



COLORING BOOK

IT'S A MATTER
OF TASTE.



South Carolina
DEPARTMENT OF AGRICULTURE

Hugh E. Weathers, Commissioner

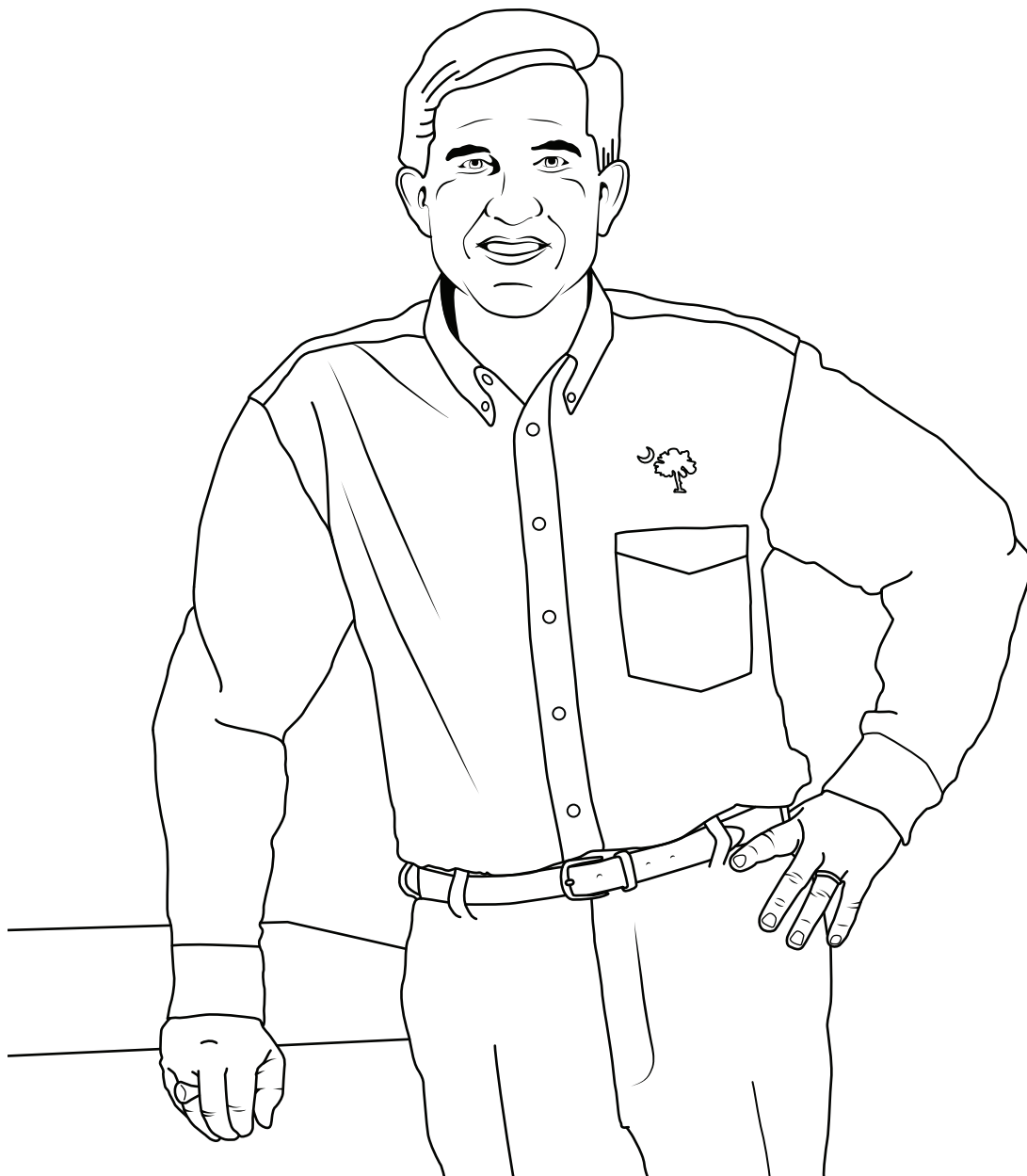
This publication was developed by the SCDA Marketing staff, and although it represents a majority of what is produced in South Carolina, it is not all encompassing. Our state has more than 24,000 farms which cover roughly 4.9 million acres. Agribusiness is the #1 industry in South Carolina with an economic impact of \$46 billion annually.

For more information about SC agriculture, please visit:

agriculture.sc.gov • certifiedsc.com

1200 Senate Street • Wade Hampton Building, 5th Floor • Columbia, SC 29201 • 803-734-2210

Hello, I'm Hugh Weathers, your SC Commissioner of Agriculture. We all know the freshest, tastiest food is local. And when it comes to South Carolina, we have lots of it.



You will know it's local when you see the Certified SC Grown logo.

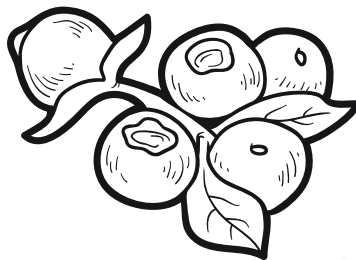




Collard



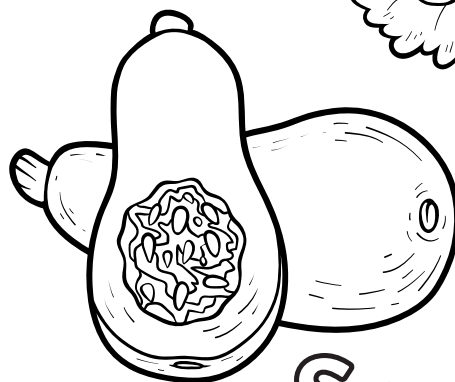
Blueberries



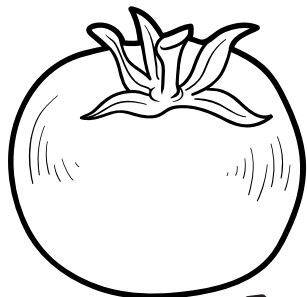
Strawberries



Zucchini

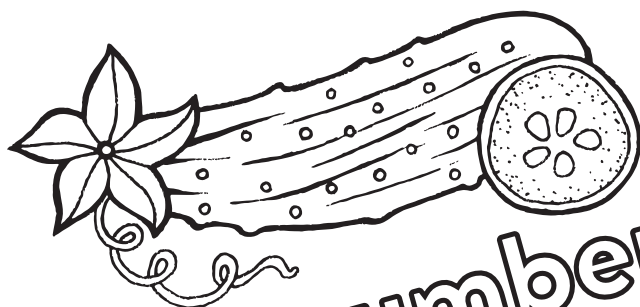
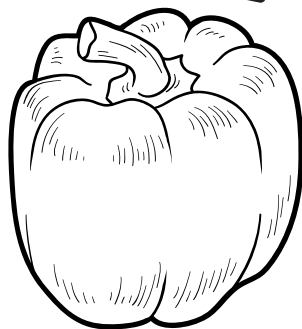


Squash



Tomato

Pepper



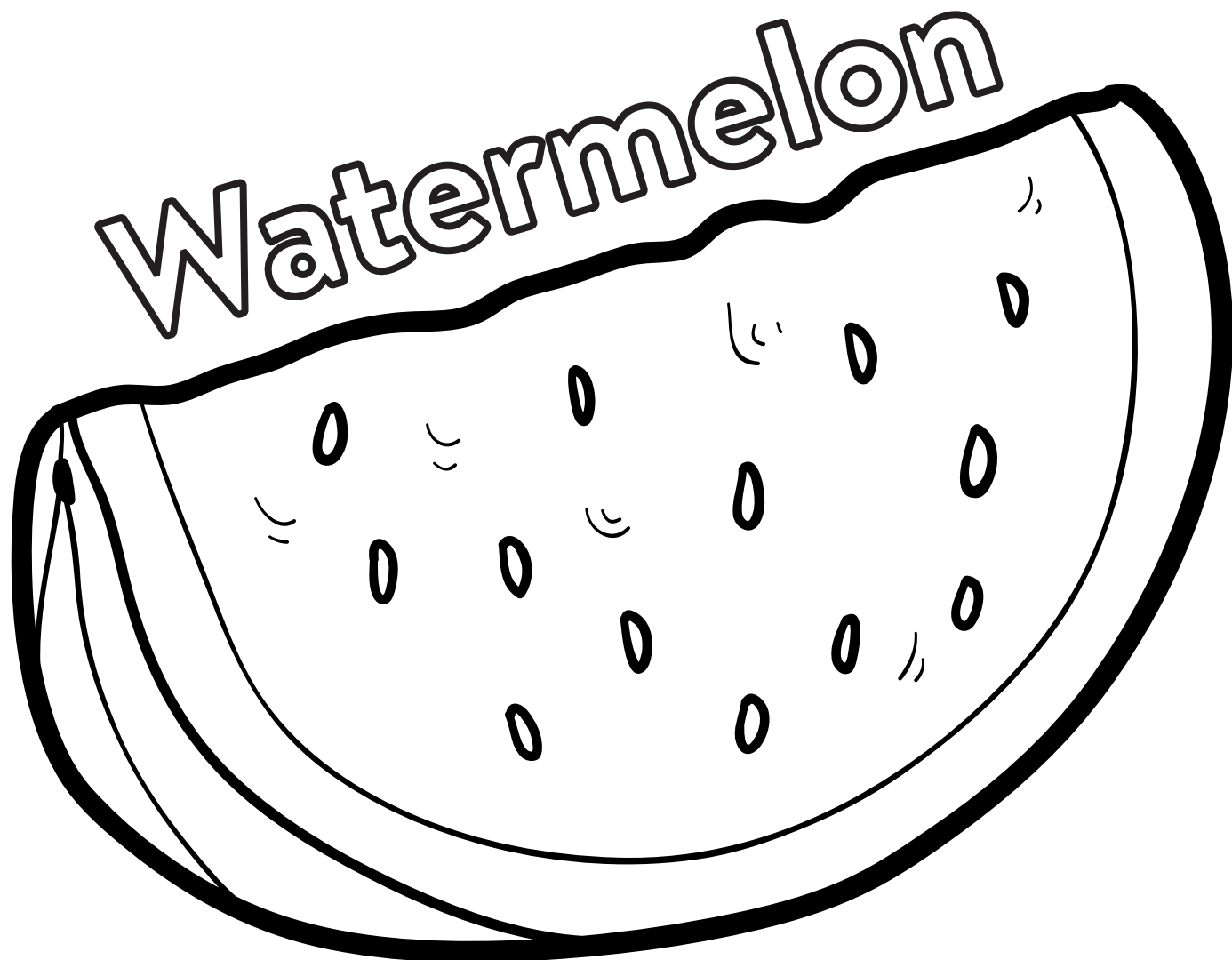
Cucumber



SOUTH CAROLINA
SPECIALTY
Crop Growers
— ASSOCIATION —

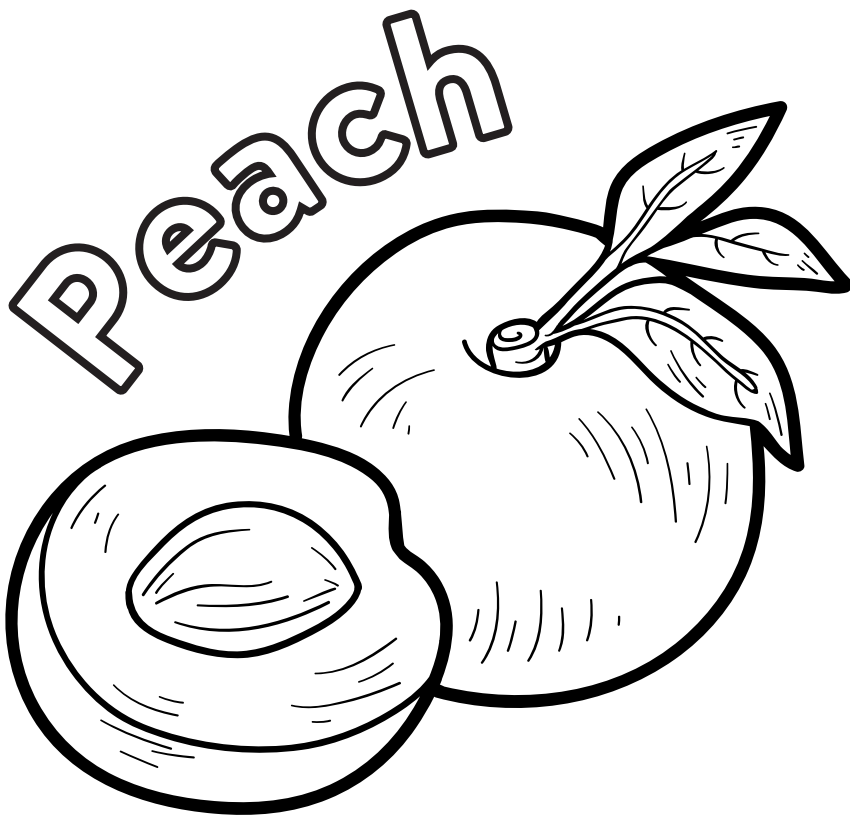
Here in South Carolina, we grow a wide range of crops. Did you know collard greens are the official vegetable of South Carolina?

For more information, visit scspecialtycrop.com



In South Carolina, the watermelon is called the “smile fruit.” We grow a summer crop that is harvested from mid-June to the end of July, and in the Lowcountry we have a fall crop through as late as October. Did you know when you are playing outside watermelon is as effective as a sports drink for hydration and electrolyte replacement?

For more information, visit scwatermelon.org



South Carolina
PEACH COUNCIL

For more information, visit scpeach.org

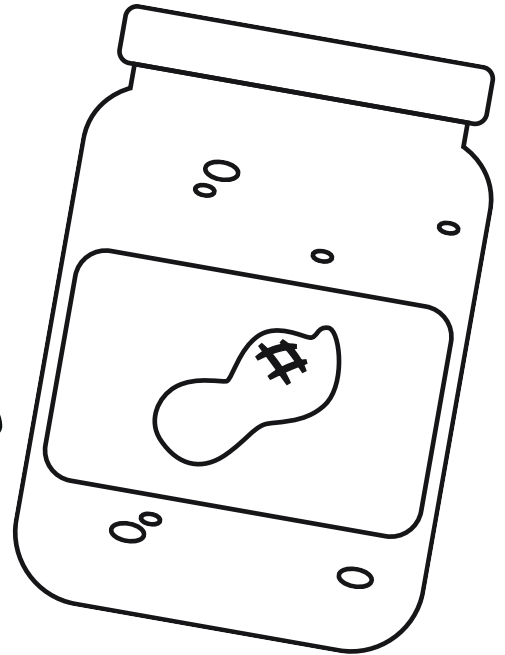
South Carolina is known as the Tastier Peach State and traditionally grows Yellow Blush peaches. Peach season starts in mid-May and runs to the end of August. The main two categories of peaches are free stone and cling stone. Peaches are the official fruit of South Carolina!



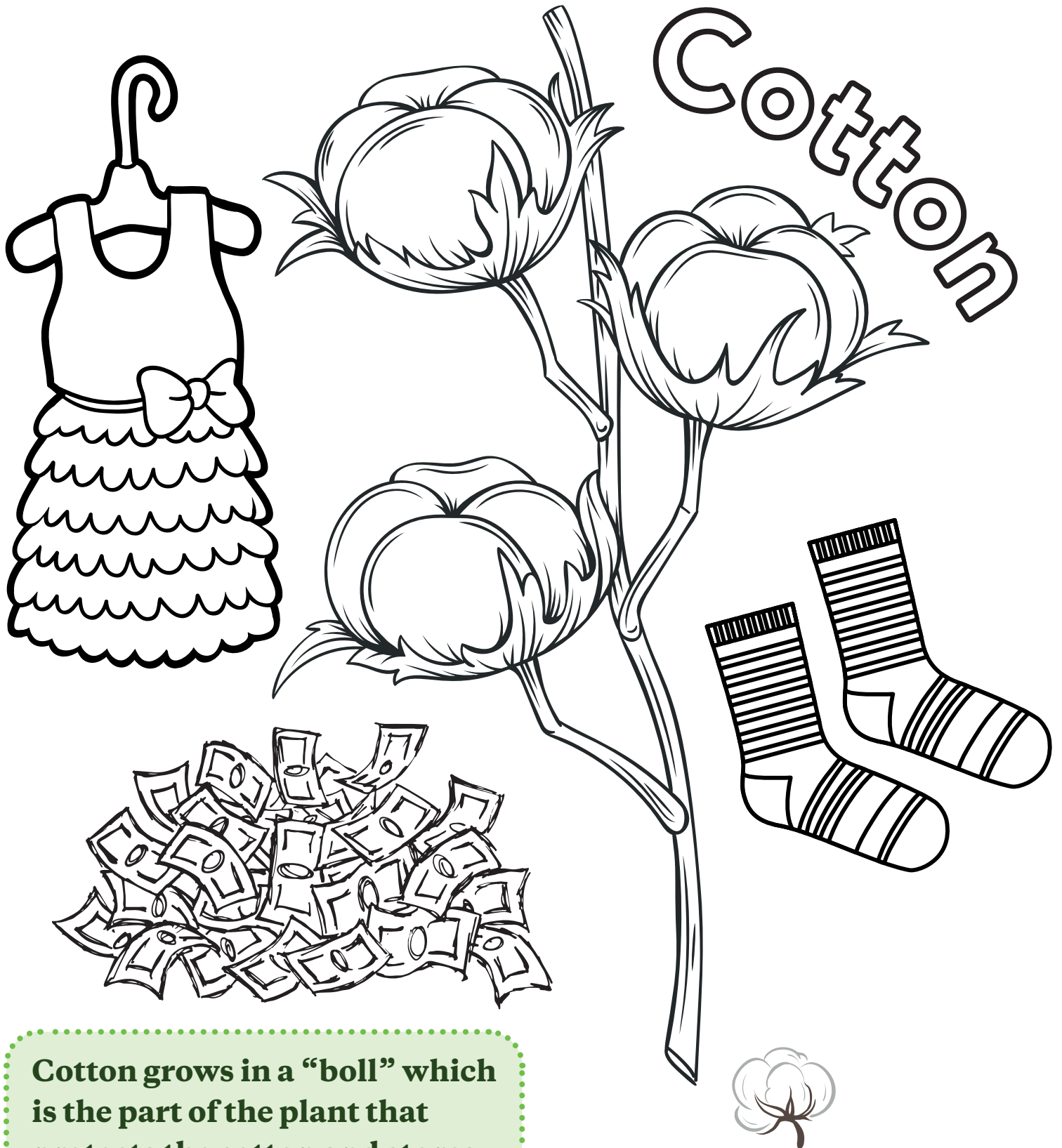
Peanuts



South Carolina grows two types of peanuts, Virginias and runner. The Virginias are larger and primarily used as roasting while runners are mainly used to make peanut butter.



For more information, visit aboutpeanuts.com

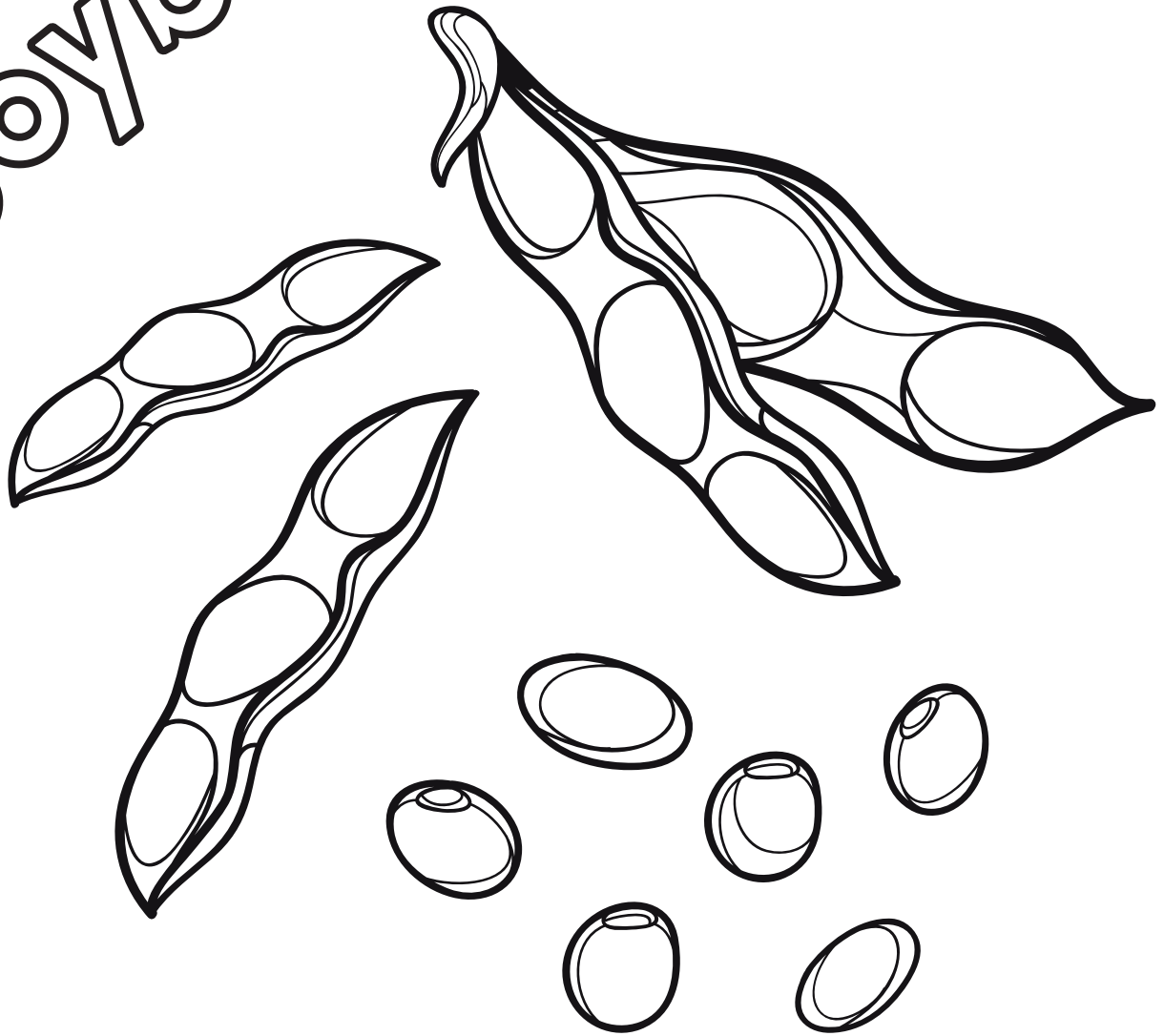


Cotton grows in a “boll” which is the part of the plant that protects the cotton and stores seeds. It is used to make fiber for our clothes, money, oil, and meal for feed for our livestock.

SOUTH CAROLINA
Cotton Board

For more information, visit sccotton.com

Soybeans



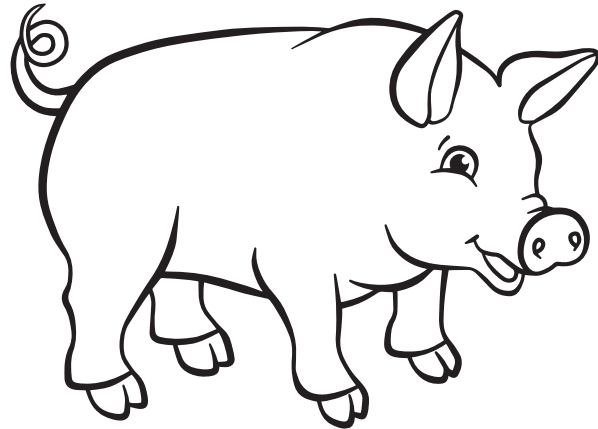
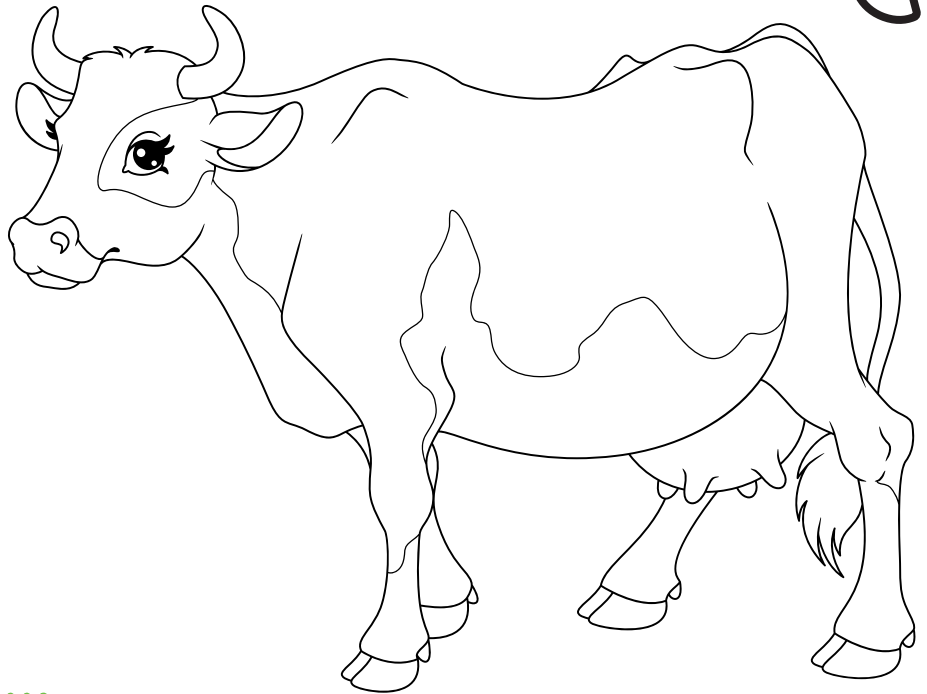
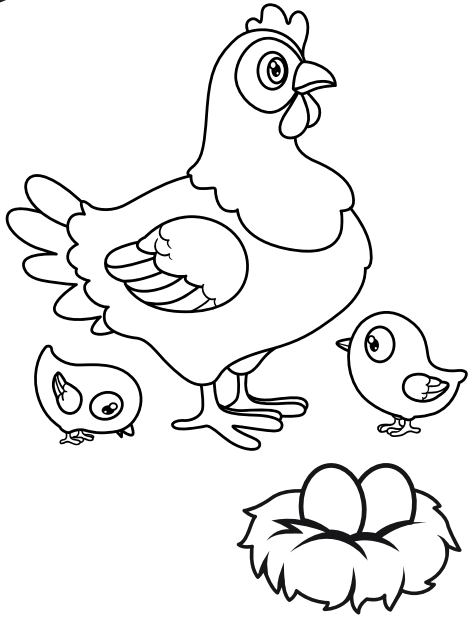
South Carolina



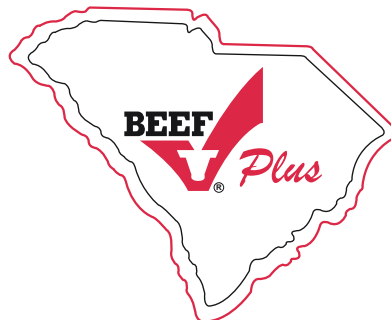
Soybeans are a type of legume (part of the pea family). They are used to make oil, crayons, biodiesel, and feed for both poultry and pigs.

For more information, visit scsoybeans.org

Animal Agriculture



Dairy cattle produce milk to make products like ice cream, yogurt, and cheese. Beef cattle and pigs are grown for meat. The word poultry refers to birds raised by people like turkeys, quail, and the most popular, chickens. Chickens are grown for their eggs and meat. Normally, a hen (mature female chicken) lays one egg per day.



South Carolina Beef Council
Funded by SC Beef Producers

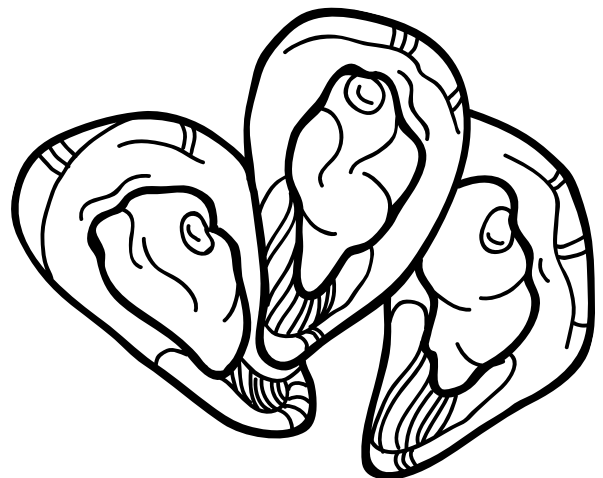
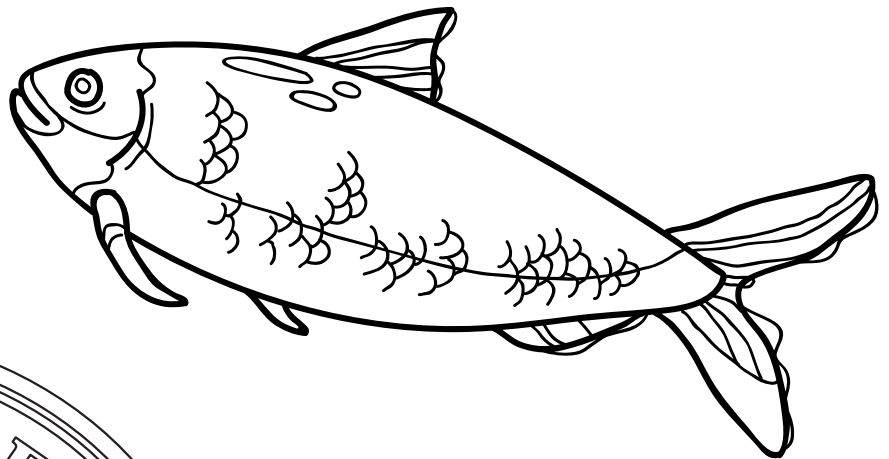
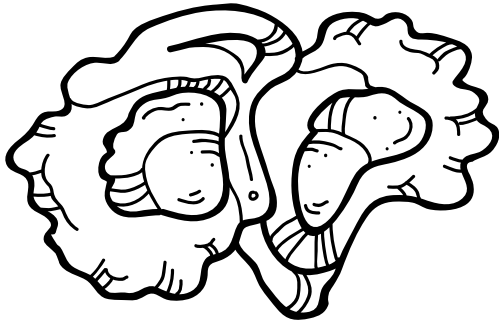
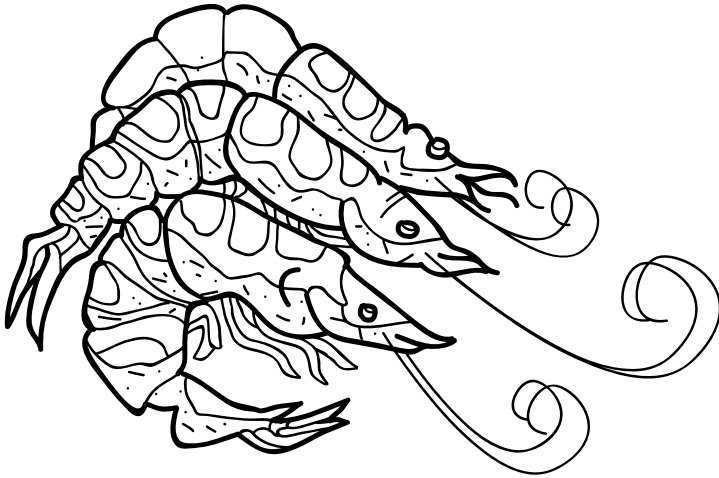


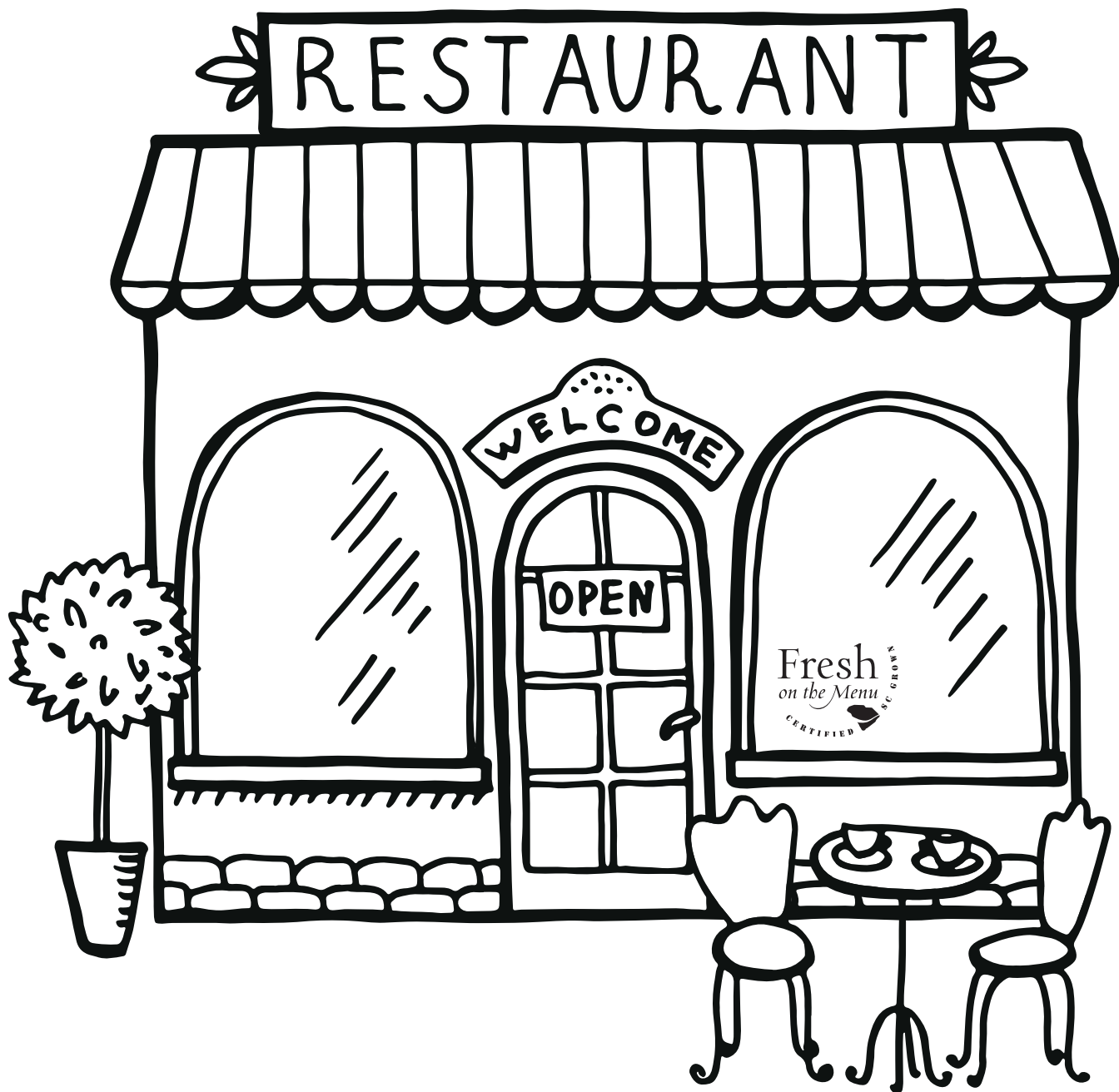
PORK BOARD

For more information, visit sccattle.org

Seafood

The main kinds of seafood harvested in SC are shrimp, oysters, clams, and several fish species. In South Carolina we trawl (pulling a large net behind a boat) for the smaller, brown shrimp from May to August and the Atlantic White shrimp from September through December.





Fresh
on the Menu

CERTIFIED

SC GROWN



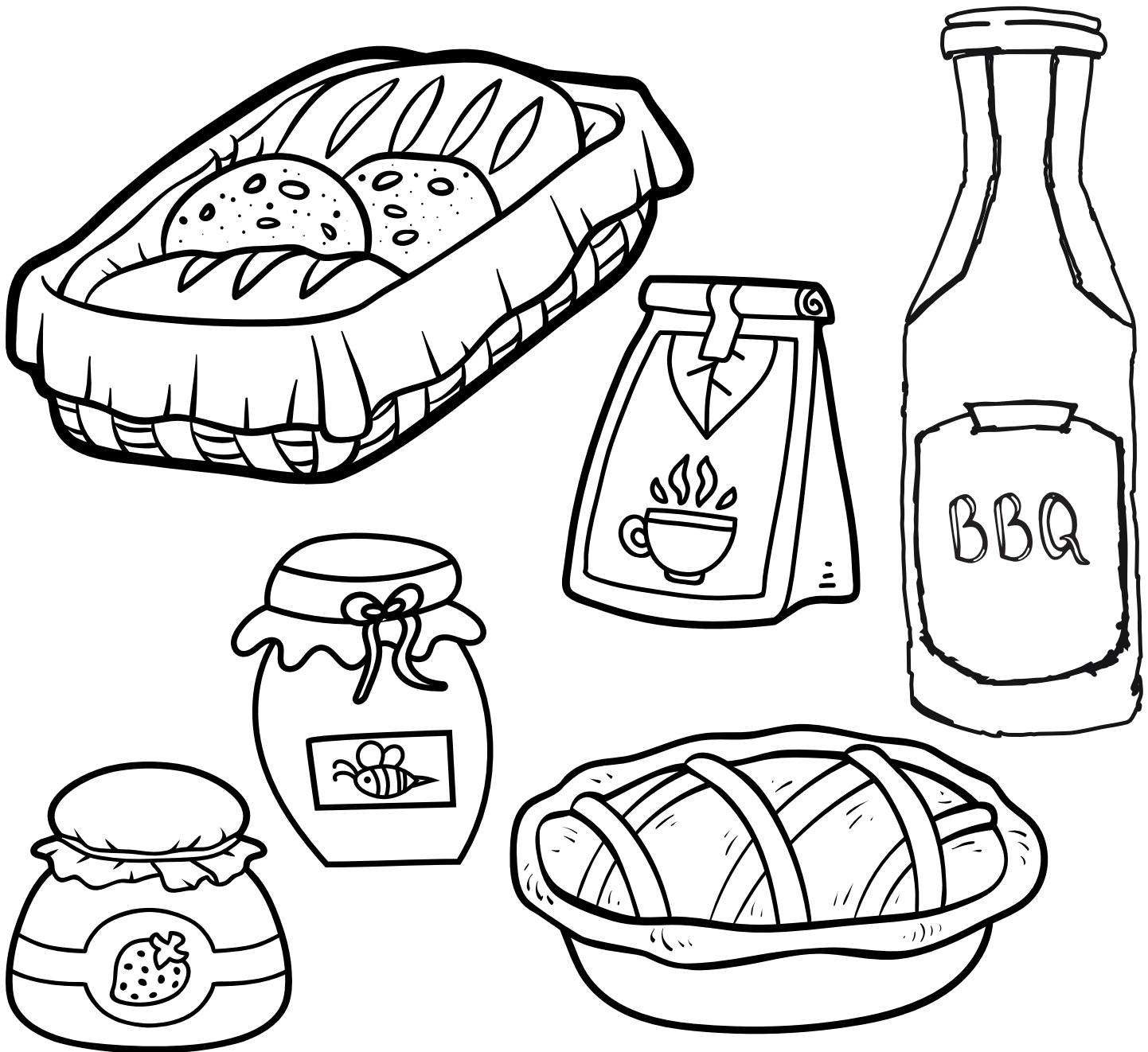
One way you and your family can support local farmers is by eating at Fresh on the Menu restaurants, which create menus with at least 25% Certified SC Grown ingredients.

For more information, visit freshonthemenu.com



A fun way to learn more about agriculture in SC is by visiting our agritourism sites. Agritourism is agriculture-based activities that bring people to farms, ranches, or other agricultural settings such as u-pick operations, corn mazes, and farm to table dinners.

For more information, visit scagritourism.org

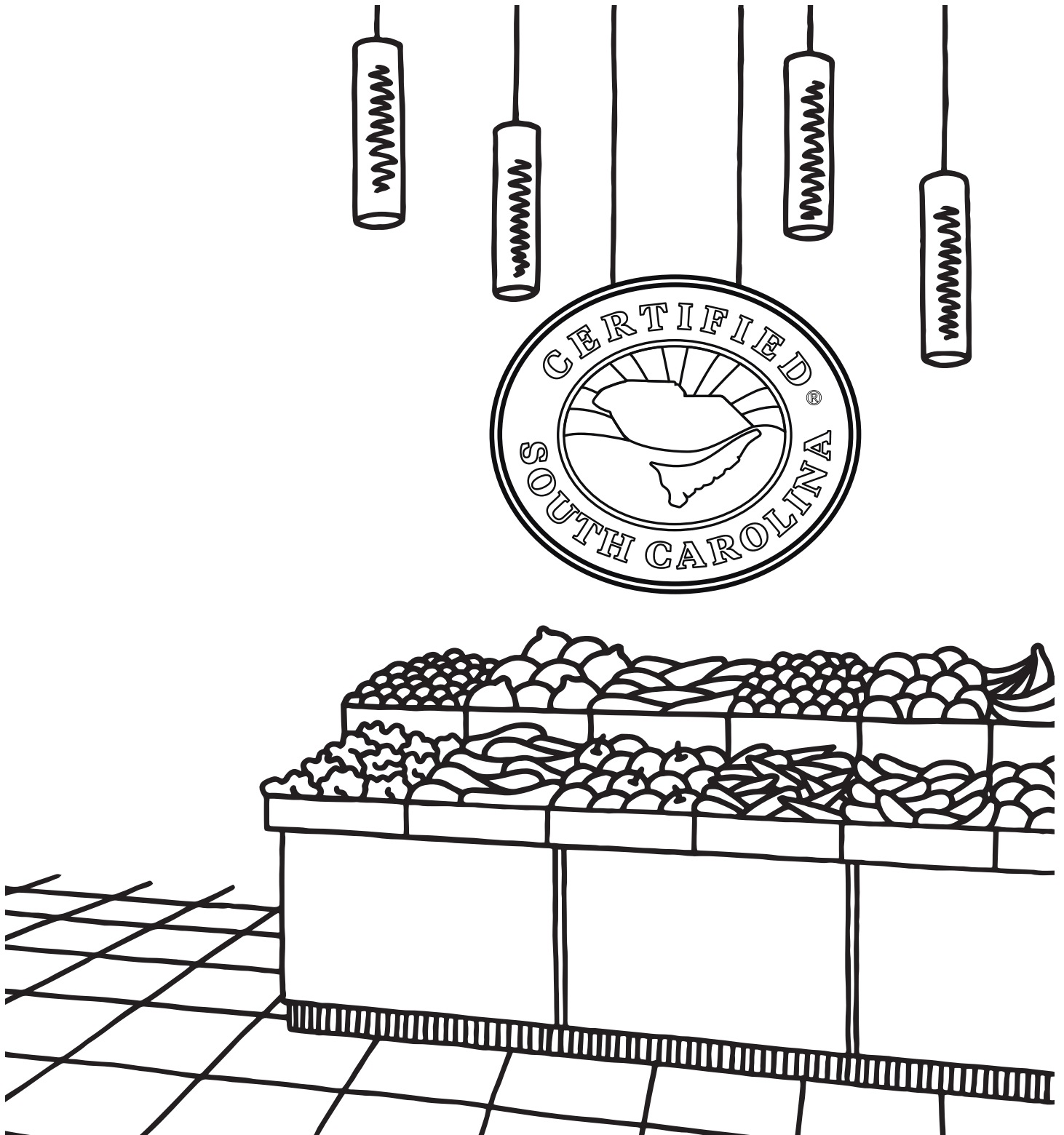


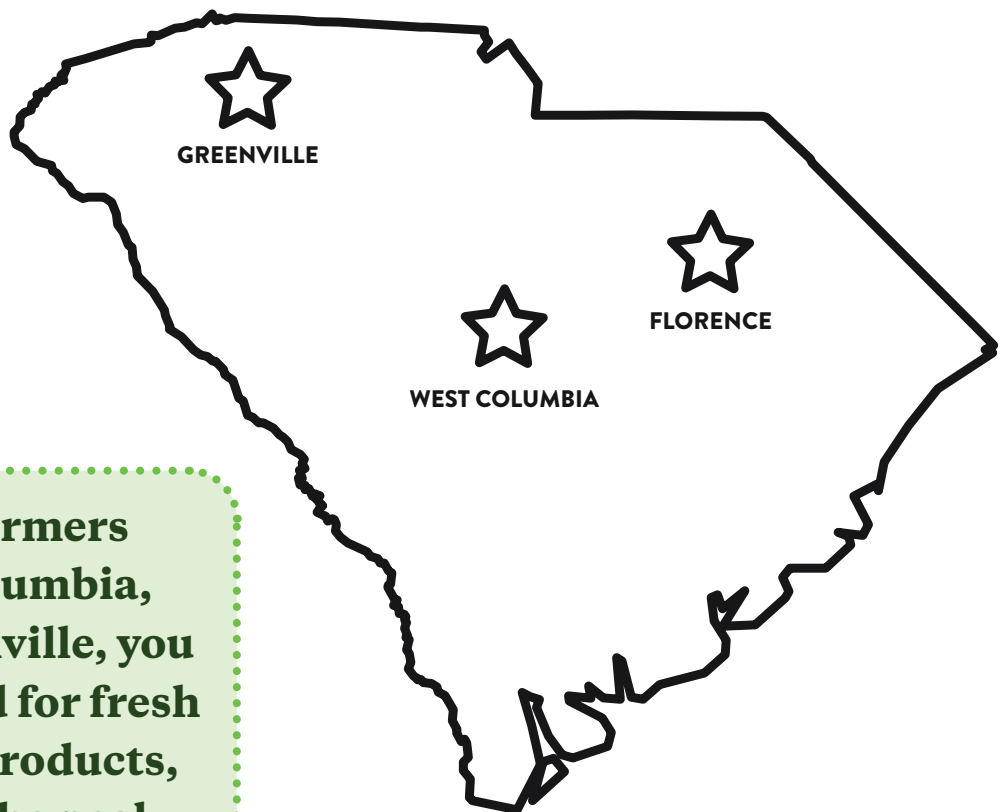
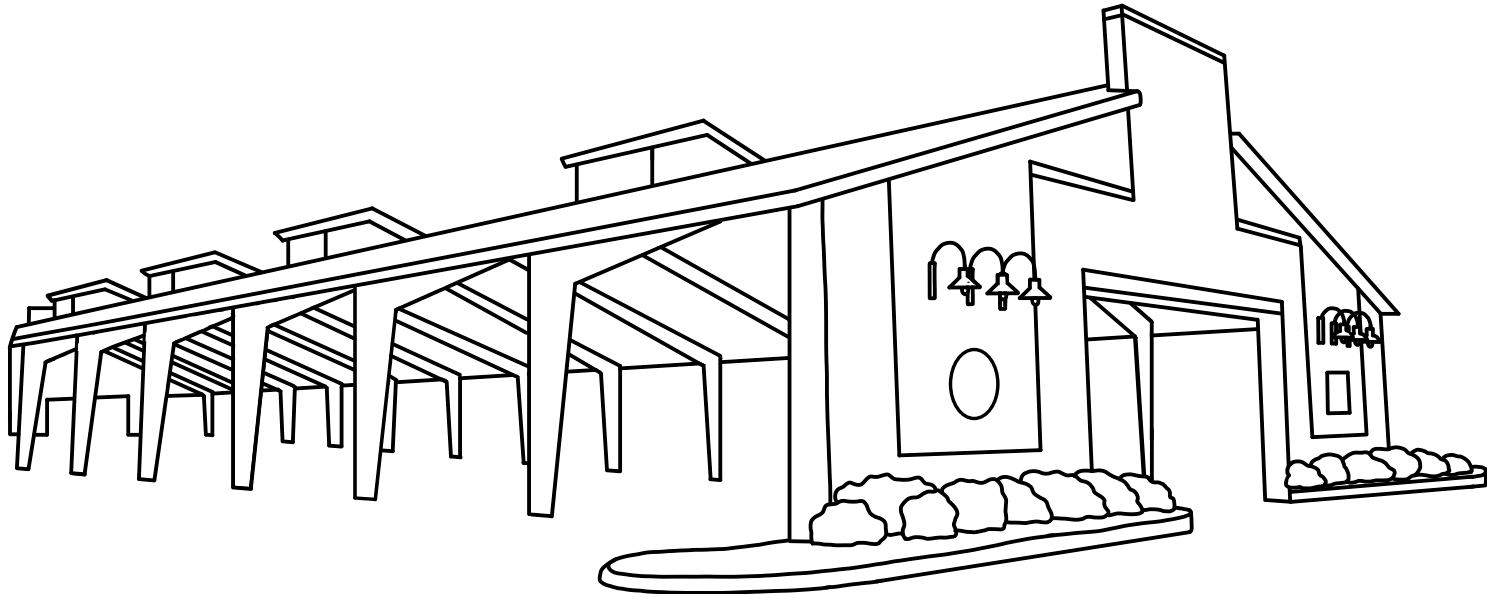
SHOP
Local
SOUTH CAROLINA

The SC Specialty Food Association showcases products created right here in our state that include BBQ sauces, baked goods, honey, snacks, jams, jellies, seasonings, and candy. There are many delicious items from all over South Carolina, each with a rich story from its creator.

For more information, visit shoplocalsc.org

You and your family can help support local farmers and businesses by looking for the Certified South Carolina logo to buy produce and products grown and made in South Carolina.





At the three State Farmers Markets in West Columbia, Florence, and Greenville, you can shop year-round for fresh produce, specialty products, and artisan items. The peak season for locally grown produce runs from April through early October.

For more information, visit agriculture.sc.gov



SOUTH CAROLINA
FARM *to* SCHOOL

For more information, visit scfarmtoschool.com

The Farm to School Program is focused on building direct relationships between South Carolina farms and schools, and to provide schools with fresh and minimally processed foods for students to eat. It also includes nutrition/agriculture education through hands-on learning activities and creating a garden.

Breakfast Fruit Parfait

From the kitchen of Mrs. Blanche Weathers, wife of Commissioner Hugh Weathers

- ☐ 10 oz. of 1-2 of your favorite fruit when in season
(blueberry, strawberry, peach, watermelon, etc.)
- ☐ 1 cup of your favorite granola or chopped nuts
(peanut butter granola)
- ☐ 8 oz of yogurt
- ☐ 1 teaspoon of local honey
- ☐ 1 spring of mint

Divide half of the yogurt between two dessert glasses or bowls; top with half of the granola. Top with half of the fruit. Repeat layers with the remaining yogurt, granola and fruit. Drizzle the local honey on top and add the spring of mint as garnish. Enjoy!

For a complete video demonstration, subscribe to the Fresh on the Menu YouTube Channel.

Draw your own parfait!

