

# PLANT-FORWARD FLAVORS

# BEANS



**BEANS** are a staple crop of Indigenous peoples in California. Rich in protein and fiber, beans can provide the foundation for many healthy diets.

California grows almost the entire Lima bean crop for the United States and about a third of the black-eyed pea crop.

Beans, lentils, and peas are good for our personal health and they make a valuable contribution to the land. In fact, many farmers plant beans first so that they can enrich the soil for more things to grow.



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# BROCCOLI

**BROCCOLI** originated in the Mediterranean region of Europe and was brought to the United States by Italian immigrants in the 1800s.

California is the leading broccoli grower in the United States. California's Central Coast is an ideal growing region for this vegetable that prefers cooler weather.

Broccoli is a member of the cabbage family. It is high in fiber, vitamin C, vitamin K, iron, and potassium. It has more protein than most other green vegetables.



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# CARROTS

**CARROTS** are a root vegetable that come in many colors, including orange, yellow, white, red, and purple.

Wild carrots are native to Europe and Southeast Asia. The first known cultivated carrots were grown in Persia in the 10th century. California grows more than 80% of the carrots produced in the United States.

Carrots are a good source of fiber, vitamin K1, potassium, and antioxidants. Orange carrots get their bright color from beta carotene, an antioxidant that your body converts into vitamin A.



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# PEPPERS



**PEPPERS** originated in Mexico, Central America, and South America where it is believed they have been cultivated for thousands of years.

Bell peppers come in many colors, including red, orange, yellow, green, and purple. Red bell peppers usually have the sweetest flavor.

Peppers thrive in California's warm weather. California grows about 40% of the peppers produced in the United States.

They are rich in vitamin C and antioxidants.



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# TOMATOES

**TOMATOES** come in a variety of colors, including yellow, orange, green, and purple.

Over 1,000 years ago, the Aztecs in Mexico mixed tomatoes, peppers, and salt to invent an early version of salsa. Starting as a wild plant in the Andes, tomatoes are now enjoyed all over the world. California grows most of the tomatoes in the United States.

Tomatoes are a delicious source of vitamin C, potassium, folate, and vitamin K.



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