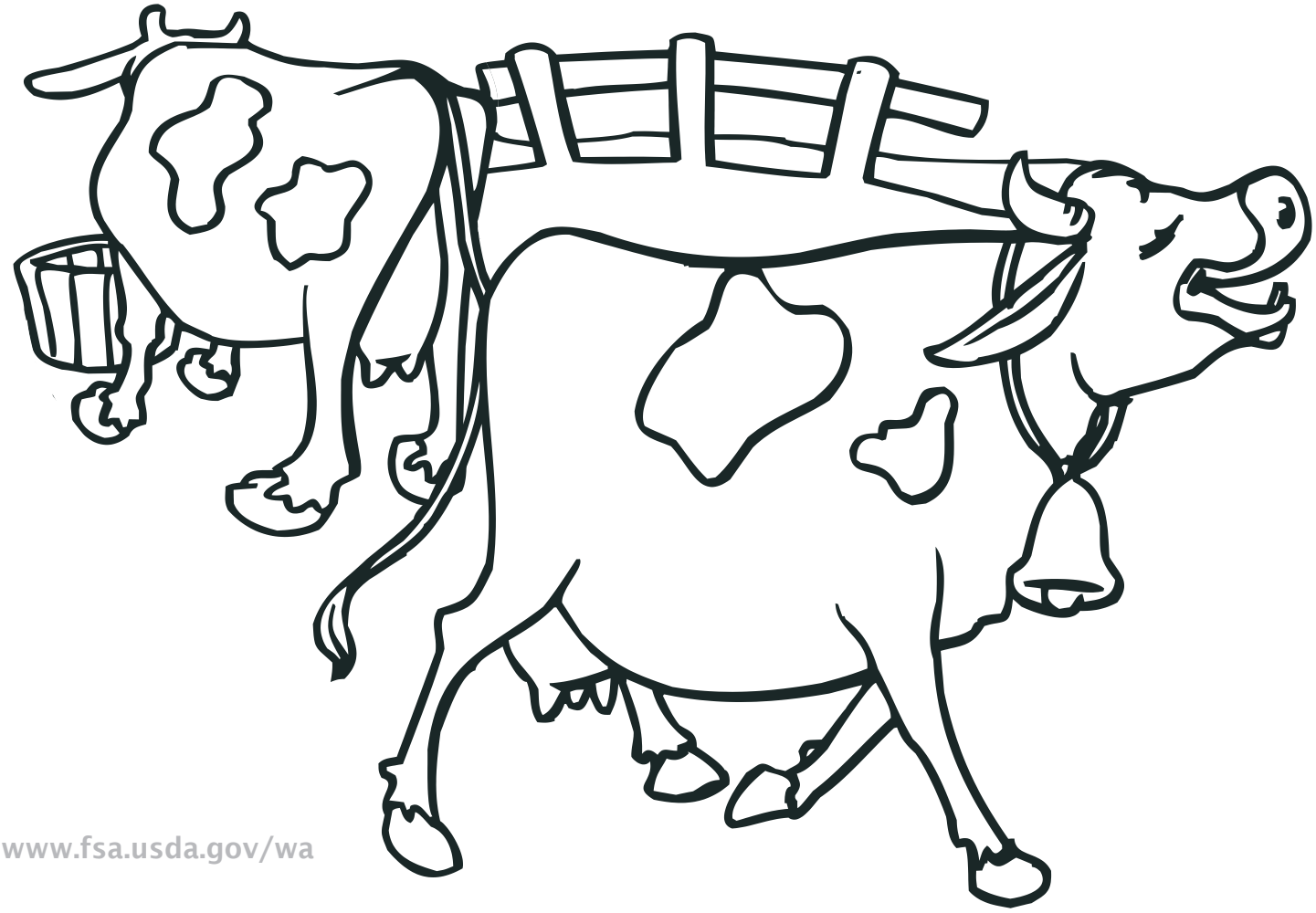
Washington's Got Milk!

Washington ranks 10th in total milk production in the U.S. There are about 241,000 dairy cows in Washington. Dairy farms are found in 18 Washington counties, but Yakima, Whatcom and Skagit counties produce the most milk.

Did you know that one dairy cow can produce enough milk each year to fill a bath tub more than 40 times? That is enough milk for 60 people to drink in one year.

At the grocery store milk is sold by the pint, quart or gallon, but in the dairy industry, milk is measured by the pound. It takes 21.2 pounds of whole milk to make one pound of butter, and 12 pounds of whole milk to make one gallon of ice cream.

Washington grows hay for dairy cows to eat. Hay is grass or other vegetation that is cut, dried and stored to use as food for cattle, horses, goats, sheep and other animals.



Washington Grows Apples!

In fact, Washington grows more apples than any other state. If you took all of the apples picked in Washington in one year and put them side-by-side, they would circle the Earth 12 times!

Apple harvest begins in mid-August and generally ends in early November. Each year Washington growers harvest between 10 - 12 billion apples.

Did you know that each Washington apple is picked by hand because there are no harvest machines to pick apples!

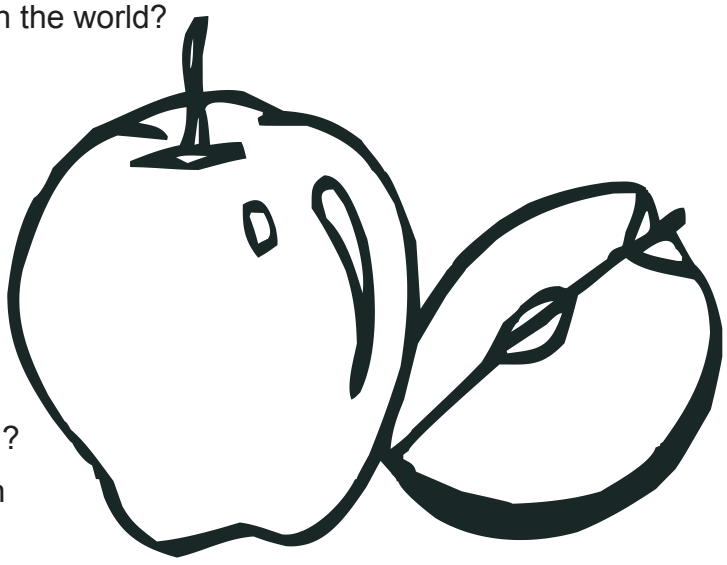
How Much Do You Know About Apples?

1. How many different apple varieties are there in the world?
a) 25 b) 750 c) 7,500 d) 10,000

2. Apples can only be harvested by
a) people b) picking machines c) robots

3. How many seeds are in an average apple?
a) 9 b) 16 c) 5 d) none

4. Which state grows the most apples in the U.S.?
a) Virginia b) California c) Texas d) Washington



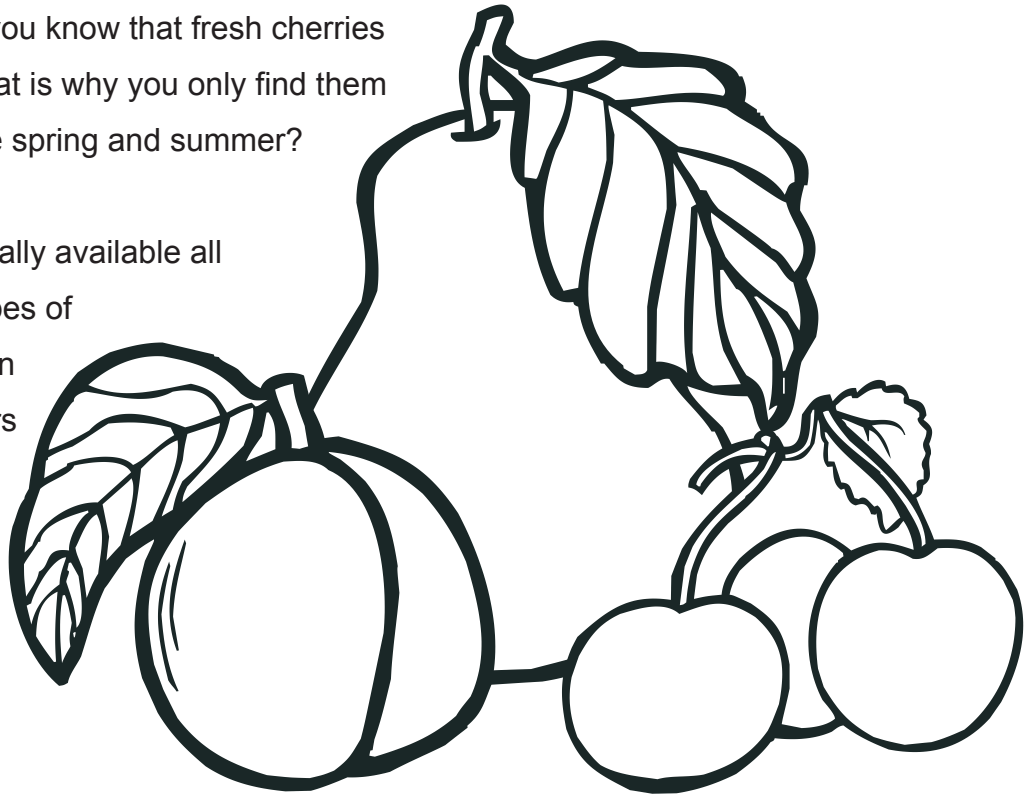
5. In one year, how many pounds of fresh apples does the average American eat?
a) 3 lbs. b) 5 lbs. c) 8 lbs. d) 17 lbs.

(answers on last page)

Washington Grows Fruit

Apples may be the top fruit crop in Washington, but lots of other fruits are grown here, like cherries, pears and peaches. In fact, Washington is first in the nation for sweet cherries, and Yakima and Chelan counties grow the most. Did you know that fresh cherries can not be kept in storage, that is why you only find them in the grocery store in the late spring and summer?

Washington pears are usually available all year-round. There are two types of pears - winter pears and Asian pears. When ripe, winter pears get soft, sweet and juicy, but Asian pears are crunchy. Winter pears ripen best after they are harvested.



Fruity Word Search

All of these fruits are grown in Washington State. Can you find them in the word search?

Hint: Some words share letters.

APRICOTS
BLUEBERRIES
CANTALOUPE
CHERRIES
CRANBERRIES
GRAPES
NECTARINES
PEACHES
PEARS
PLUMS
PLUOTS
PRUNES
RASPBERRIES
STRAWBERRIES
WATERMELON

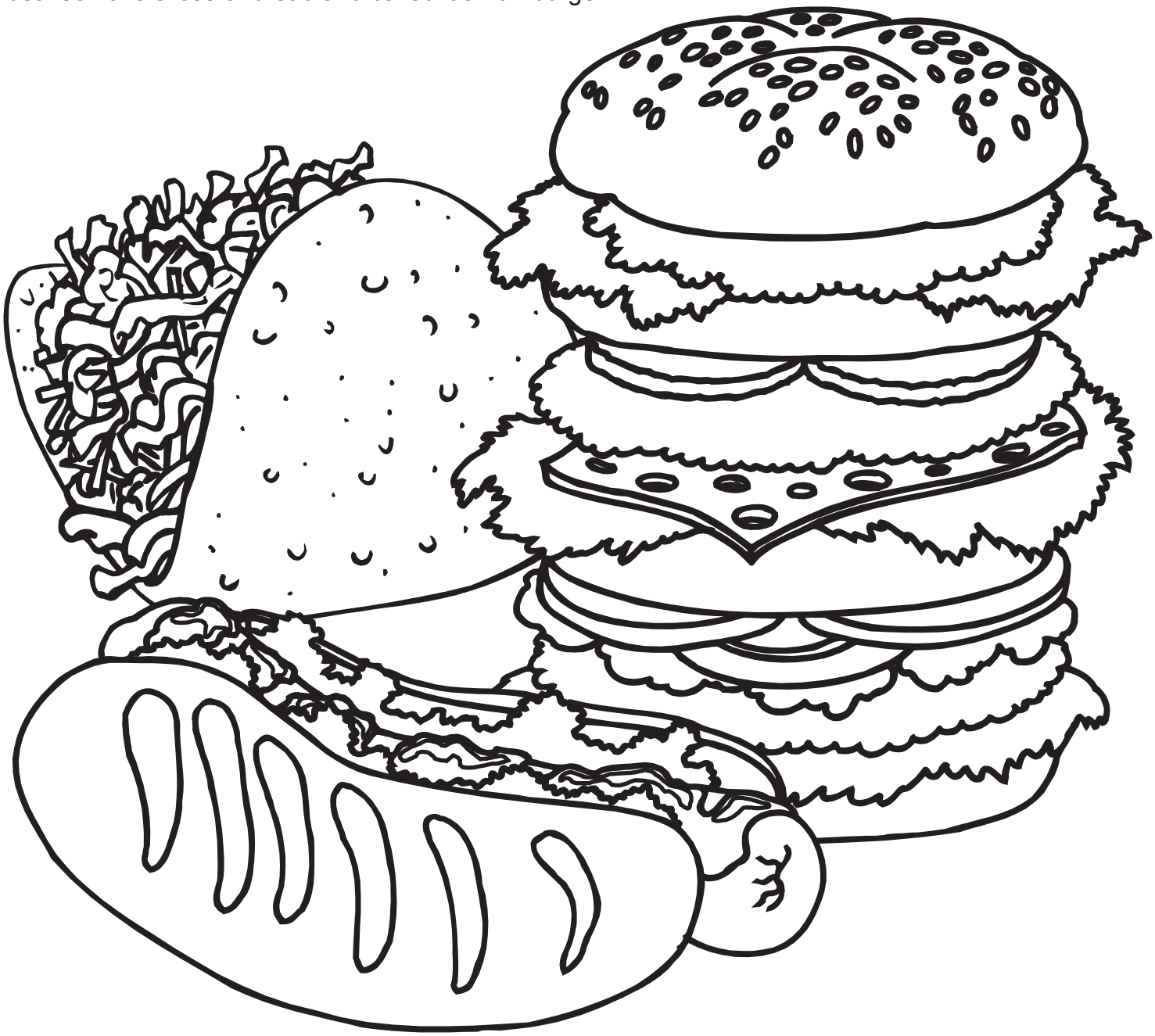
(answers on last page)

U R J P O I U K H D Y O B E T
M O G G Z B X E D E X I K M A
W A T E R M E L O N T T R A S
O P P C D Z F P E A C H E S C
B A E M A D B H Q O I Y H H E
S T R A W B E R R I E S E S M
S E I R R E B E U L B R E A F
R P S R U X C W U N R I R S D
N A U T N R I P E I R I E U Z
S K S S O R X C E R O P H I E
S E F P P C T S E N U I P N Y
S E I T B A I B Y O S N E A G
Y T S R R E N R L G S A A Y R
S N O I R A R A P I P I R P E
U Y N U R E T R W A H L S R D
S E D C L N B O I M U A U U E
S M J N A P T D D E H T L N H
J X U C G R A P E S S I U E V
B Y J L E X Z U Q T B F O S I
I N R M P B D M D W R L B B J

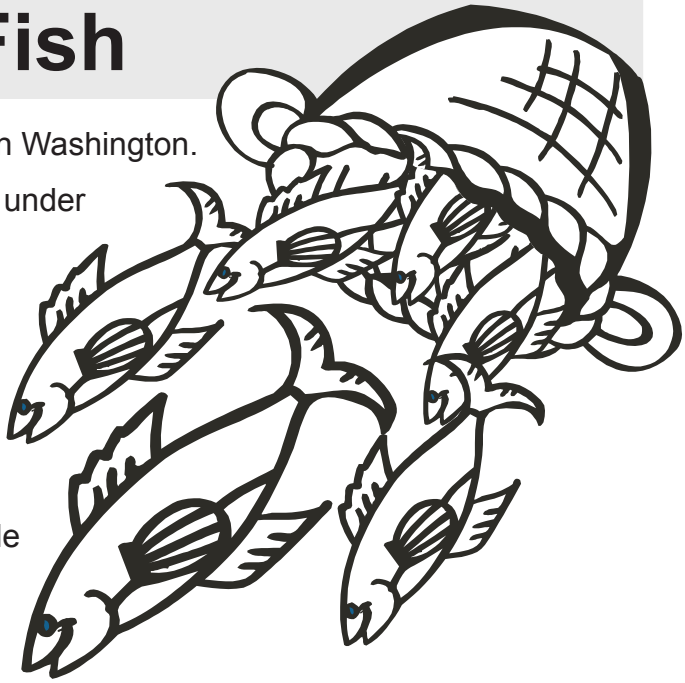
Washington Grows Beef

There are about 13,000 ranchers and cattlemen in Washington and they raise over 640 million pounds of beef each year that go into the foods we enjoy for lunch and dinner. The new USDA food pyramid recommends eating 5 ½ ounces of protein each day, which includes lean meats and beans.

Who invented the hamburger? Nobody knows for sure, but the Hamburger Hall of Fame in Seymour, Wisconsin claims it was "Hamburger Charlie," a local young man who, in 1885, was having a hard time selling meatballs at the county fair - too messy, so he flattened them out and put them between two slices of bread and called it a hamburger.



Washington Grows Fish

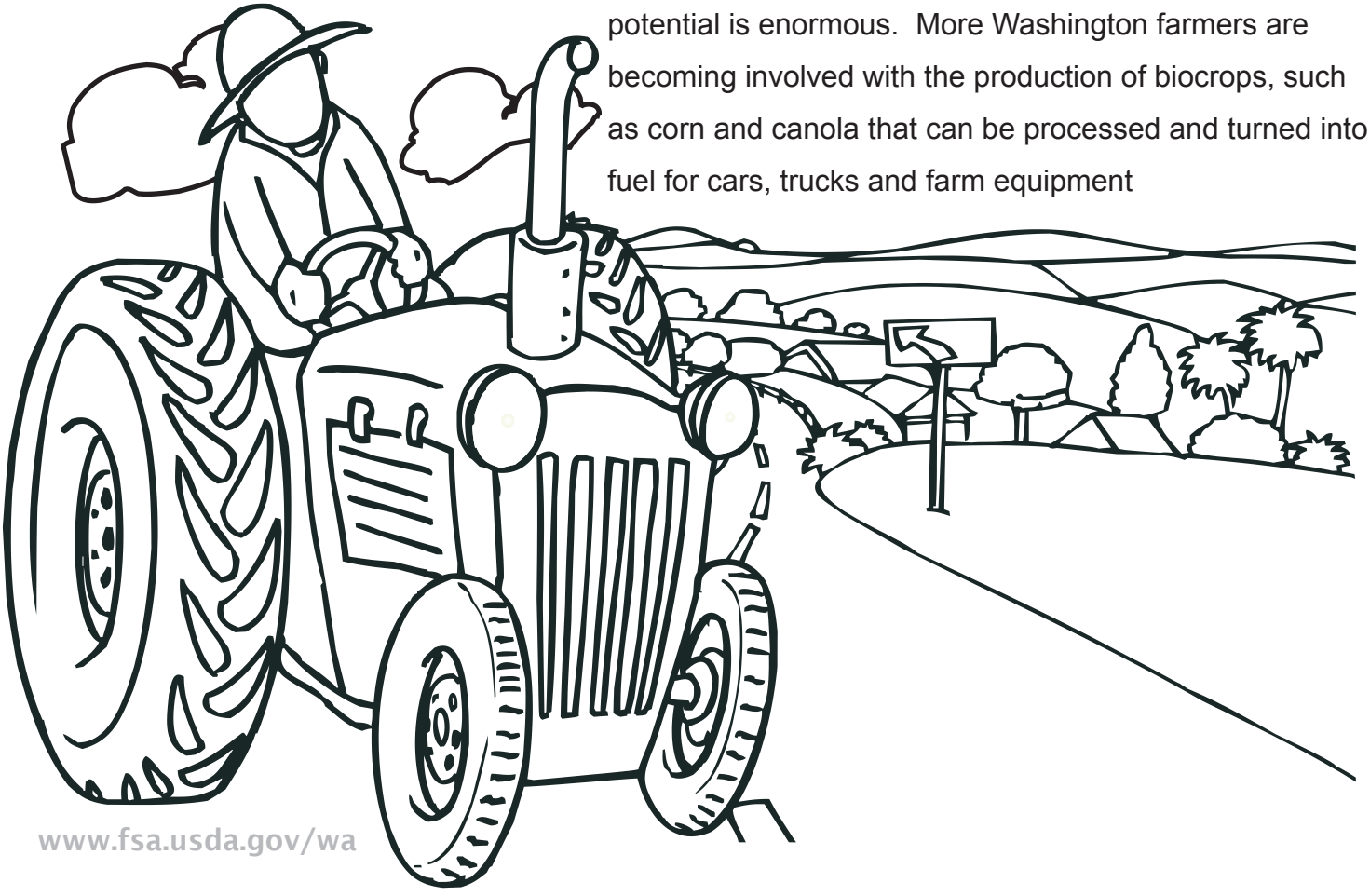


Fish farming, or aquaculture, is a growing business in Washington. Aquaculture is the raising of aquatic animals and plants under controlled conditions. Fish farmers help to provide a consistent source of quality food for commercial use, tribal and recreational harvest, and for restocking depleted rivers and lakes.

Washington has over 200 fish farms. Products include Atlantic and Steelhead salmon, trout, oysters, mussels, and clams. Oyster and farmed salmon production make Washington one of the top producing states in the U.S.

Washington Grows Energy

Renewable energy comes from sources that can't be used up or are easy to replace, like sunlight, wind, water, and biofuels. While the amount of renewable energy produced today is small, the potential is enormous. More Washington farmers are becoming involved with the production of biocrops, such as corn and canola that can be processed and turned into fuel for cars, trucks and farm equipment



Washington Farm Fresh Crossword Puzzle

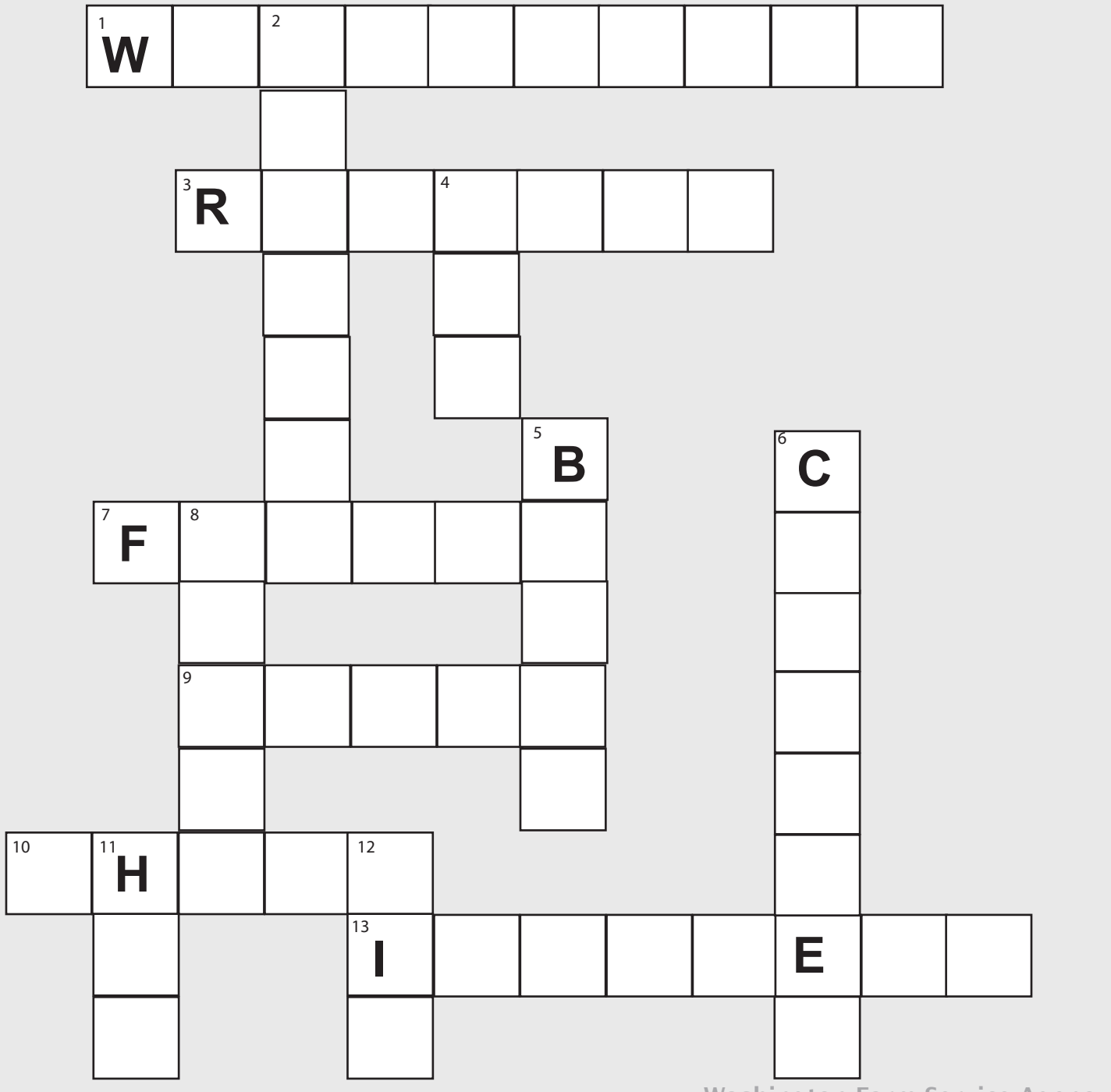
All of the clues for this puzzle are found in this coloring and activity book. Have fun!

Across

1. Red and juicy
3. Works on a ranch
7. Works on a farm
9. Wheat with cheese and sauce
10. Woolly animal
13. Frozen treat

Down

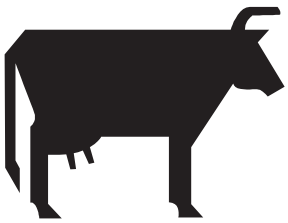
2. Works in the field
4. Milk maker
5. Wheat by the slice
6. Red, round and sweet
8. Red and delicious
11. Feed for animals
12. Animal with curly tail



Washington Farm Service Agency

Animal Parade

You can find all of these animals and insects on farms in Washington. Can you name them?



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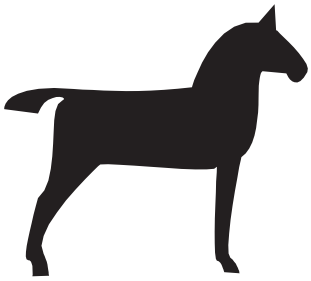
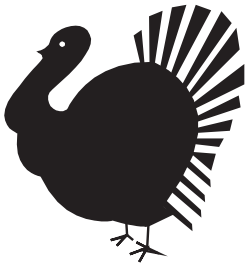
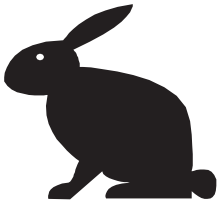


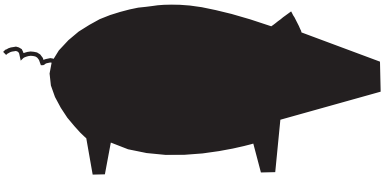
H _ _ _ _ _ _



T _ _ _ _ _ _



R _ _ _ _ _ _



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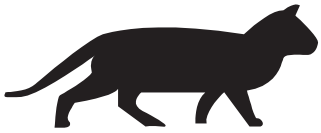

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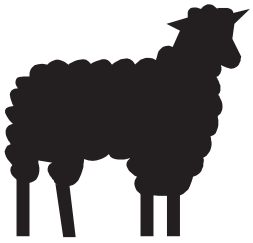

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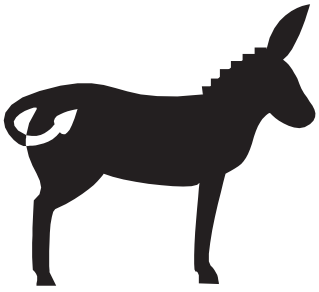
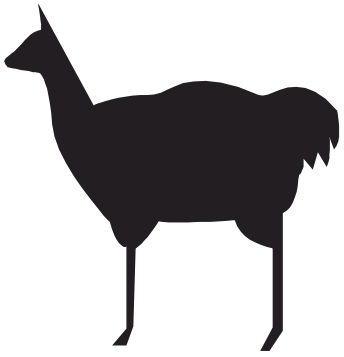


D _ _ _ _ _ _

M _ _ _ _ _

B _ _

S _ _ _ _ _



L _ _ _ _ _

(answers on last page)

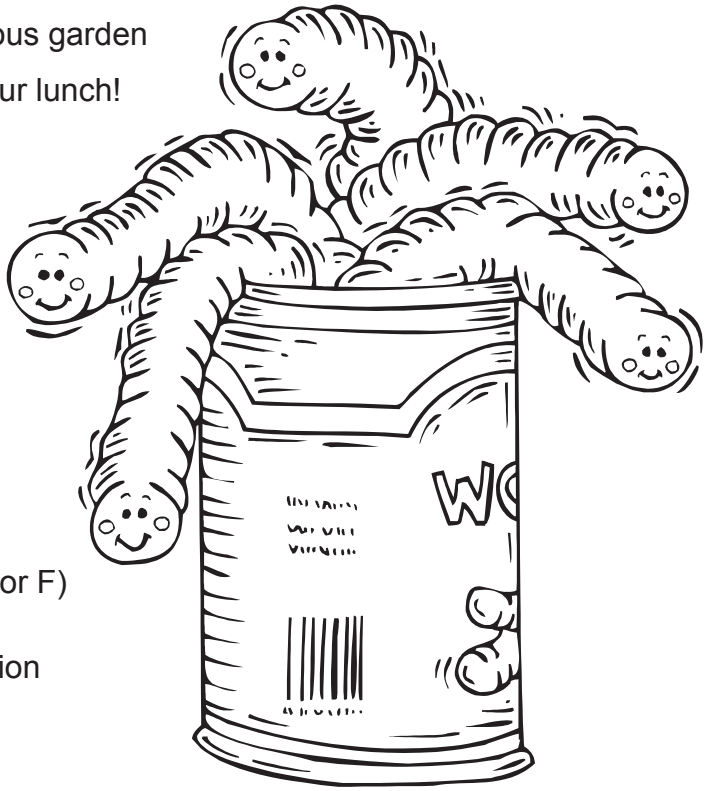
Washington grows flowers!

You may not think of flowers and plants as crops, but as the number of family farms in the U.S. is decreasing, the number of nursery and greenhouse farms is increasing. The U.S. is the world's largest producer of plants and flowers, which is a growing part of agriculture. Washington ranks third in the nation in the sale of cut flowers and fresh greenery.

In addition to tulips, lilies, and other fussy flowers, Washington grows over 2,300 different kinds of decorative native plants and grasses. Native plants are the kind that filled the fields and woods long before the first settlers came to America. Native plants are good for the environment because they need less water, require no pesticides, and provide food and shelter for wildlife.

Bees And Worms In Your Food

Earthworms are good for the soil. Farmers and earthworms work together to grow your food. Earthworms help to turn ordinary dirt into rich nutritious garden soil where plants love to grow. Thank a worm for your lunch!



Worm Trivia

Answer True (T) or False (F)

1. If a worm's skin dries out, it will die? (T or F)
2. Worms have eyes? (T or F)
3. A worm has 6 very tiny legs? (T or F)
4. Worms eat as much as they weigh in one day. (T or F)
5. In one acre of land, there can be more than a million earthworms. (T or F)

(answers on last page)

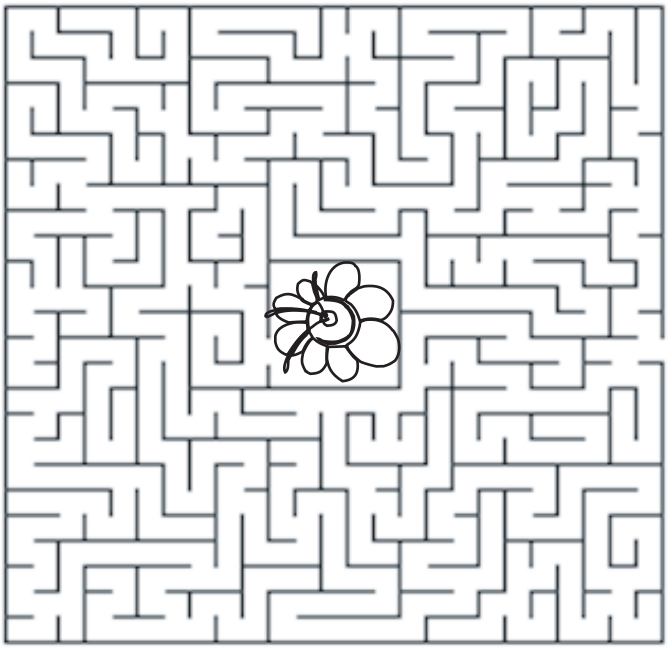
Honey bees play an essential role in agriculture, not only producing honey and beeswax but also pollinating a vast number of food crops. Bees work hard to put fruit in your lunch bag.

Honey Bee Trivia

1. How many legs does a bee have?
   a) 2 b) 4 c) 6
2. How far can a bee fly in one trip?
   a) 1 mile b) 5 miles c) 8 miles
3. Bees do NOT
   a) eat b) sleep c) dance
4. How many flowers must a honey bee visit to make one pound of honey?
   a) 2 million b) 2 thousand c) 2 dozen
5. Bees are found everywhere except
   a) Alaska b) Antarctica c) Seattle

(answers on last page)

Help The Find The Flower

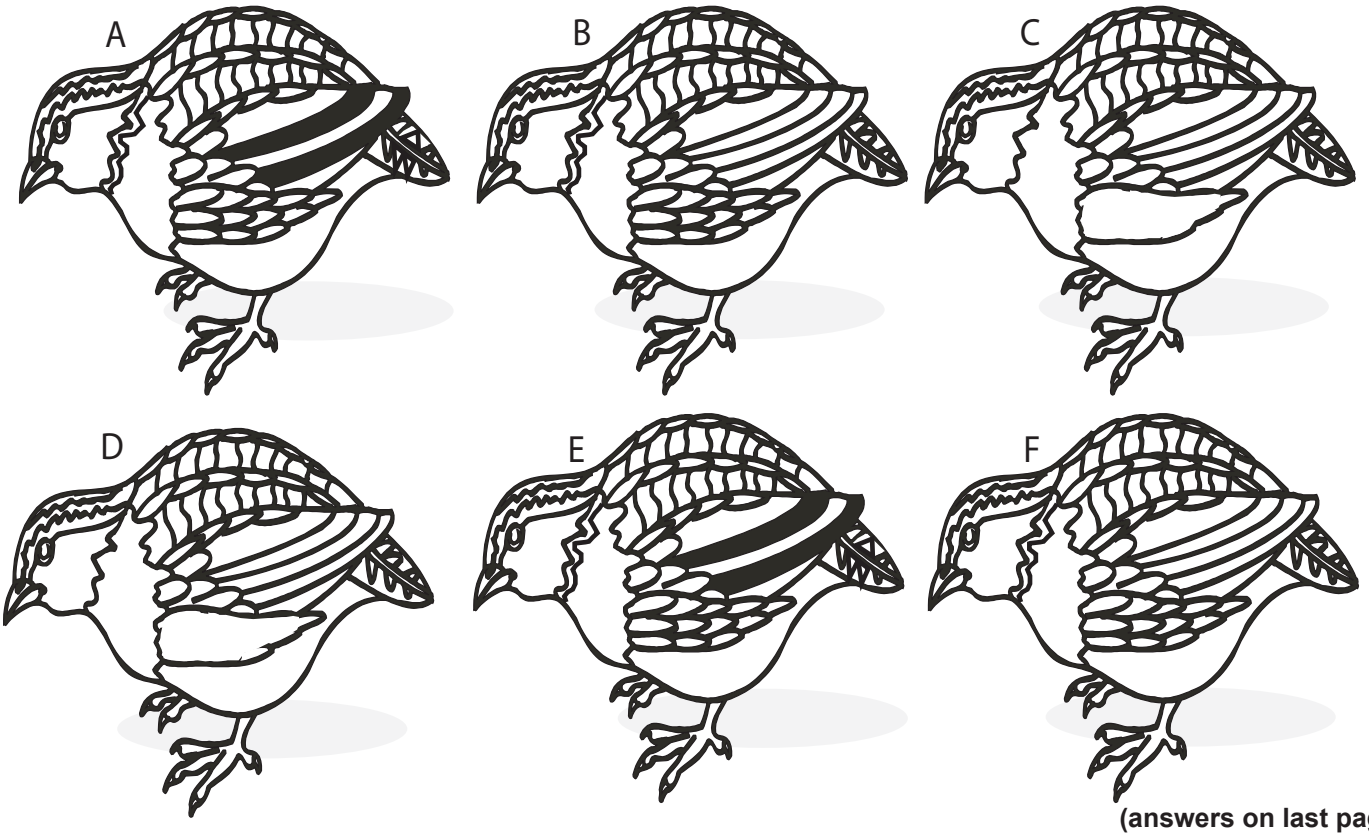


Conservation Works In Washington

The Farm Service Agency works with Washington's farmers and ranchers to protect soil, water, forests, fish and wildlife. In fact, our Conservation Reserve Program is America's largest and most successful conservation program on private land. Grasses and other plants provide food and shelter for wildlife, like the Northern Bobwhite Quail. Each year 750,000 more Northern Bobwhite Quail are born as a result of the success of farmers' efforts and the Conservation Reserve Program.

Quail Match Game

Each bird on the top row has an exact match on the bottom row. Can you find which pairs match?

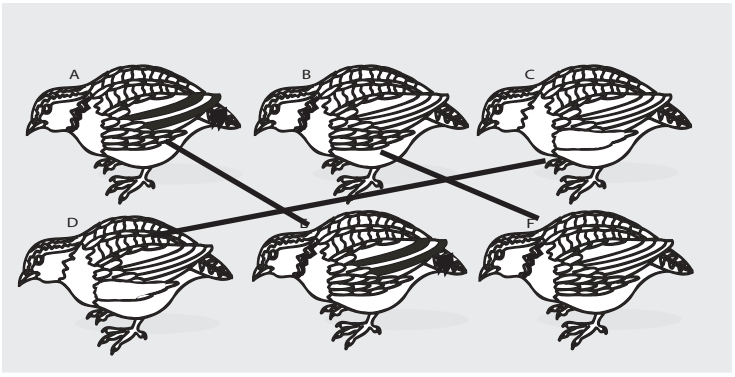


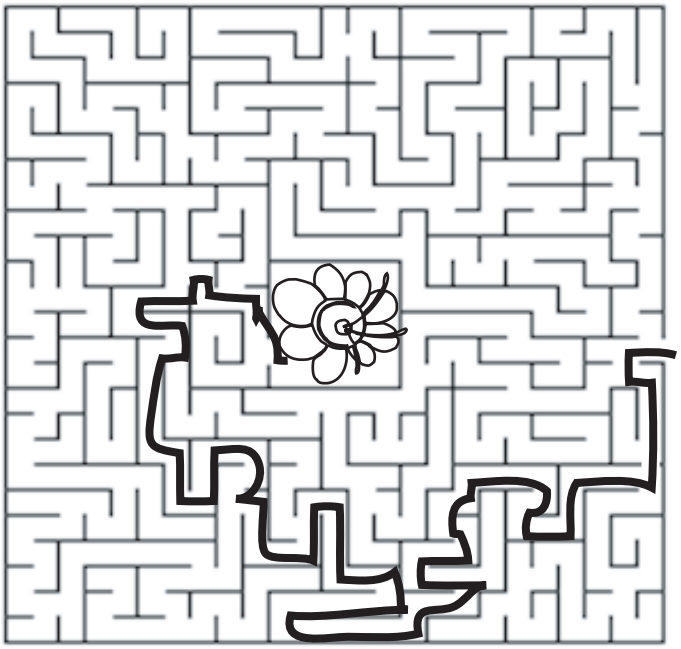
(answers on last page)

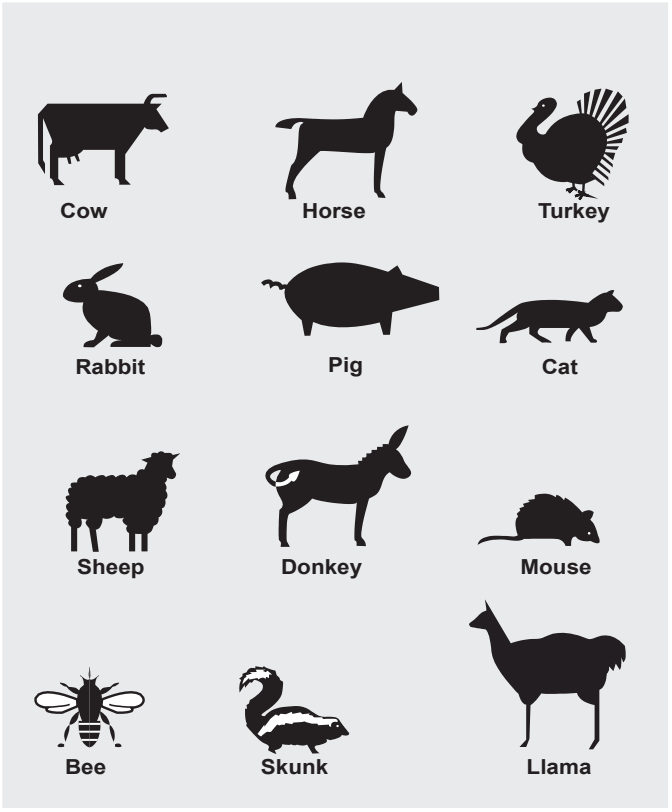
Just For Laughs

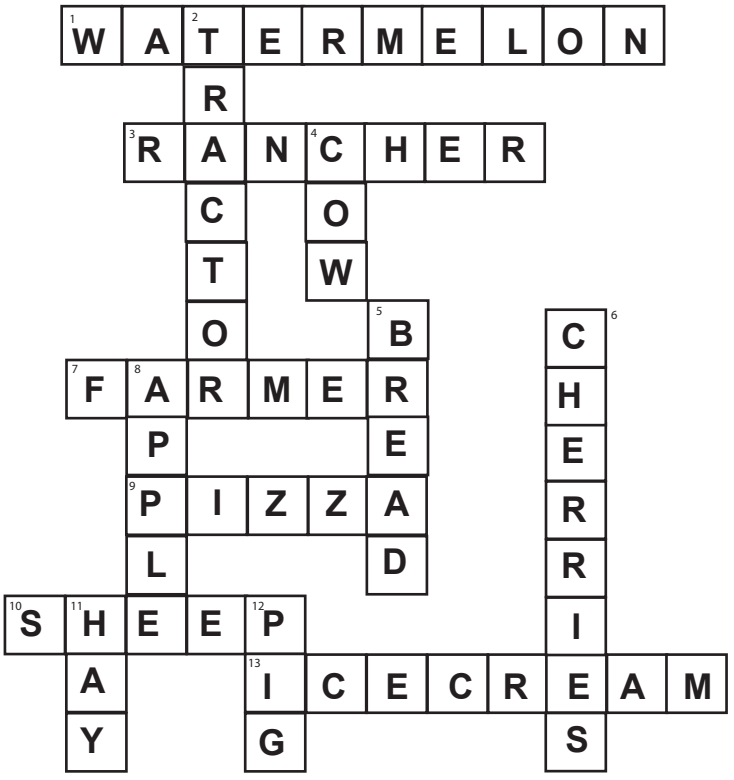
How can you spot a dogwood tree? By its bark!....What do you call a clever duck? A wise quacker!....What's a snake's favorite subject? Hiss-tory!....What's smarter than a hummingbird? A spelling bee!....When is a car like a frog? When it's being toad. What do you give a sick bird? Tweetment!....What did the frog order at the drive- thru? Flies and a croak!.....What did summer say to spring? Help, I'm going to fall!

U R J P O I U K H D Y O B E T
M O G G Z B X E D E X I K M A
W A T E R M E L O N T T R A S
O P P C D Z F P E A C H E S C
B A E M A D B H Q O I Y H H E
S T R A W B E R R I E S E S M
S E I R R E B E U L B R E A F
R P S R U X C W U N R I R S D
N A U T N R I P E I R I E U Z
S K S S O R X C E R O P H I E
S E F P P C T S E N U I P N Y
S E I T B A I B Y O S N E A G
Y T S R R E N R L G S A A Y R
S N O I R A R A P I P I R P E
U Y N U R E T R W A H L S R D
S E D C L N B O I M U A U U E
S M J N A P T D D E H T L N H
J X U C G R A P E S S I U E V
B Y J L E X Z U Q T B F O S I
I N R M P B D M D W R L B B J









Apple Answers

1) d 2) a 3) c 4) d 5) d

Worm Trivia

1) True 2) False 3) False 4) True 5) True

Honey Bee Trivia

1) c 2) c 3) b 4) a 5) b

About The Farm Service Agency

The Farm Service Agency (FSA) administers and manages farm commodity, credit, conservation, disaster and loan programs as part of the United States Department of Agriculture. FSA provides the financial assistance that helps sustain and grow American agriculture.

Commodity Payments and Economic Stability:

These programs are designed to improve the economic stability of the agricultural industry and to help farmers provide a safe, wholesome, nutritious and affordable food and fiber supply for consumers. Economically, the desired result of these programs is a steady price range for agricultural commodities for both farmers and consumers.

Farm Loan And Emergency Loan Programs:

In addition to farm payments, FSA provides direct and guaranteed loan assistance to farmers and ranchers at all stages in their operation. Loans can be used to purchase farmland, livestock, feed and equipment as well as construct or repair buildings and other fixtures, and/or develop farmland to promote soil and water conservation. Emergency Farm Loans provide assistance to help producers recover from production and physical losses due to natural disasters or quarantine.

Through its Beginning Farmer and Rancher Loan Program and the Socially Disadvantaged Farmer and Rancher Loan Program, FSA offers targeted assistance to producers just starting out who want to buy and operate a family-size farm or ranch but are unable to obtain financing from commercial credit sources.

FSA also supports the future of agriculture through its Rural Youth Loan Program. Targeted toward rural youth between 10 and 20 years old, the Farm Service Agency makes loans to boys and girls in rural communities who want to start learning about the business of agriculture.

The Youth Loan Program is designed to provide start-up capital to establish and operate income-producing projects of modest size in connection with participation in 4-H clubs, Future Farmers of America, and similar agriculture focused organizations.

Conservation:

FSA supports conservation efforts through its Conservation Reserve Program (CRP). Through CRP, farmers and ranchers plant grasses, trees, and other vegetation next to crop fields and streams. They also install wetlands, grass waterways, and other conservation structures on their land. CRP plantings and structures keep soil from eroding into our waterways or contaminating our air. CRP plantings also improve water quality by filtering out agricultural nutrients and removing carbon from the atmosphere.

Learn More:

To find out more about FSA, its programs and requirements, please visit your local FSA office or USDA Service Center, or you can find us on line at www.fsa.usda.gov

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Did You Know? Before the use of mass produced cardboard boxes, fruit growers, packers and shippers printed labels and attached them to wooden fruit crates or boxes used to ship their fruit to market. Today these old labels are highly prized and very collectable.