



Fun Facts!



Coloring Pages!



Games!



Fun!



# washington grown activity book



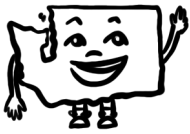
Puzzles!



Jokes!



# Contents



**The world needs  
Washington**  
page 3



**Wheat and  
barley**  
page 11



**Grass**  
page 19



**Potatoes**  
pages 4-5



**Pumpkins**  
pages 12-13



**Garlic and  
onions**  
page 20



**Berries**  
pages 6-7



**Chickpeas,  
lentils, and peas**  
pages 12-13



**Asparagus**  
page 20



**Cherries**  
page 8



**Apples and  
pears**  
pages 14-15



**Carrots**  
page 21



**Peaches and  
apricots**  
page 9



**Peppermint and  
spearmint**  
pages 16-17



**Spinach**  
page 21



**Hops**  
page 10



**Lavender**  
page 17



**Dairy**  
page 22



**Grapes**  
page 10



**Daffodils and  
tulips**  
pages 18-19



**Activities**  
page 23

**Have you  
seen this  
state?**



Our Washington Grown mascot is hidden **eight** more times starting on page four. Can you find him?

Look for new vocabulary words in **bold** throughout this activity book!

washington  
grown

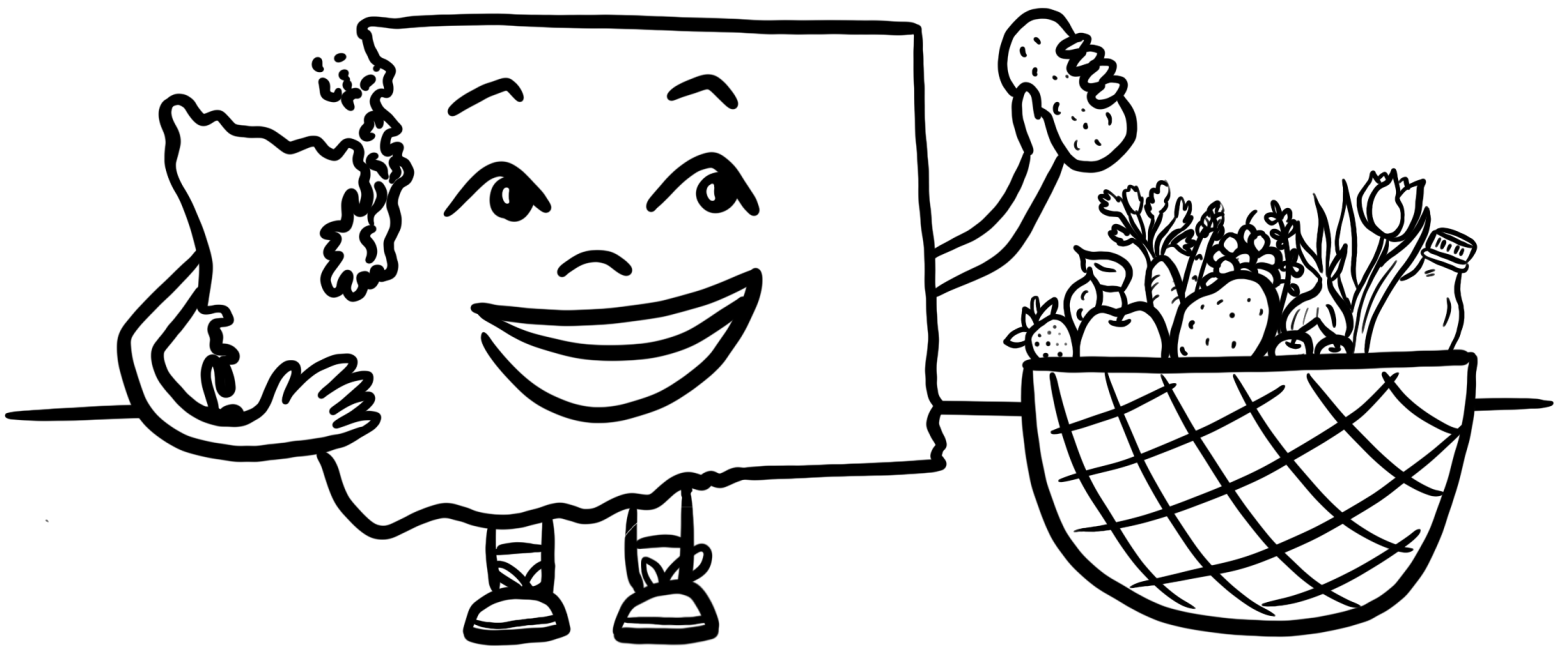
**Marketing  
Director**  
Brandy Tucker

**Editor-in-Chief**  
Kara Rowe

**Assistant Editor**  
Trista Crossley

**Writers**  
Laura Meyer  
Elissa Sweet

**Illustration  
& Design**  
Elissa Sweet



# The world needs Washington

Hello friends! In the following pages, we hope you see and learn about the magic of Washington's farms and food. We are so lucky to live near such amazing farmland! In fact, we grow so much food that we have plenty left over to share with our friends in the United States and around the world.

How are we able to produce so much extra food? First, we have some of the world's best soil, which helps plants get plenty of **nutrients**. We also have enough water and sunshine, which means lots of different crops grow well here. Also, our crops don't get as many bugs and diseases as they do in other places. This means things like wheat, apples, potatoes, and other fruits and vegetables grow really well in Washington!

The rest of the world isn't so lucky. A lot of countries can't grow enough food to feed the people who live there, either because they don't have enough land, or the soil and weather aren't right for the crops they want

to grow. They rely on Washington crops instead!

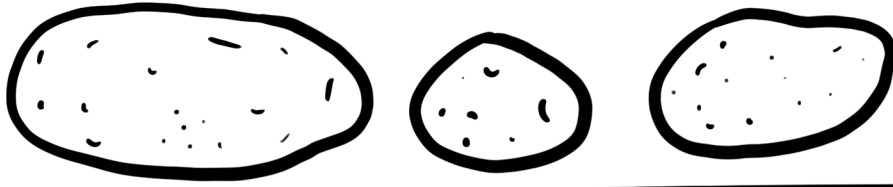
We send most of our potatoes (in the form of french fries — yum!) and wheat to other countries every year, as well as 30% of our apples and 25% of our cherries. Because Washington state is on the West Coast, it is easy for us to send food to Central America, Canada, and Asia by ship, truck, and airplane.

When we send food to other countries, it is called **exporting**, and that creates lots of jobs in Washington.

In the future, Washington farmers have a big job, because the world's population is growing quickly. By 2050, we will need to produce 60% more food for 9.3 billion people! Our farmers take that responsibility seriously, and they are already working on ways to grow more food on less land, using less water. Some countries won't be able to meet the food needs of the future, but we're sure that Washington will be part of the solution.

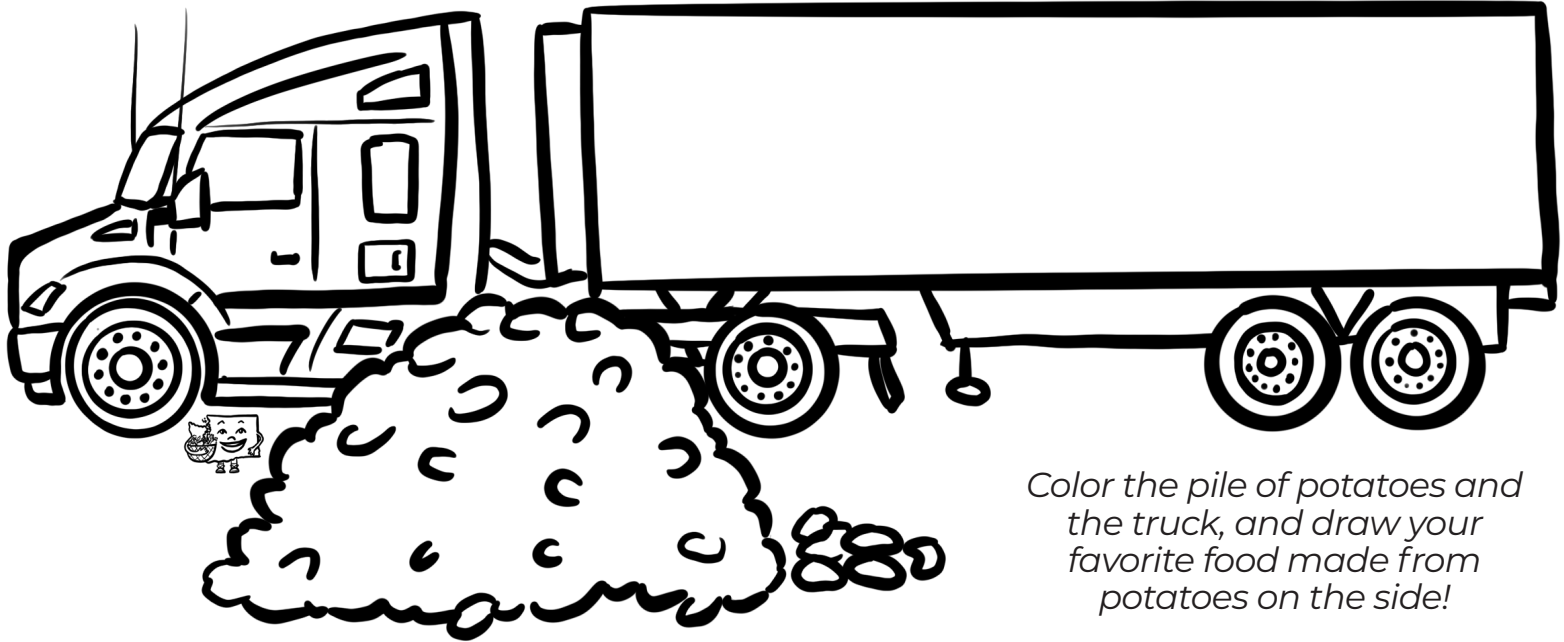
The world needs us, and our farmers are up to the task!

# Potatoes



## Did you know?

The average American eats 112 pounds of potatoes each year. That's a lot of spuds!



*Color the pile of potatoes and the truck, and draw your favorite food made from potatoes on the side!*



## Crossword puzzle

### Across

2. Buds that grow on a potato, or what we use to see
3. You can pour this over mashed potatoes
6. Thin, crispy potato snacks
7. Dirt where plants grow

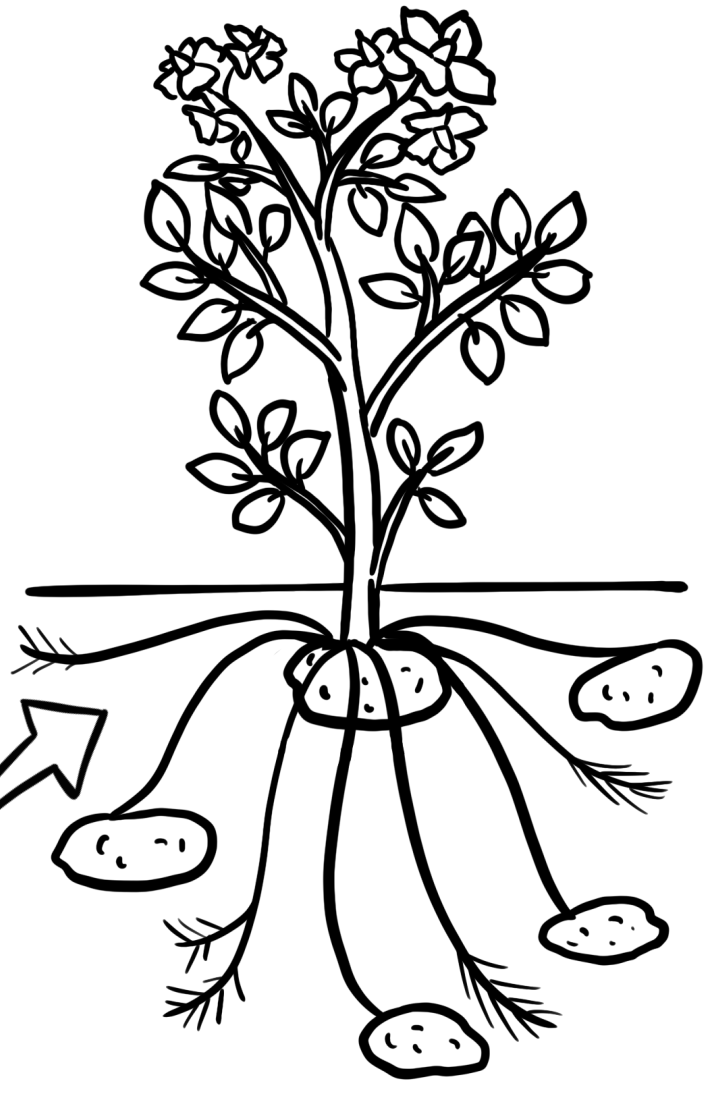
### Down

1. What eating potatoes gives your body so you can play
4. Potatoes are planted in the ground in lines, called this
5. Deep-fried potato sticks

*(Answers on back page.)*

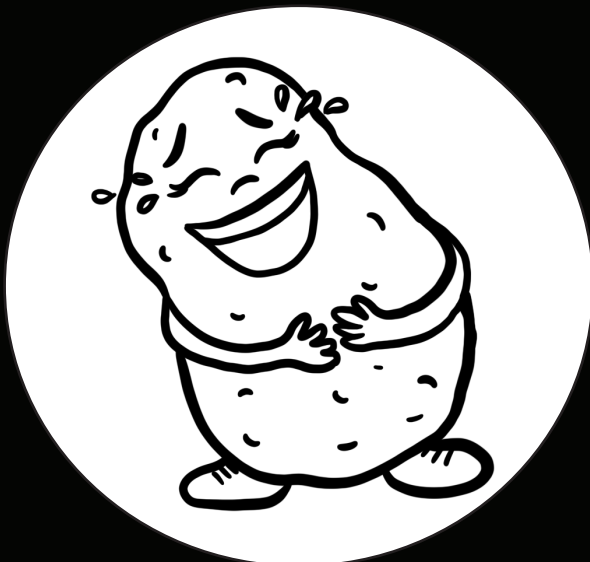
Washington farmers send 7 out of every 10 potatoes to people in other countries, mostly in the form of french fries!

(Color in 7 of the 10 french fries.)



## How does it grow?

When you look at a potato plant, you'll see leaves and even flowers, but the delicious, edible part is hidden underground! Potatoes are **tubers**, so they grow as part of the stem of the plant.



## Jokes

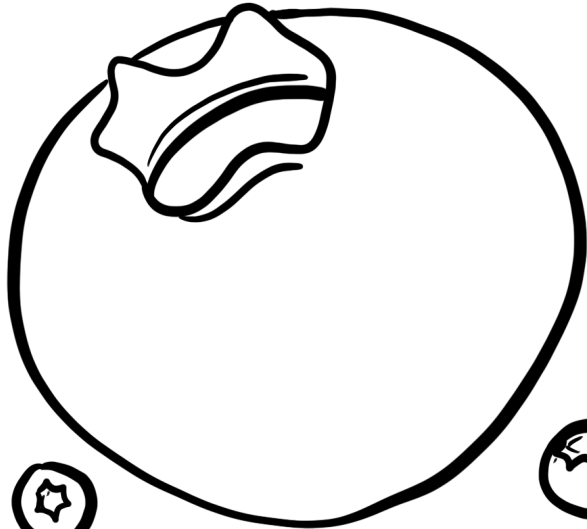
**What do you call a fake potato?**  
*An imi-tater.*

**What do you call two potatoes wearing the same thing?**  
*Mashing outfits.*

**Why did the french fry win the race?**  
*Because it was fast food.*

# Berries

Washington's rich soil and long growing season make it the perfect place to grow delicious, juicy berries!



## blueberry



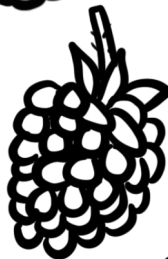
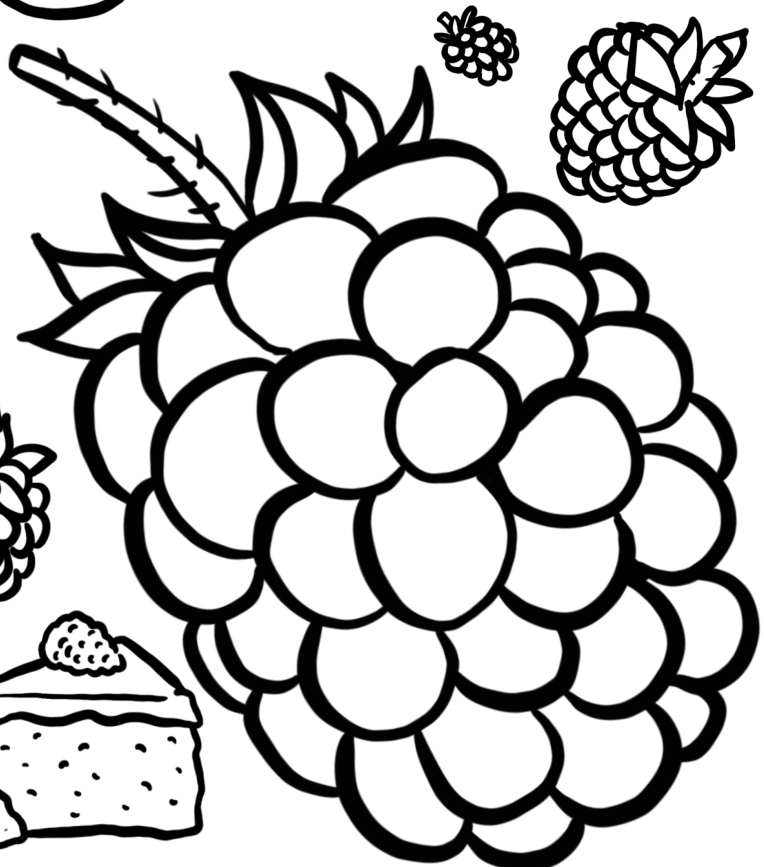
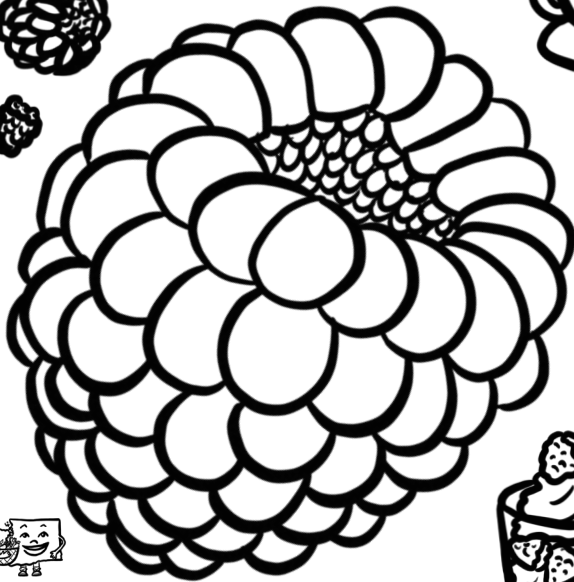
Use crayons, colored pencils, or markers to color in each yummy Washington-grown berry!

Washington grows the most blueberries in the whole country, and people all over the world eat them! Blueberries are one of the only foods that are naturally blue.



## blackberry

Blackberries and raspberries are actually a bunch of tiny fruits, called **drupelets**, all clustered together. Each drupelet has its own seed.



## raspberry

When you pick a raspberry, the middle of it stays on the bush. This is why the center of the berry is hollow, making the berries look like tiny hats!

## Word search

Can you find and circle the following words? Look up and down, side to side, and diagonally!

**BLACKBERRY**  
**BLUEBERRY**  
**FARMER**  
**FRUIT**  
**LEAF**  
**PLANT**  
**RASPBERRY**  
**ROOTS**  
**SEED**  
**STRAWBERRY**  
**WASHINGTON**

(Answers on back page.)

Q R J R F Y F I W A C A X D X  
C O X E O N O A S A I K M D I  
G A M G J Y Z C T F M Y L O W  
D P P J S Z V V R H E A M C U  
F C F G G P N K A X O Q B R S  
A B Z Q R N V Q W A R F W C I  
R C L Q G S B G B O A W A I V  
M P G A X E N X E U S K S F R  
E F R Z C N M F R D P M H F B  
R W O C W K W M R J B F I S L  
U R O O G G B I Y P E R N X E  
D D T W E F Q E H V R U G R A  
L V S P L A N T R U R I T Z F  
B L U E B E R R Y R Y T O M Q  
T M G P S E E D R N Y F N S L



## Jokes

**Why was the fruit sad?**

*Because it was a blue-berry.*

**Why did the farmer smile after eating a slice of pie?**

*Because it was berry good.*

**What do you call a bunch of berries playing music together?**

*A jam session.*

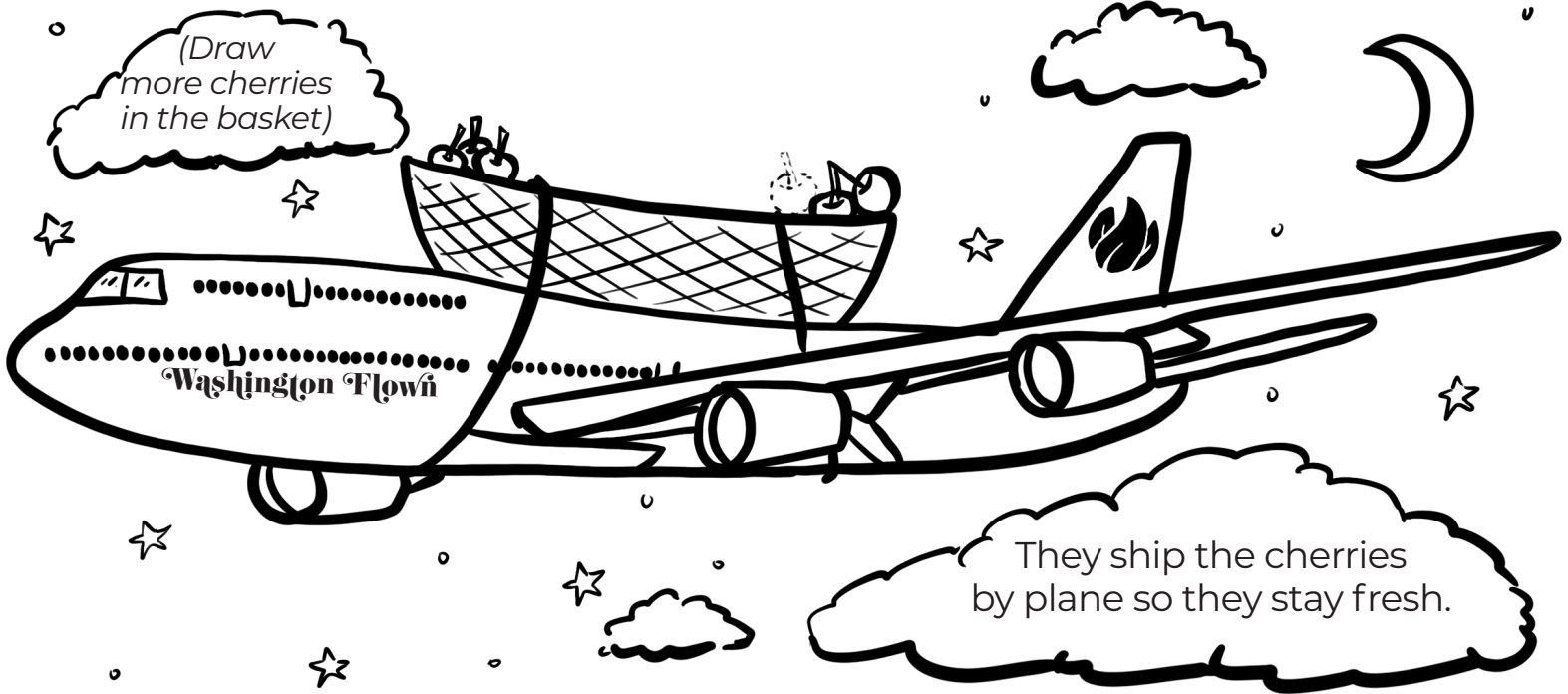


# strawberry

Strawberries are made up of more than 90% water!  
Strawberries are related to roses, but they taste way better.

# Cherries

People around the world love Washington cherries! Washington farmers send one out of every four cherries they grow to people in other countries.



July 11 is **National Rainier Cherry Day**. The Rainier cherry was created in Washington in 1952 and named after Mount Rainier, our famous volcano.



## Did you know?

Washington grows more sweet cherries than anywhere else in the country. Cherries grow on trees, and they are one of the only foods that naturally contain **melatonin**, which helps you sleep.





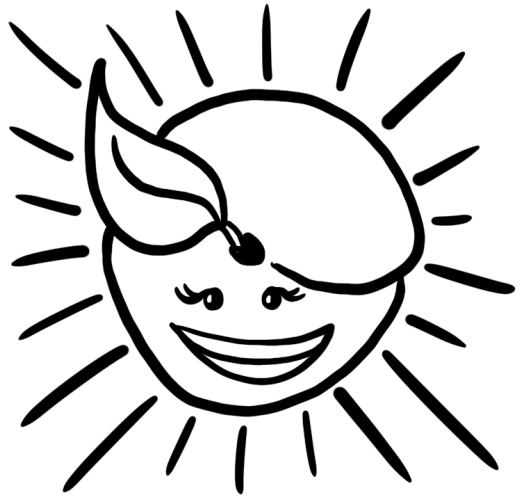
Peaches and apricots both grow on trees. In the spring, these trees make pretty, fluffy, pink flowers.

# Peaches & apricots



Peaches and apricots are round and a little fuzzy on the outside, but apricots are much smaller and a little more tart than peaches.

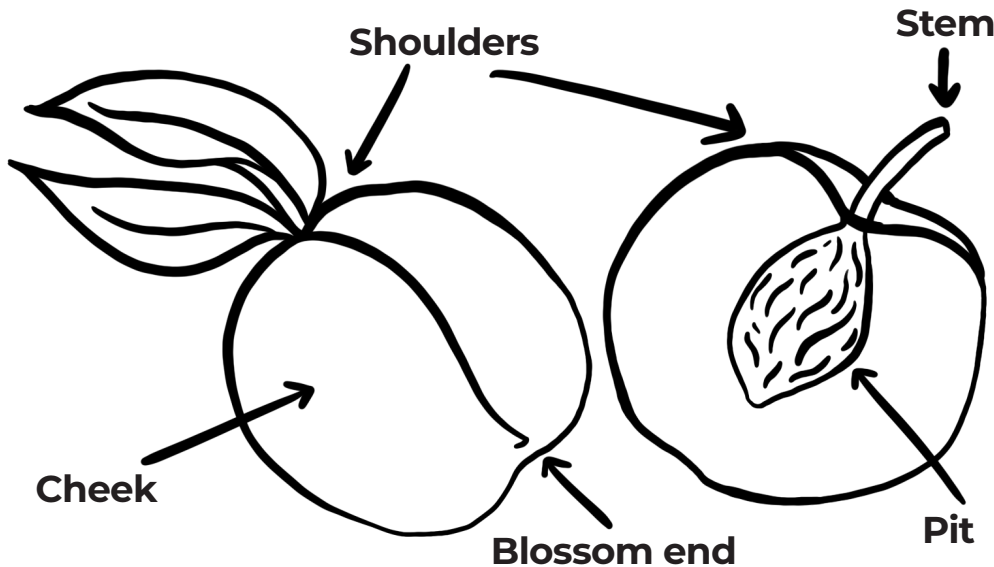
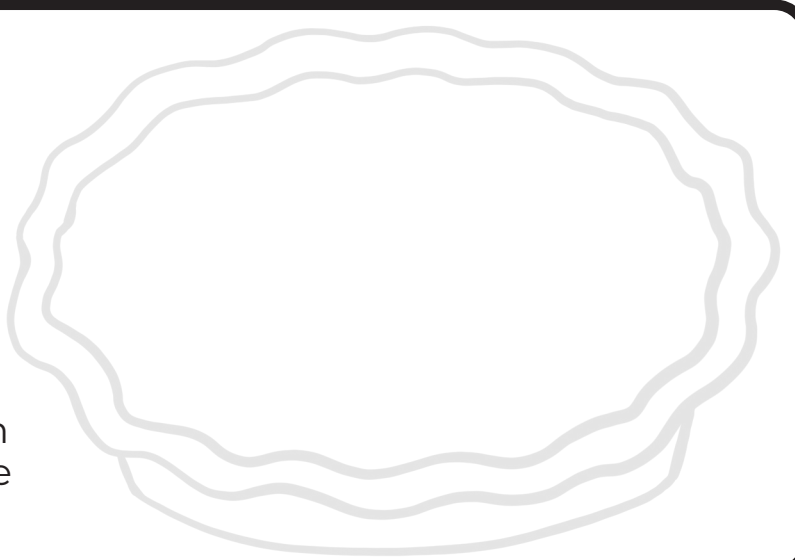
When you bite into either one, you'll taste a juicy and delicious fruit. They're like colorful balls of sunshine you can eat!



When bees visit the flowers, they bring a special dust called **pollen** that helps turn the flowers into fruit!

## Bake a pie!

Trace the pie crust, then draw fruits grown in Washington to create the filling!



The rounded tops of peaches and apricots are called the shoulders. The soft sides are called the cheeks! Peaches and apricots are both **stone fruits**, because they have a hard pit in the center. (Cherries are also stone fruits!)

# Hops

## What is a hop?

It turns out that a **hop** isn't just something a bunny does — it's also a flowering vine used to flavor drinks!



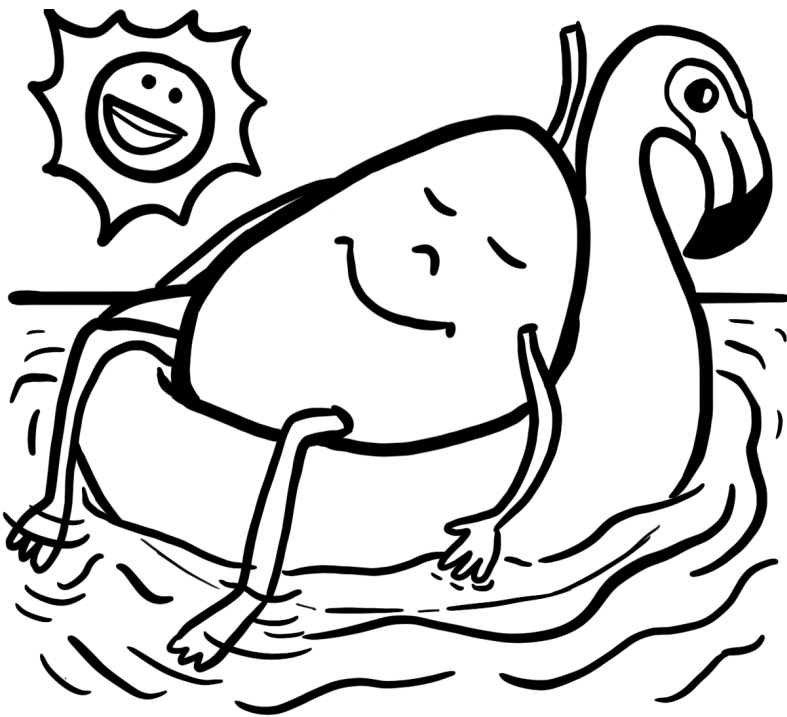
## Did you know?

Washington grows the most hops in the country and in the world! The Yakima Valley's dry climate makes it the perfect place for these plants to grow.

## Count the hops



*Hop flowers look like little cones, and its vines are great climbers. How many hop flowers can you find? Hops are green — color them in as you count! (Answers on back page.)*

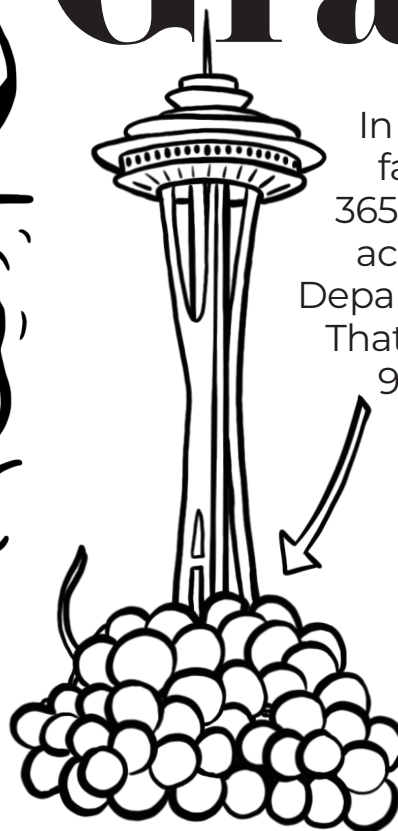


In the summer, Washington grapes get up to 17 hours of sunlight each day, which helps them grow delicious and sweet.

10 *(Draw some sunglasses on the grape!)*

# Grapes

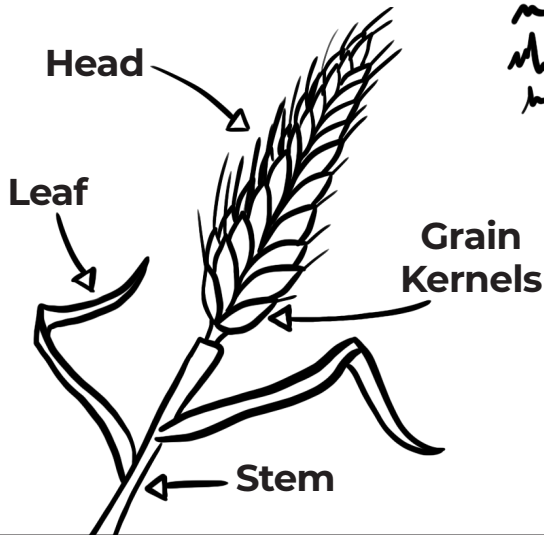
In 2023, Washington farmers harvested 365,000 tons of grapes, according to the U.S. Department of Agriculture. That weighs as much as 99 Space Needles!



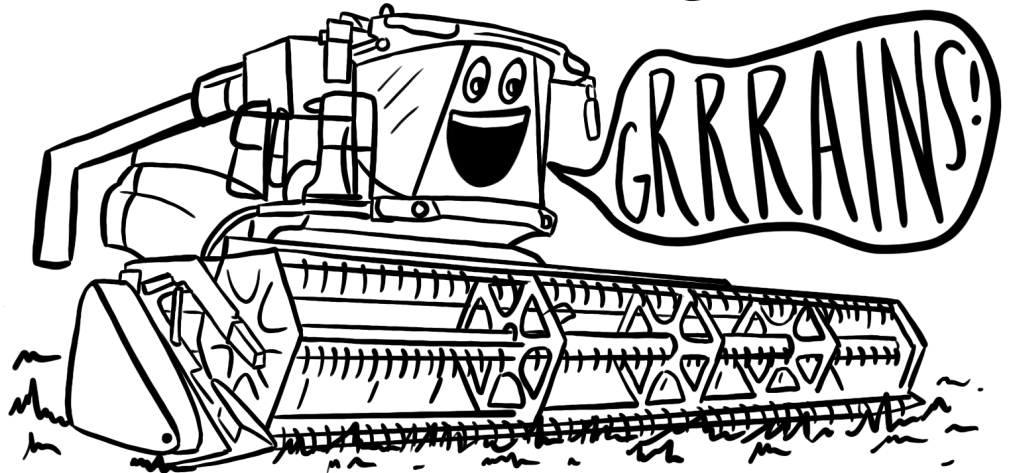
Because we have so many different climates in Washington, we can grow more than 80 kinds of grapes!

Have you ever been on the eastern side of Washington state and seen farms with large fields of tall grasses? Wheat and barley grow into tall stalks that are green in the spring and turn a beautiful gold in the summer and fall.

The top of the stalks have flowers, called the **head**, and seeds, which are called **grain kernels**. These are used to make bread, cakes, cookies, cereal, and other foods we eat every day. The stem is made into straw.



# Wheat & barley



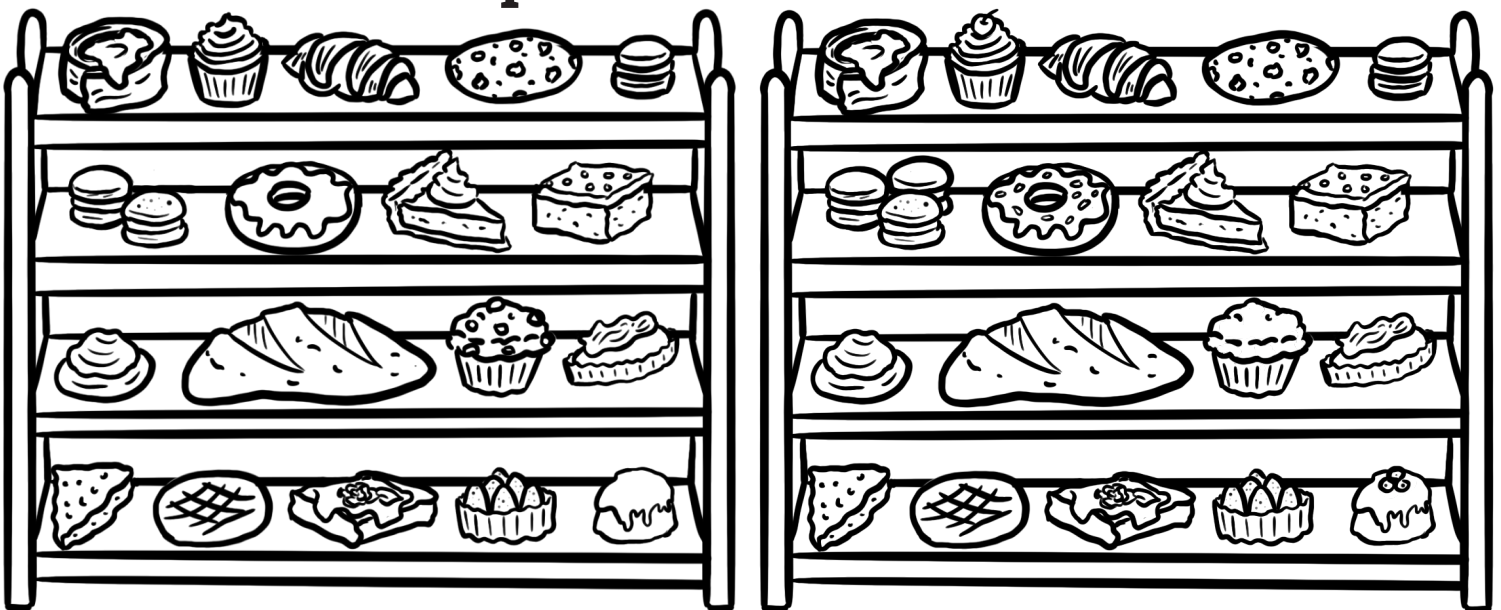
Wheat and barley are often harvested using a large machine called a **combine**, which cuts, separates, and cleans the grains.

## Jokes

**Where does wheat sleep at night?**  
*In the breadroom.*

**What did the baker say to the bread?**  
*I loaf you.*

## Spot the differences



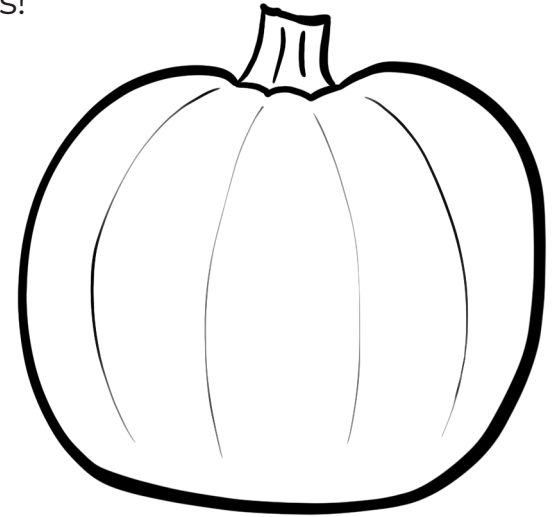
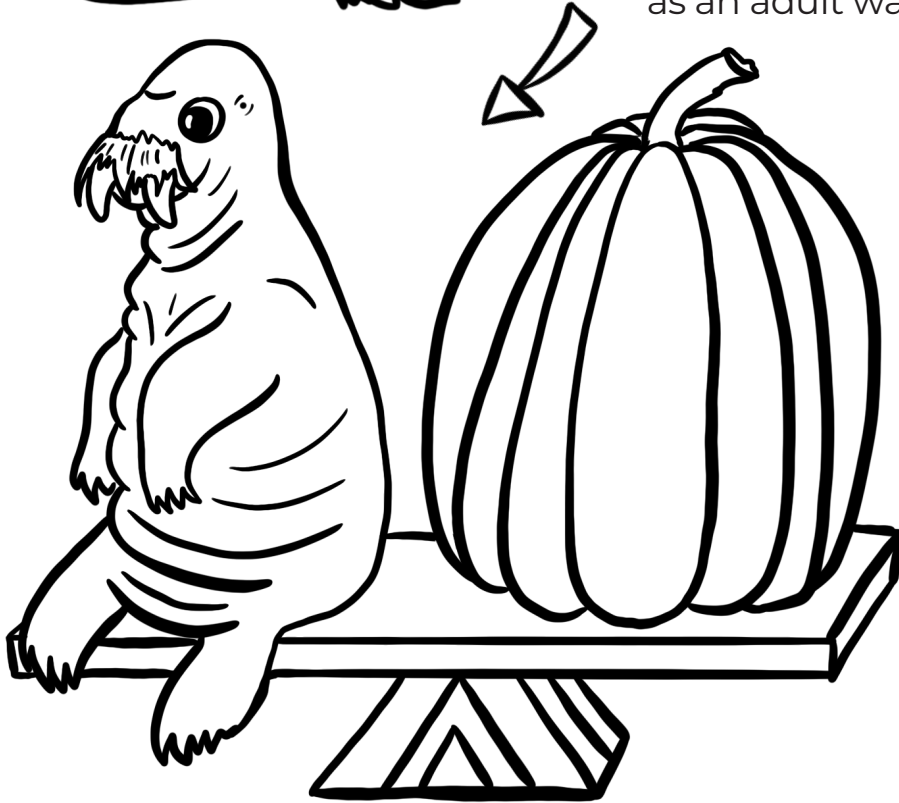
Color in the pictures and circle the **five** differences between the two bakery scenes!  
(Answers on back page.)

# Pumpkins



According to the Pacific Northwest Giant Pumpkin Growers, the biggest pumpkin grown in Washington weighed 2,363 pounds — that's as heavy as an adult walrus!

Close your eyes and think of a pumpkin. It was probably big and orange, right? Did you know they actually come in all sizes and colors, including green, black, purple, white, red, and blue?



Some pumpkins are grown for food, and others are meant to be carved into jack-o'-lanterns!

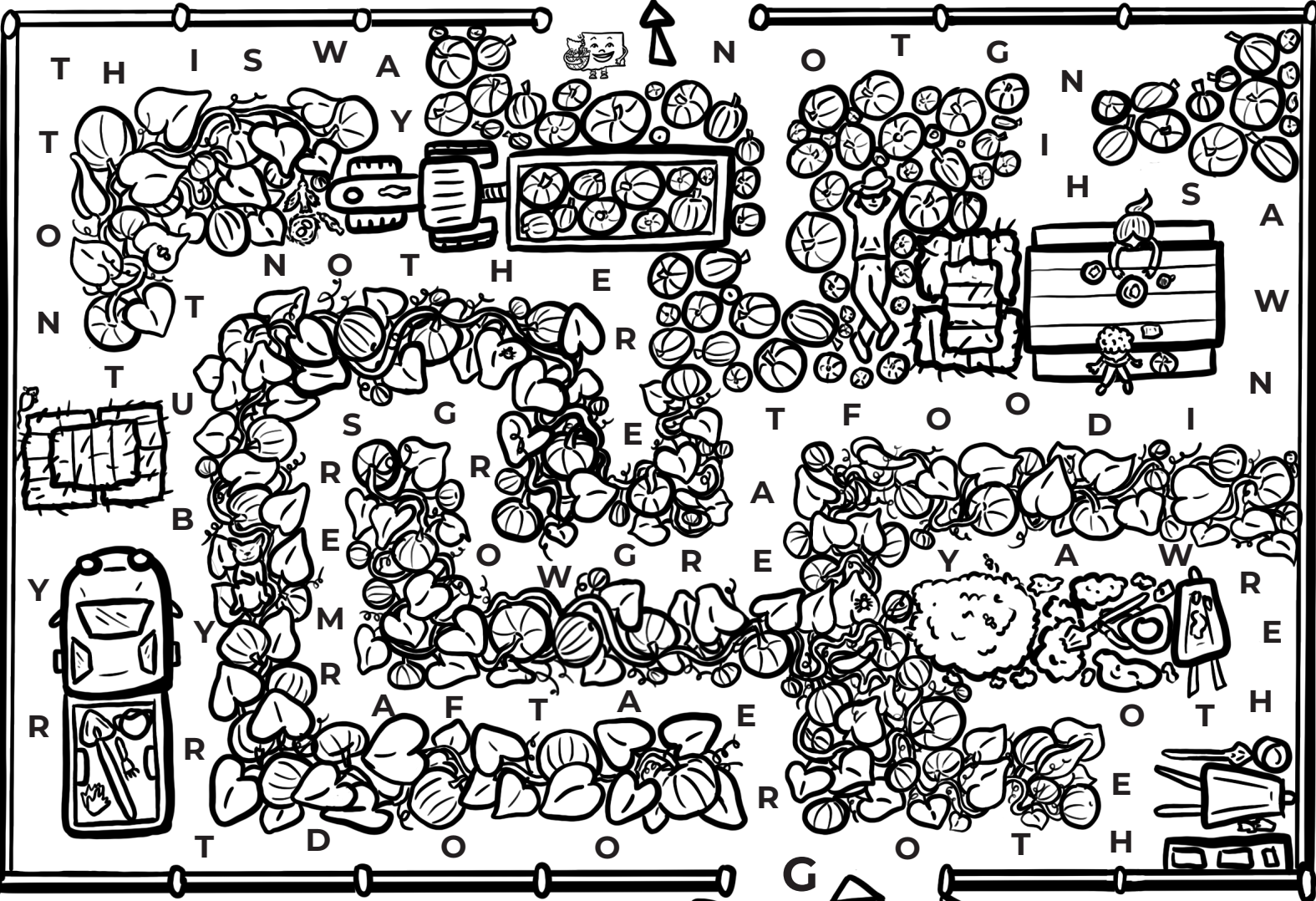
*Decorate this pumpkin friend with eyes, a nose, and a mouth.*

# Chickpeas, lentils & peas

Did you know some crops in Washington — like peas, lentils, and chickpeas — grow in special shell-like casings called **pods**? Pods grow on vines and keep seeds safe inside. That's right, peas are really seeds!



# Pumpkin patch word maze



Help the farmer get through the pumpkin patch maze! Collect all the letters along the way to form a secret sentence!

(Answers on back page.)



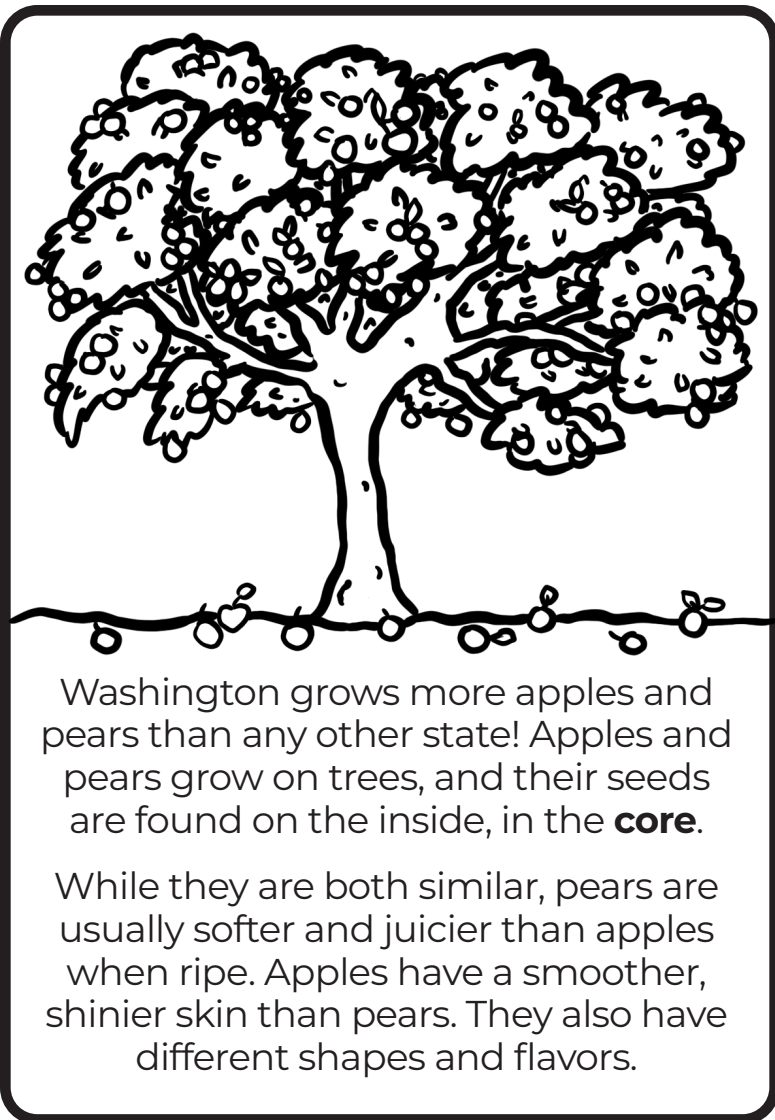
## Did you know?

In 2022, other countries spent \$124 million on peas, lentils, and chickpeas grown by Washington farmers!



# Apples & pears

Did you know some pear trees can live more than 75 years? Washington's cold winter, rainy spring, and dry summer make it great for growing many kinds of pears.



Washington grows more apples and pears than any other state! Apples and pears grow on trees, and their seeds are found on the inside, in the **core**.

While they are both similar, pears are usually softer and juicier than apples when ripe. Apples have a smoother, shinier skin than pears. They also have different shapes and flavors.

## Jokes

**Why was the fruit scared of the Arctic?**

*It was afraid of turning into a polar pear.*

**Who was flying the airplane full of fruity desserts?**

*The apple pie-lot.*

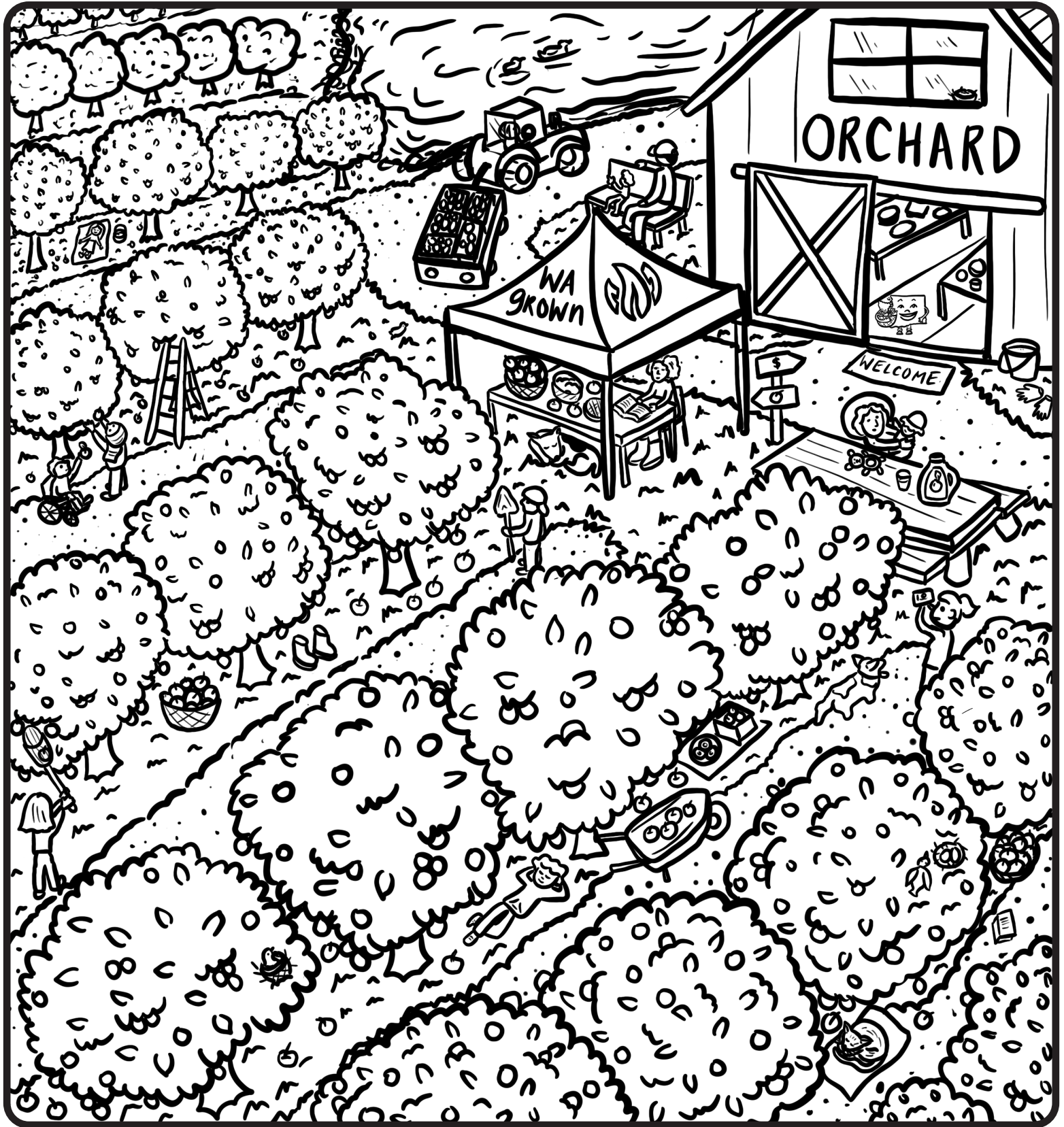
**Who tucks the baby fruit into bed at night?**

*Her pear-ents.*



The apple is the official Washington state fruit, and apples have been grown in Washington for nearly 200 years!

# Apple orchard picture search



Color in the picture and find the following items in the apple orchard!  
(Answers on back page.)



Apple picker



3 baskets full of apples



Boots



Cat



2 dogs



Jug of apple cider



Ladder



Tractor



Wheelbarrow



Work gloves

# Peppermint & spearmint



Have you noticed that when you brush your teeth or chew a piece of minty gum, your mouth feels cool and fresh? That's mint magic at work!

Mint magic is used in many things, including:





Mint is a plant. In Washington, we grow two main types of mint: peppermint and spearmint. Mint leaves have a strong, sweet scent and flavor that's used in many things, including toothpaste. It makes our breath smell fresh and clean!

## Minty-Fresh Jokes



**What did the peppermint tell his crush?**

*We're mint to be together!*

**What did the spearmint say to the dentist?**

*I have an appoint-mint!*

# Lavender



## Did you know?

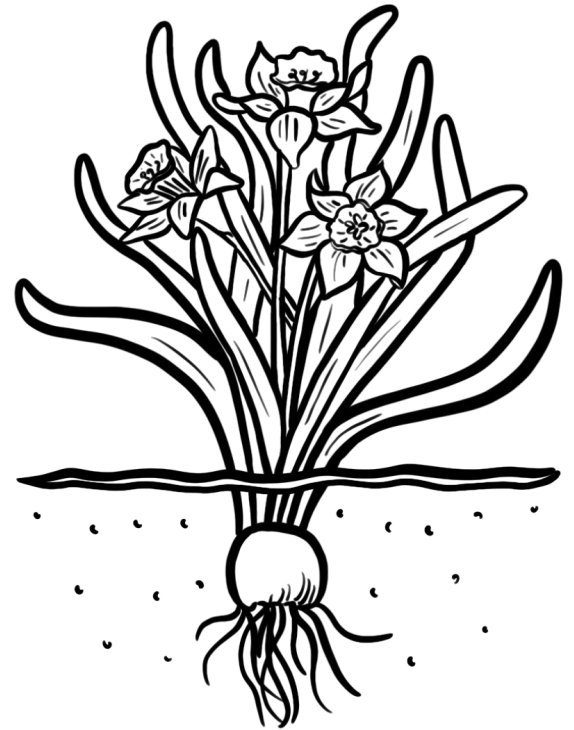
Plants have families! In the plant world, a **family** is a group of plants that are related to each other. They may have similar flowers, leaves, or other parts that make them a bit like plant cousins.

Another herb grown in Washington — lavender — is in the mint family. It's not the same as peppermint or spearmint, but they're related. Lavender has a soothing smell and is used in bouquets, soaps, baked goods, candles, and more!



# Daffodils & tulips

You know how pretty it is to see flowers in a garden? Well, imagine seeing colorful fields of flowers that go for miles and miles! That's what spring looks like in Washington's Skagit Valley. Thanks to Skagit Valley farmers, Washington is the largest supplier of tulip and daffodil bulbs and flowers in the United States.



## Color by number

Tulips and daffodils grow in a variety of colors. Follow the key to reveal many of the color options!

- 1. Green**
- 2. Red**
- 3. Yellow**
- 4. Orange**
- 5. Purple**
- 6. Blue**
- 7. Pink**

## What is a flower bulb?

Some flowers — like tulips and daffodils — grow from bulbs. A **bulb** is like an underground flower container. It stores and protects the plant during the fall and winter. When spring rolls around, roots grow from the bottom of the bulb, and the flower bud grows from the top.

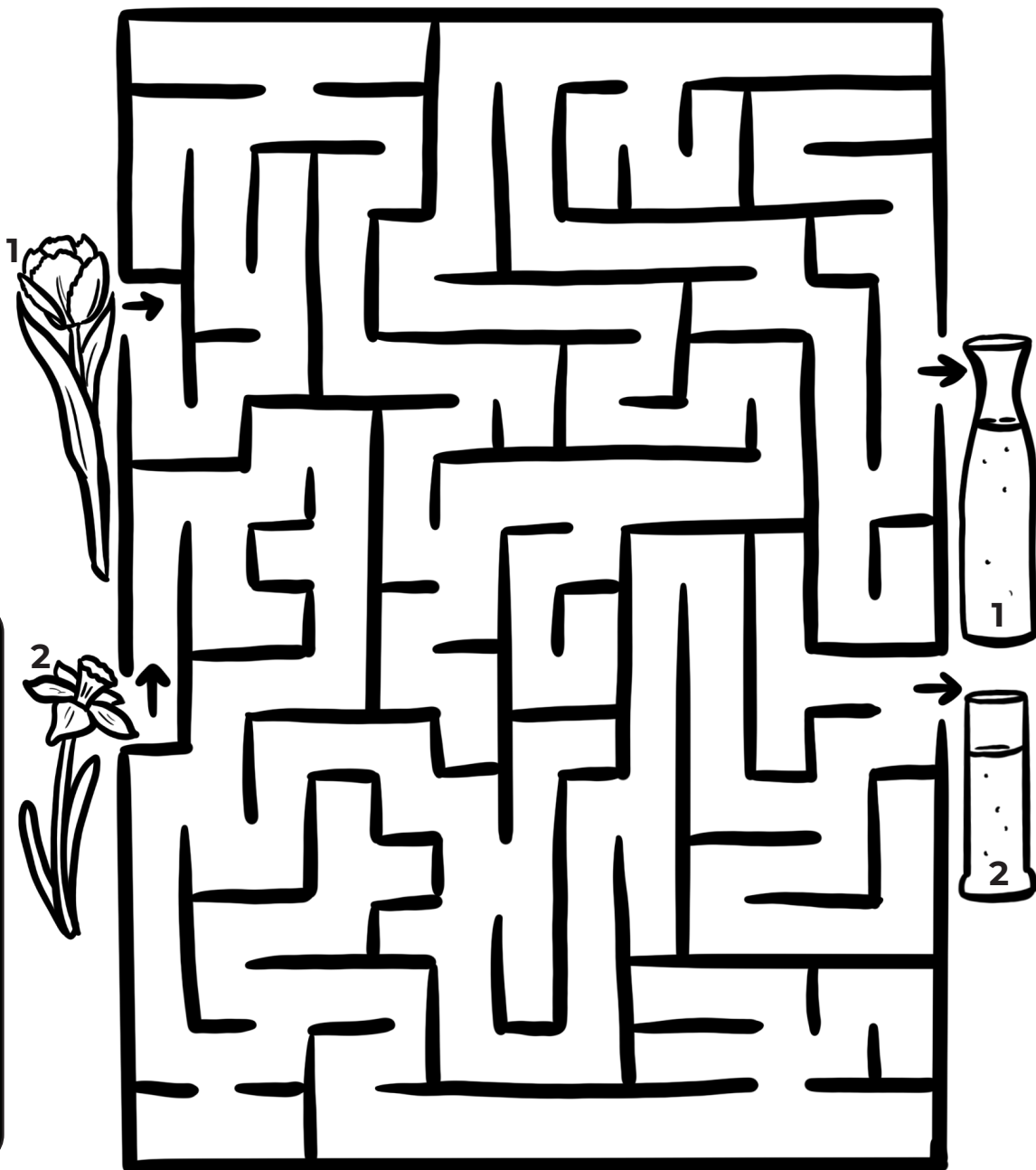
### Jokes

**Why was the flower farmer able to carry so many daffodils at once?**  
*Because they were light bulbs.*

**Why were the flower vase and the mouth so alike?**  
*They both had tulips.*

## Double maze

Help each flower find its vase! (Answers on back page.)



# Grass

Have you ever thought about where the grass in our lawns, parks, and football fields comes from? Well, there's a good chance that the seeds came from farmers right here in Washington! In fact, most of the world's Kentucky Bluegrass seed is grown in the Pacific Northwest. Next time you're playing on the lawn or having a picnic in the park, thank a farmer!

# Garlic & onions



## Fun garlic facts

Garlic is one of the oldest plants grown by farmers!

Some people call garlic the stinking rose.

Garlic can be used to make glue.

## Fun onion facts

The most famous onion in Washington is the Walla Walla sweet onion, which is grown in the southern part of the state. This is Washington state's official vegetable!

According to Guinness World Records, the largest onion ever was grown in 2023 and weighed over 19 pounds.



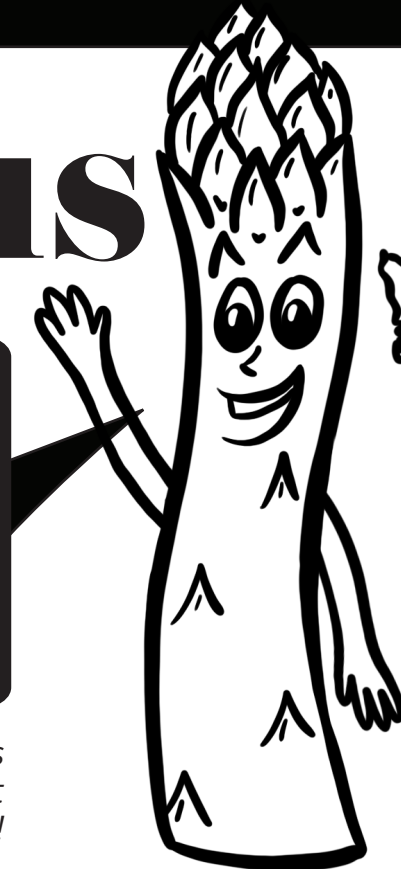
## Did you know?

You can eat most of the parts of garlic and onions, but the bulb that grows underground is the most commonly eaten.

# Asparagus

Hi kids! I'm Gus, the asparagus! I'm a delicious, crunchy vegetable that grows in the spring and early summer. Unlike most veggies, which need to be replanted every growing season, I am a perennial and come back every year. Say hi to my cousins garlic and onions above!

*Color in Gus the asparagus! Asparagus are usually green, purple, or white, but you can make Gus any color you want!*



## Did you know?

Washington is one of the top asparagus growers in the country!

# Carrots

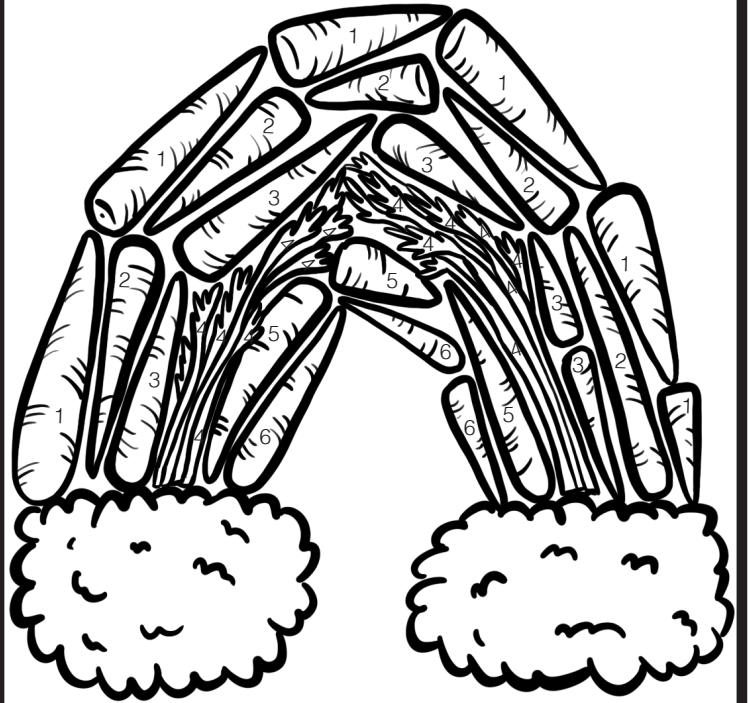


Washington farmers grow two types of carrots: slicers and dicers. Slicers are narrow and can be eaten whole, and dicers are short and fat. They are usually cut up to use in soups and other cooked foods.

The vitamin A in carrots is good for your vision!



## Color by number



Carrots come in lots of colors! Color the carrot rainbow using the key below.

- |           |           |
|-----------|-----------|
| 1. Red    | 4. Green  |
| 2. Orange | 5. Blue   |
| 3. Yellow | 6. Purple |

## Jokes

**Why was the snowman looking through a pile of carrots?**

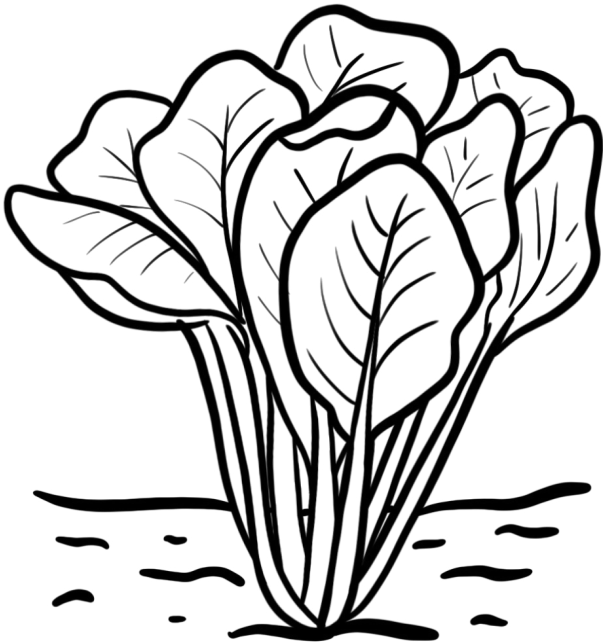
*He was picking his nose.*

**Why did the carrot get in trouble with his mom?**

*He was root to her.*

**What's orange and sounds like a parrot?**

*A carrot.*



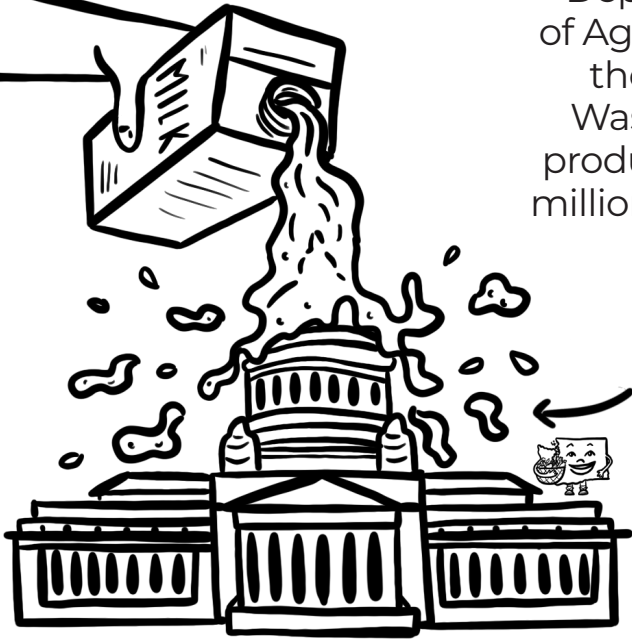
# Spinach

Spinach is a leafy green vegetable that grows well in a lot of places, but in order for a spinach plant to make seeds, it needs to have special weather conditions. Washington's warm days and cool nights make it perfect for growing spinach seeds! Spinach is pollinated by the wind, and once the plant makes new seeds, they are harvested and sent to farmers around the world.

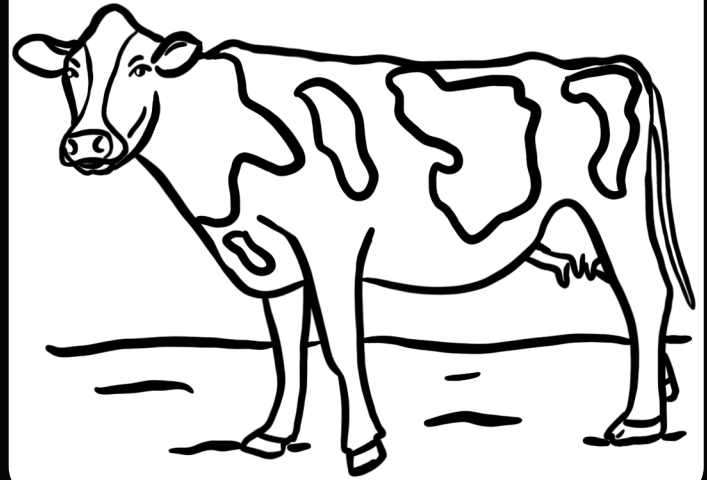
# Dairy

In 2023, according to the U.S. Department of Agriculture, the state of Washington produced 724 million gallons of milk.

That's enough to cover all of Olympia in 2 inches of milk!



**Dairy** is a group of foods that come from the milk made by mammals like cows, goats, and sheep. Dairy includes things like milk, ice cream, yogurt, and cheese. What is your favorite dairy product?



## Refrigerator scavenger hunt

Color in the fridge and freezer and the food inside! Can you spot the following dairy products? (Answers on back page.)



Butter



Cheese



Cottage cheese



Cream



Cream cheese



Ice cream



Ice cream sandwiches



Milk



Ranch dressing



Sour cream



Whipped cream



Yogurt

# Activities

## Matching Game

Match the Washington-grown crop with the product it makes!  
(Answers on back page.)

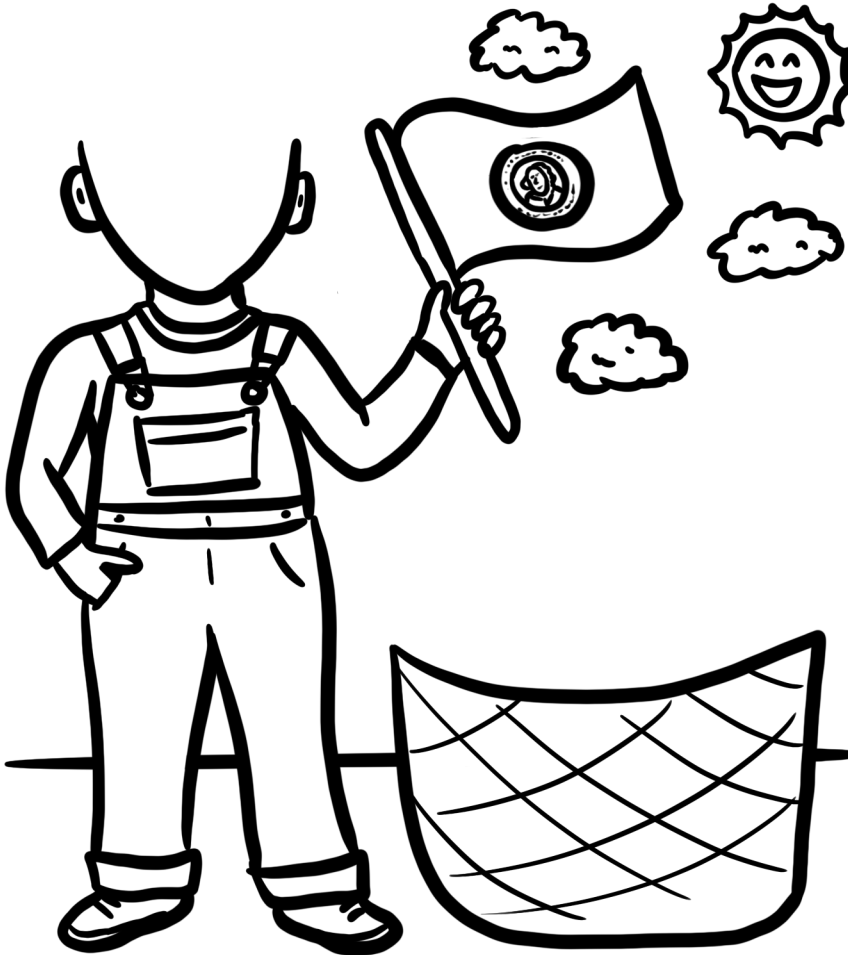
**Thanks, farmers!**

Without our hard-working farmers, we wouldn't have all this delicious Washington-grown food!

## Farmer

(Your name)

Draw yourself as a farmer! Add a face, hair, a hat, and color it in!



**What are you farming?**

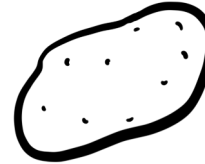
Draw your favorite Washington-grown food in the basket!



Milk



Fries



Potato



Candy cane



Strawberry



Ice cream



Wheat



Cider



Mint



Onion rings



Apple



Jam



Chickpea



Hummus



Onion

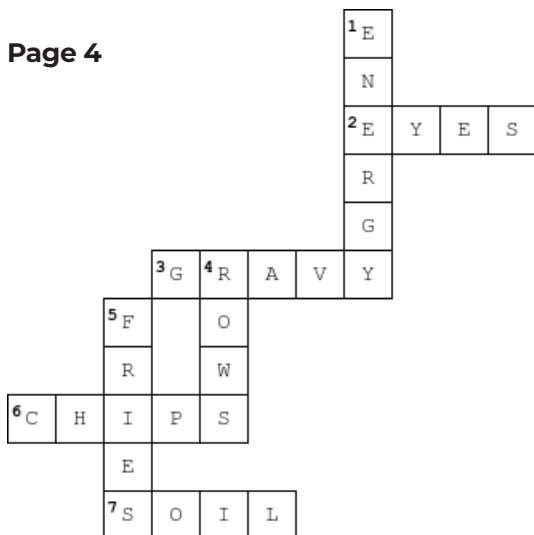


Cookie 23

The Washington Grown project is made possible by the Washington State Department of Agriculture and the USDA Specialty Crop Block Grant Program, through a partnership with the state's farmers. For more information, a teacher's guide, and other cool tools for your classroom, visit [WaGrown.com](http://WaGrown.com).

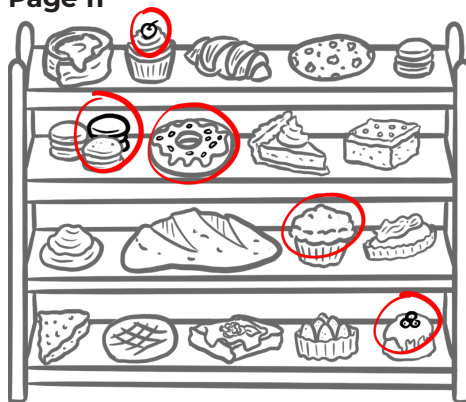
## Puzzle answers

Page 4

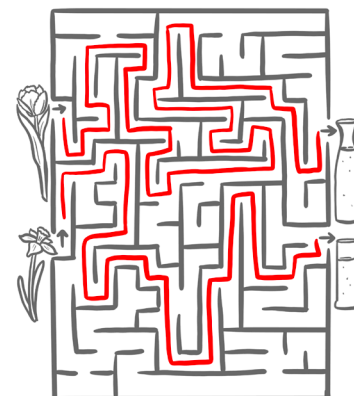


Page 10: 34 hops

Page 11



Page 19

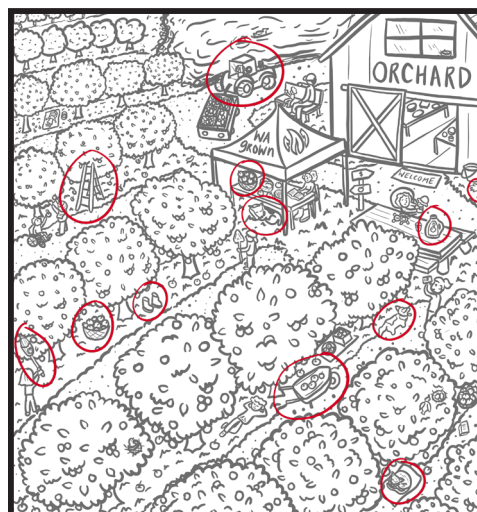


Page 7



Page 13: Great farmers grow great food in Washington

Page 15



Page 22



Page 23: Milk + ice cream; potato + french fries; strawberry + jam; peppermint + candy cane; wheat + cookie; apple + cider; chickpea + hummus; onion + onion rings