

Food for Thought . . .

Has anyone ever told you, “You are what you eat?” There are foods that can make you smarter. Experts say that nutrient rich foods play an essential part in development of the mind and scholastic achievement. A balanced diet with grains, eggs, fish, lean meats, vegetables and fruits can help you work at your mental and physical best. Eating for A's begins with a healthy breakfast. Your brain needs fuel in the morning to keep you attentive and sharp. And healthy snacks--raw veggie sticks or fruits--help you grow and glow.

You've also probably heard your mom or dad say, “An apple a day, helps keep the doctor away.”

The ABC's of good nutrition--vitamins--are vital compounds that perform dozens of functions affecting your energy, vision, and memory. Minerals, such as iron and calcium, are also crucial to your physical and mental growth. Deep-colored vegetables and fruits provide an excellent supply of both. It's all about color – blue/purple, green, white, yellow/orange, and red – and the power of colorful fruits and vegetables to promote good health. So when you're grocery shopping, planning your meals or dining out, think color and for variety, make it 5 A Day---the Color Way.

And remember, raw vegetables and fruits make ideal snacks. So, if you really want to stay away from the doctor, try to follow the advice of those who know best, and eat five or more servings of fruits or vegetables each day. Remember, frozen fruits, vegetables and juices count too!

Get 5 A Day---the Color Way!

Agriculture in South Carolina

Farmers from South Carolina and the other states grow food that helps feed the world. Although some states have more farms than South Carolina, our farmers grow the very best quality products.

South Carolina farmers produce all kinds of different products. You've probably seen most of them at the grocery store. You may even have visited farmers markets and have met the farmers who grow your food.

A temperate climate and fertile soil help South Carolina farmers produce a wide variety of high quality food products. While poultry is the state's largest food business, many other products contribute to the state's agriculture.

In order to sell their products, farmers need stable markets and they need to keep up with marketing

Marketing

Marketing is the buying and selling of goods and services. The South Carolina Department of Agriculture helps producers by finding markets for them. Producers are people who grow agricultural products. Markets are customers and buyers of agricultural products. Consumers are people who use products. And, the Department of Agriculture provides consumers with information on where and how to buy South Carolina quality products.

An agricultural commercial or industrial business is called an agribusiness. Agribusinesses include processors, manufacturers, retailers, wholesalers, and suppliers. Raw farm products are processed and manufactured into other products. In order for agribusinesses to be successful, they must have easy access to farms and to a vast array of raw farm products.

Food Dollar

Farmers must earn more money from their sales than they spend on their expenses to make a profit. But, in recent years, the farm value (the amount farmers receive for their raw farm products) has been less than they needed to be successful in their business of putting food on your table.

The farm value is the value of raw farm foods. The marketing bill is the yearly cost of transporting, processing, and distributing farm foods grown in the United States. The marketing bill does not include foods such as bananas and coffee that are grown in foreign countries.

Farmers receive, on average, only 19 cents of each consumer food dollar. The remaining 81 cents of each dollar you spend on food goes to marketing-related activities, including packaging, advertising, transportation, and the labor used by manufacturers, wholesalers, retailers, and eating places. This includes the times you choose to eat out.

Where your food dollar goes . . .

Farmer's Share
19 cents



Marketing Share
81 cents



About 9.9 of
spent on food.
you have left

deductions like taxes. Discretionary income is what you have left out of your disposable income to buy unnecessary items.

For example, if you earn \$150, and \$50 is taken out for taxes, your disposable income would be \$100. Out of that \$100 of disposable income, if you were like the average person in the United States, you would spend \$9.90 of that disposable income on food. After all of your living expenses are paid, you can spend the amount you have left as you please on things like movie tickets and CDs.

our disposable income is
Disposable income is what
after you pay for necessary

You are what you eat!

In 1900, more people cooked every meal from scratch and canned preserves and other food for the winter. Now, the food system has completely changed. Today, you can buy a complete ready-to-eat dinner or pre-processed and packaged ingredients to prepare a dinner. Or, you can eat out at a restaurant. But, whatever you do, you should eat 5-a-day---5 fruits and vegetables. Eating 5 or more servings of colorful fruits and vegetables a day is part of an important plan for healthier living.

Farmers grow a wide variety of fresh vegetables and fruits in the state---and South Carolinians eat a lot of those products. Total per capita consumption of fruits and vegetables is almost 700 pounds per person per year. At that rate, the population of South Carolina eats almost 3 billion pounds of fruits and vegetables a year.

Farmers are also diversifying from their traditional crops to increase their profit. At the same time, they are providing us with *nutraceuticals*, alternative crops that keep us well and prevent illness. Some are fever few, Echinacea, St. John's wort, valerian, and saw palmetto for *dietary supplements*.

In the future, people will be able to prevent diseases and illnesses simply by eating certain foods called *functional foods*. Functional foods are foods that are beneficial to your health such as oats, bran, and canola oil. In the future, people will be able to eat bread made with wheat to reduce the chance blindness or bananas that contain "edible vaccines" to fend off diseases.

Word Scramble

South Carolina farmers grow all of these foods---and more!

teesw _____
stanuep _____
nepcas _____
chseape _____
wikiturif _____
oestamot _____
mucumsreb _____
twese totaopse _____
wrsatiesrerb _____
snolemretaw _____
papes _____
yfael sergen _____
pans sabne _____
gseg _____

kiml _____
ukysert _____
nacoulatsep _____
kenscich _____
ropk _____
preppes _____
feeb _____
bacgabe _____
squahs _____
burrelbesi _____

Row Crops

Row crops are products that grow in fields. Some row crops, like cotton, hay, and tobacco, are not edible, but others are used for food or for food ingredients. In South Carolina, our row crops are mostly grown for livestock feed.

Name some food uses of the following row crops.

barley	_____
corn	_____
oats	_____
rye	_____
sorghum	_____
soybeans	_____
wheat	_____

Examples:

barley	soup ingredient
corn	corn flakes, corn meal
oats	oatmeal
rye	rye bread
sorghum	molasses
soybeans	vegetable oil
wheat	bread, pasta, cream of wheat

South Carolina AgQuiz!

1. Where does South Carolina rank in peach production in the United States?
2. What is South Carolina's number one agricultural product?
3. Any guesses how many farms there are in the state?
4. What is the top South Carolina County based on sales?
5. Some products are unique to South Carolina. They are called specialty products. Name some of them.
6. Where are the three State Farmers Markets?
7. How many farms in South Carolina have been in the same family for 100 years or more? for 200 years or more?
8. What are some new alternative crops for South Carolina farmers?

Answers

1. In 2005, South Carolina ranked 3rd in tomatoes and peaches, 4th in watermelons, and 10th in turkeys.
2. Broilers (chickens)
3. 24,300 farms
4. Lexington County
5. tea, nutraceuticals (Fever Few, Echinacea), plantation rice, aquaculture, and others
6. Columbia, Florence, and Greenville
7. Officially, about 80 farms have been in the same family for 100 years or more and 320 for 200 years or more.
8. nutraceuticals, biodiesel (fuel made with soybeans)

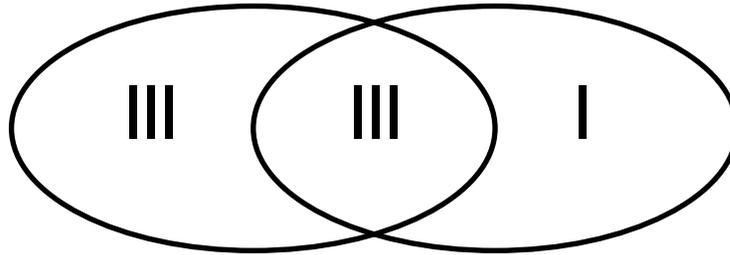
Top SC Commodities by Cash Receipts (2005)

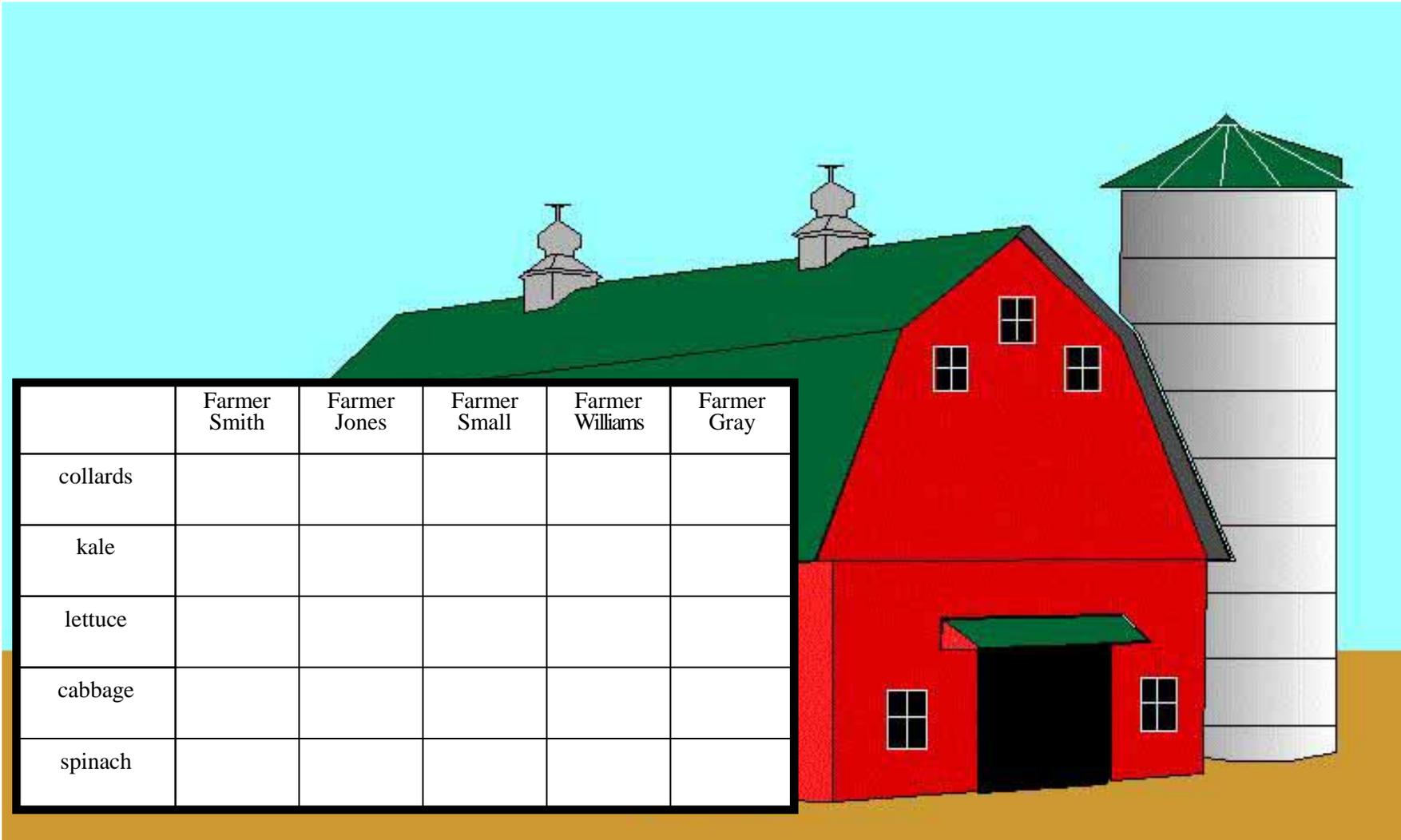
1. Broilers
2. Greenhouse, Nursery, & Floriculture
3. Cattle and Calves
4. Turkeys
5. Cotton / Cottonseed
6. Soybeans
7. Eggs
8. Tobacco
9. Hogs
10. Corn

Word Problems:

Twelve people are at a picnic. Six people are eating peaches and 4 people are eating watermelons, Three people are eating both. How many people are not eating?

Answer: $12 - 7 = 5$ people are not eating!





	Farmer Smith	Farmer Jones	Farmer Small	Farmer Williams	Farmer Gray
collards					
kale					
lettuce					
cabbage					
spinach					

Which farmer only grows cabbage?

Hint Put an 0 in the box for the farmer who grows it. Put an X in the box for the farmer who does not grow it. EACH FARMER GROWS ONLY ONE CROP.

1. Farmer Jones grows kale, but does not grow collards, lettuce, cabbage, or spinach.
2. Farmer Gray grows spinach, but does not grow collards, lettuce, or cabbage.
3. Farmer Williams does not grow collards or cabbage, but he grows lettuce.
4. Farmer Small grows collards, but does not cabbage.

Answer: Farmer Smith grows only cabbage.

ag facts . . .

- Agriculture provides a lifeline to our cities.
- The farmers of our state and nation grow food to feed the world. One farmer feeds 129 people in the nation and others throughout the world.
- Farmers get up early in the morning to pick the freshest fruits and vegetables.
- Farmers grow fruits and vegetables. Remember to eat 5-a-day.
- South Carolina farmers also grow ornamental horticulture products----plants and flowers.
- Watermelons contain 92% water. South Carolina farmers grow seedless and yellow meat as well as the traditional red watermelons.
- If it has seeds, it's a FRUIT. So, tomatoes, cucumbers, squash, green beans and walnuts are *technically* all FRUITS.
- American Classic Tea from the Charleston Tea Plantation is the only tea grown in North America.
- In the 1920s South Carolina grown fruits and vegetables were thought to have had enormously greater quantities of iodine than produce from other states? Thus, SC became known as the "Wonderful Iodine State." The call letters of WIS radio and now WIS-TV stem from "Wonderful Iodine State."

A *is for* **Agriculture**

in

South Carolina