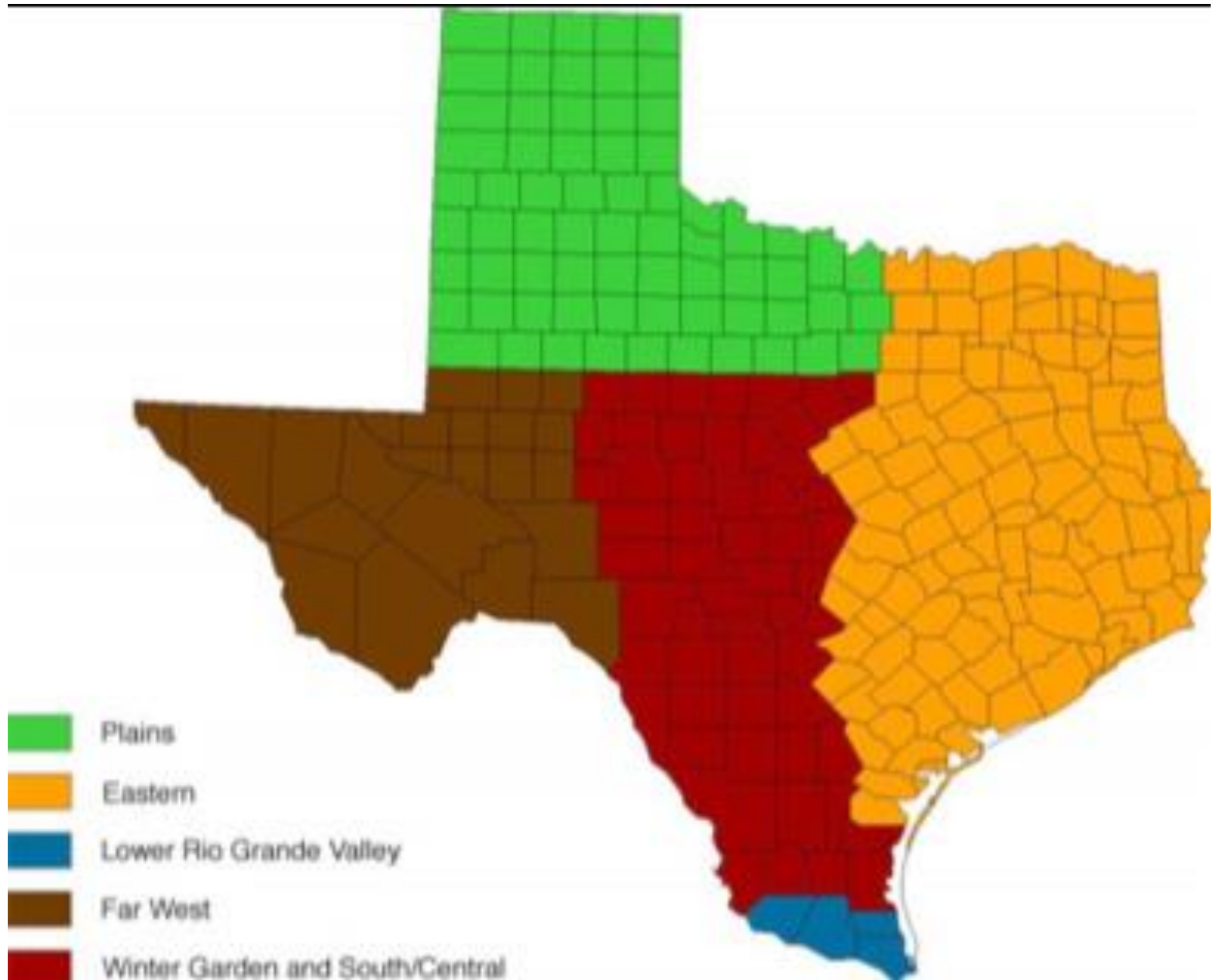


Texas Vegetables



- Lower Rio Grande Valley has the most intense horticultural production of onion and carrots
- Winter Garden and South/Central produces spinach, cabbage, potatoes, onions, and cucumbers
- Plains region produces peas, beans, potatoes, and onions
- Far West is known for onions and peppers
- East Texas has sweet potatoes, peas, sweet corn and potatoes

Warm Season Vegetables

- Produce higher yields under high temperatures
- Planted and grown in spring/summer
- Examples: tomatoes, peppers

Cool Season Vegetables

- Produce high yields under cool temperatures
- Planted and grown in fall/winter
- Examples: carrots, cabbage

Successful Vegetable Production

- Water
- Warm Season vs. Cool Season
- Intensity, quality, day length of light
- Nutrient availability
- Variety selection
- Site selection
- Planning and Preparation

Health Benefits of Vegetables

- Naturally low in fat and calories
- None have cholesterol
- Important sources of:
 - Potassium
 - Dietary Fiber
 - Folate
 - Vitamin A
 - Vitamin C

Health Benefits of Vegetables

- Potassium – helps to maintain a healthy blood pressure
- Dietary Fiber – helps reduce blood cholesterol levels and may lower the risk of heart disease, also important for proper bowel function and helps reduce constipation
- Folate (folic acid) – aids the body to form red blood cells

Health Benefits of Vegetables

- Vitamin A – aids in keeping eyes and skin healthy and helps protect against infections
- Vitamin C – assists in healing cuts and wounds and keeps teeth and gums healthy, aids in iron absorption

Let's Practice

Question #1

What is this product?

1. Cucumber
2. Winter Squash
3. Papaya
4. Okra



_____ is a slicing variety of this product.

- A. Sweet Success
- B. National Pickling
- C. Calypso
- D. Fancypak

Question #2

What is this product?

1. Potato
2. Radish
3. Sweet Potato
4. Ginger



Harvesting of this product should occur ___ to ___ days after planting.

- A. 350-365 days
- B. 60-85 days
- C. 90-150 days
- D. 200-250 days

Question #3

What is this product?

1. Ginger
2. Jicama
3. Potato
4. Sweet Potato



Which of the following is a sign of maturity in this product?

- A. Fast Growth
- B. Red Coloring
- C. Yellowing Foliage
- D. Shrinking in Size

Question #4

What is this product?

1. Lime
2. Watermelon
3. Guava
4. Papaya



This product is a good source of which vitamin?

- A. Vitamin A
- B. Vitamin D
- C. Vitamin K
- D. Vitamin C

Question #5

What is this product?

1. Bok Choy
2. Brussel Sprout
3. Napa
4. Collard Greens



This product suffers from pest problems similar to those of _____.

- A. Cabbage
- B. Beans
- C. Strawberries
- D. Pecans

Question #6

What is this product?

1. Bean
2. Pecan
3. Walnut
4. Almond



Which of the following statements is false regarding this product?

- A. They produce very well in Texas.
- B. Most varieties are susceptible to brown rot.
- C. They are grown very similarly to peaches.
- D. No variety is highly recommended.

Question #7

What is this product?

1. Lettuce
2. Napa
3. Cabbage
4. Aloe Vera



How much water does this crop demand for ideal yields?

- A. 10-15 inches
- B. 20-30 inches
- C. 40-50 inches
- D. Over 60 inches

Question #8

What is this product?

1. Leek
2. Lime
3. Kohlrabi
4. Brussel Sprouts



_____ is not a variety of this product.

- A. Ruby Ball
- B. Jade Pagoda
- C. Jade Cross
- D. Green Boy

Question #9

What is this product?

1. Tangerine
2. Papaya
3. Orange
4. Grapefruit



As this product is left on the tree, it becomes _____ and _____.

- A. Smaller and Sweeter
- B. Larger and Sweeter
- C. Moldy and Green
- D. Black and Watery

Question #10

What is this product?

1. Radish
2. Pomegranate
3. Beet
4. Turnip



How deep should the seed of this product be planted?

- A. 0.1" to 0.5"
- B. 0.5" to 0.75"
- C. 0.75" to 1"
- D. 1" to 2"

Question #11

What is this product?

1. Jujube
2. Olive
3. Fig
4. Almond



What is the most important factor in terms of growing this product?

- A. Soil
- B. Fertilizer
- C. Climate
- D. Farmer

Question #12

What is this product?

1. Apple
2. Artichoke
3. Cantaloupe
4. Honeydew



What pH does the soil need to be for this product to grow well?

- A. 1.0-2.0
- B. 3.0-3.5
- C. 6.5-7.0
- D. 8.0-8.5

Question #13

What is this product?

1. Jalapeno
2. Apple
3. Peach
4. Pear



What is the most common disease this product can get?

- A. Bacterial Canker
- B. Fire Blight
- C. Leaf Curl
- D. Pox Virus

Question #14

What is this product?

1. Broccoli
2. Celery
3. Jujube
4. Spinach



Which of the following is a variety of this product?

- A. Asteroid
- B. Centipede
- C. Invader
- D. Packman

Question #15

What is this product?

1. Bean
2. Okra
3. Pepper (Chili)
4. Sweet Corn



Which of the following is an official grade for this product?

- A. Choice
- B. Grade A
- C. Large Delicious
- D. U.S. No. 1

Question #16

What is this product?

1. Cantaloupe
2. Honeydew
3. Potato Tangerine
4. Watermelon



What gas is this product extremely sensitive to?

- A. Carbon Dioxide
- B. Ethylene
- C. Nitrogen
- D. Oxygen

Question #17

What is this product?

1. Cabbage
2. Lettuce
3. Spinach
4. Kohlrabi



What is NOT a variety of this product?

- A. Entrace
- B. Bloomsdale
- C. Melody
- D. Tyee

Question #18

What is this product?

1. Grape
2. Almond
3. Walnut
4. Pecan



_____ damage can occur with this product when too much copper spray is utilized in production.

- A. Root
- B. Stalk
- C. Tree
- D. Nut

Question #19

What is this product?

1. Pear
2. Apricot
3. Peach
4. Plum



How long does this product stay fresh after being cut?

- A. 10 hours
- B. 2 hours
- C. 6 hours
- D. 8 hours

Question #20

What is this product?

1. Broccoli
2. Celery
3. Banana
4. Carrot



A one foot row will produce _____ pound(s) of this product.

- A. Five
- B. Two
- C. One
- D. Ten

How did you do?

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