

## SOURCES

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# FRESHLY PICKED VEGETABLES

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Mississippi's specialty crop vegetables come in all shapes and sizes. Teeming with nutrients and taste, our vegetables are enjoyed year round. There are a lot of reasons to be excited about our vegetables. We'll tell you a few reasons today, and then, you can grow some and find out the rest for yourself!

# GREENS

Kale, swiss chard, turnips, mustard, and collard greens are Mississippi's top producing greens.

Greens have different seasons, but most are spring and fall crops, so you can plant them twice a year.

## FUN FACTS

If a turnip plant has endured a frost, it will taste sweeter upon harvesting it!

Before the pumpkins made them famous, large turnips were used to carve Jack-O'-Lanterns.

Greens and turnips support your immune system, improve heart health, and enhance eyesight.

# CARROTS

Mississippi grows two main varieties of carrots: the Danvers and the Red Cored Chantenay.

Feel like growing some carrots of your own? Raised beds are perfect for growing any carrot you want!

Spring and summer are the key times to plant carrots. Remember they grow best in warm, moist soil without clay.

Mississippi carrots commonly grow to about 6 to 8 inches. Perfect for snacks, lunch, dinner and every other occasion.

## FUN FACTS

Carrots aren't just orange; they can be purple, red, white, and yellow too. Just one medium-sized carrot counts as your daily serving of vegetables.

Carrots are a good source of vitamin A which helps your eyes, skin, and immune system.

# SWEET POTATOES

Mississippi knows a thing or two about sweet potatoes. After all, Mississippi ranks third in the nation in sweet potato production.

We plant over 20,000 acres of sweet potatoes every year.

Sweet potatoes aren't just tasty. They are a rich source of vitamin A, carbohydrates, fiber, vitamin C, potassium, and beta-carotene.

Planting starts in late May and early June. Then, we can enjoy our savory sweet potatoes during the fall. The holidays wouldn't be the holidays without some sweet potato casserole.

## FUN FACTS

Sweet potatoes can have four different colors of skin: red, orange, yellow, or purple.

Sweet potatoes aren't potatoes, not even close. Potatoes belong to the tuber family, while sweet potatoes are a root.