

Rice



Origins

Rice cultivation originates from China and India. Rice is a staple crop for many Asian countries. Roughly 90% of the world's rice supply is produced in Asia.

Types of Rice

Jasmine, White, Sticky, Sushi, Wild, Red Cargo, Brown, RoseMatta, etc.

Nutrients

Rice is rich in carbohydrates with some protein and different vitamins and minerals depending on the rice.

What does rice need to grow and how tall does it grow?



Maize (Corn)



Origins

Maize originated from Mexico and was first domesticated by the indigenous people living there.

Use of Corn

Human consumption (sweet corn, starch, syrup), animal feed, & fuel.

Nutrients

Corn is both a vegetable and a carb (cereal grain). It is rich in fiber, carbs, B vitamins, vitamin C, potassium, and magnesium.

How many kernels does an average ear of corn contain?



Eggplant



Origins

Eggplants originated from India and are referred to as the "King of Vegetables" in India. It has been used in traditional medicine for thousands of years. China, India, Egypt, Iran, and Turkey are the top producers of Eggplants. They grow best in hot temperatures.

Eggplant Diversity

Purple, White, Green, Pink, White striped; Long, Slim, Oval, & Melon.

Nutrients

Rich in water, fiber, potassium, and moderate in vitamin C and A.

Eggplant: a fruit or a vegetable?



Turmeric



Origins

The Turmeric plant originates from Southeast Asia and India. Roots of turmeric are boiled, dried, & ground up into a bright orange powder. This spice is used often and is very important in the Hindu culture.

Use of Turmeric

Cooking, Coloring/Dying, Skin care, and Medicine.

Nutrients

Rich in natural antioxidants, such as curcumin which has strong anti-inflammatory properties.

How long does turmeric take to grow? And in what climate?

3 Sister Crops



Origins

Corn, beans, and squash are known as the three sister crops. The title, “Three Sisters Garden” and planting method is rooted to Native American culture. These crops are at the center of their farming. They can be dried & used year round.

Nutrients

Corn is rich in carbohydrates, beans are rich in protein, and squash adds extra vitamins and minerals.

How do these three crops grow as a team to thrive?

Bok Choy



Origins

Bok Choy originated from China. "Bok Choy" in Cantonese means "white vegetable" in English. It is a Chinese white cabbage, and is known as a cruciferous vegetable.

Cruciferous Vegetables

Kale, Broccoli, Bok Choy, Arugula, Cabbage, Brussel Sprouts, Cauliflower, Radish, and Turnip.

Nutrients

Bok Choy contains many nutrients. It is rich in vitamin K, C, & fiber.

Where does the name for Cruciferous come from?

Soy Beans



Origins

Soy Beans originated from East Asia. Raw soy beans are toxic to all monogastric animals and must be cooked with wet heat to destroy trypsin inhibitors.

Use of Soy Beans

Soy Sauce, Soy Milk, Tofu, Tempeh, Bean Paste, Soy Oil, etc.

Nutrients

Soy Beans are rich in protein, fiber, iron, phosphorus, B vitamins, and manganese. Soy products can serves as a full meat alternative because it is a complete protein.

What is trypsin? What is a complete protein?

Beets



Origins

Beets originated from the Mediterranean coast and are classified as root vegetables.

Use of Beets

Ancient Greeks originally cultivated beets for its leaves to be used medically or as a cooking herb. The Romans were the first to cultivate the root of the beet to eat.

Nutrients

From the root to the leaves, beets contain: nitrate, antioxidants (vitamin A & C), potassium, sodium, phosphorus, magnesium, nitrate, folate, fiber & iron.

What is Beeturia?

Tomatoes

Origins

Tomatoes originated from the Andes, and were cultivated by the Aztecs in Mexico. The Aztec word 'tomato,' means "plump fruit.' Red and green tomatoes were mixed with chili for sauces or as filling for tamales. The tomato was introduced to Spain in the early sixteenth century. As the tomato ripens, the color changes from green to red due to the breakdown of chlorophyll.

Nutrients

Tomatoes are rich in vitamin C & K, folate, potassium, water, & fiber.

What gives tomatoes a red color?

Onions

Origins

Onions originate from central and west Asia. Prior to farming, onions grew wild in many regions. Onions were one of the earliest crops. They were less perishable and easier to grow and transport than other foods of the time. They can be grown in a variety of climates. Early civilization documents noted their importance in art, medicine, & mummification.

Nutrients

Onions contain water, carbs, fiber, & over 25 varieties of flavonoid antioxidants. Antioxidants inhibit oxidative cellular damage.

Name a type of onion.

Olives

Origins

Olives originated in Asia Minor and then spread through Iran, Palestine, and Syria to the Mediterranean basin. Olives are a main ingredient in Mediterranean dishes.

Types & Uses of Olives

Many varieties of olives and olive oils exist. They are used in many cultures & religions for special ceremonies and for health.

Nutrients

Olives are rich in the antioxidant vitamin E and oleic acid, which is a healthy monounsaturated fatty acid.

How/Where do olives grow? Are they a fruit or vegetables?

Sunflowers

Origins

Sunflowers originated from North America. The sunflower was first grown as a crop by Native Americans 4,500 years ago.

Use of Sunflowers

The seeds can be roasted and eaten whole or added to a mix of other grains/nuts. Sunflower seeds can also be made into flour and oil for baking and cooking.

Nutrients

Sunflower seeds contain vitamin E, selenium, phenolic acids, & flavonoids that act like antioxidants.

What determines where the head of the sunflower faces?

Bell Peppers




Origins

Bell Peppers originated from Mexico, Central and South America. Bell Peppers are traditionally used in Salsa Criolla, which is a South American salsa made with peppers, onion, tomato and garlic tossed with red wine vinegar and olive oil.

Nutrients

One medium bell pepper provides 169% of the Reference Daily Intake for vitamin C. It is one of the richest dietary sources of vitamin C. It also contains fiber, potassium, folate, iron, and beta-carotene (A).

Are they a fruit or vegetable?

Carrots




Origins

Carrots originated from Southern Europe, Central & West Asia, South & East Mediterranean. Originally, wild carrots had a white colored root. The wild carrot was used as a healing remedy for many illnesses.

Nutrients

Orange carrots get their color from beta carotene, an antioxidant that your body converts into vitamin A. Vitamin A supports fetal development, cell growth, immune function, vision, and skin health.

What is the foliage of a carrot and is it edible?

Jalapeno Peppers




Origins

Jalapeno Peppers originated from Central America and Mexico. The name Jalapeño means “from Jalapa” (or Xalapa), which is a city in Mexico. They are smoked for long-term storage, which is how chipotle peppers are made.

Nutrients

Jalapenos are rich in vitamin A, C, and potassium. They also contain carotene, folate, vitamin K and some B vitamins.

What is the capsaicin of a pepper and what does it do?

Butternut Squash




Origins

Butternut Squash originated from from Mexico and South America. Squash was an important food source for the indigenous people living in the western hemisphere, and are placed at the center of Native American farming.

Nutrients

Butternut Squash is rich in beta-carotene (vit. A), vitamin C, carbs, fiber, potassium, & magnesium. These nutrients support immune, nerve & muscle functioning.

Is butternut squash a winter or summer squash?

Hinduism

Origins & Beliefs

Hinduism is a common religion practiced by people from India, Nepal, Bangladesh, Pakistan, Thailand, & South Africa to name a few. It is the recorded as the world's oldest continuing religion. Hindus highly value and respect both human & animal life.

Dietary Practices

Meats: Beef, Chicken, Pork, and Eggs are not consumed as they all represent life. Many Hindus are vegetarians who may or may not consume dairy products and fish.

Buddhism

Origins & Beliefs

Buddhism is a common religion practiced by people from Southeast Asia such as China, Japan, Laos Cambodia, Tibet, and Vietnam to name a few. Buddhism is reported as the fourth largest religion in the world. The Four Noble Truths are their most important teachings. The Truths are related to the cause, truth, path, & end of suffering.

Dietary Practices

No set dietary principles, but many Buddhist may exclude meat and fish. Eating in moderation is valued to prevent over indulgence.

Judaism

Origins & Beliefs

Judaism is a monotheistic religion that dates back to ancient Hebrews. Monotheism is a belief in one God. Judaism is reported to be the worlds oldest monotheistic religion.

Dietary Practices

The main Jewish dietary rules relate to the selection, slaughter, and preparation of meat. Foods that are ritually prepared and approved for consumption are labeled as Kosher. Many Jewish people exclude pork and seafood without scales and fins. Milk and meat products are often not consumed at the same meal.

Islam

Origins & Beliefs

Islam is a monotheistic religion that worships only one God. In Arabic God is called Allah. Muslims value the sacred life that belongs to Allah. Muhammad is the founder of Islam.

Dietary Practices

Muslims are encouraged to share food and stop eating even when still hungry. Muhammad created dietary laws that prohibit swine (pig) and alcohol consumption. Ramadan is a month long celebration to celebrate the creation of the Muslim holy book. During these 30 days, fasting is required from sunrise to sunset.