

A Farm of Many Colors



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you by the
Dairy Farm
Families
of Wisconsin

A Farm of Many Colors

by Angie Edge





A Farm of Many Colors

Farms are important for many reasons. Farms help to make our state a beautiful place to live. They provide jobs and they grow fresh and healthy foods

for us to enjoy. This book shows foods from all of the different food groups in a wide array of colors. I hope you enjoy this book as much as you enjoy the delicious foods that are grown and raised on Wisconsin farms.

This book is dedicated to the Dairy Farm Families of Wisconsin who for more than a 100 years have made Wisconsin "America's Dairyland." This book is also dedicated to my parents who gave me the amazing gift of growing up on a *Farm of Many Colors*.



**Wisconsin is famous for
our cows and our dairy**

**Red, black, brown and white
the cow colors vary**

**Is there any other food made
from milk that you know?**

**Let's visit a farm to find fresh
foods from the rainbow**



**Milk starts on a farm
and ends in a store**

**Along the way made
into dairy foods GALORE!**

RED

Red, ripe
and delicious

Apples are awesome
and so nutritious



On a vine are
rosy red tomatoes

And in the ground
are red potatoes



Don't forget about the big
barn that is red

A special home for all
of the animals to be fed



ORANGE

Oohhh... how I love
the farm in the fall

To see the amazing
colors best of all



You are sure to find
orange leaves on trees

Red, brown and gold
blown away by the breeze



Orange pumpkins in patches,
carrots in the ground

Or made from milk a wheel
of cheddar that is round





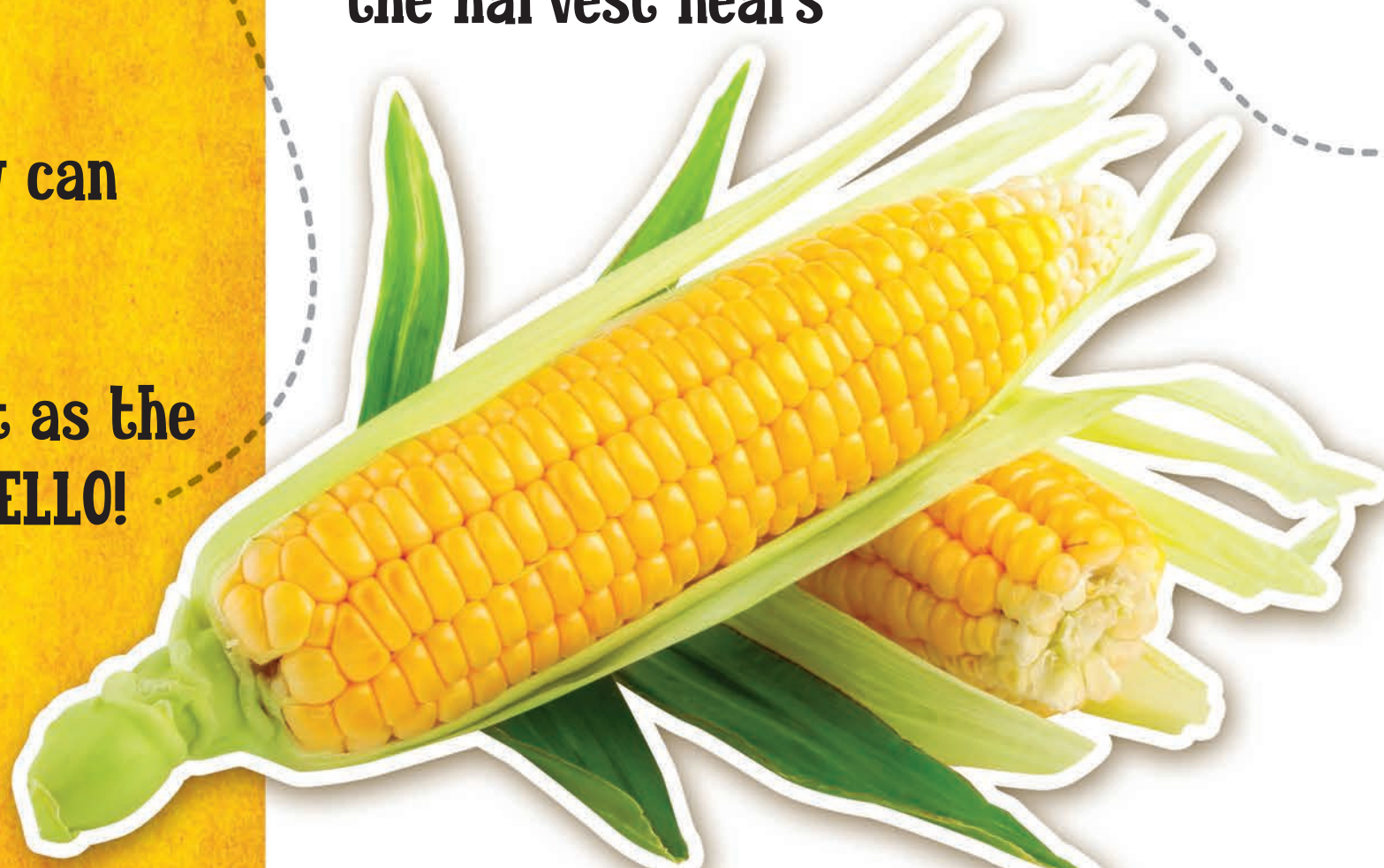
YELLOW

**Corn crops glisten
with yellow ears**

**Growing taller as
the harvest nears**

**The color yellow can
be quite mellow**

**Or can be bright as the
morning sun's HELLO!**



**Farm fields flourish with
the golden yellow wheat**

**To make whole grain breads
and cereals that we eat**





GREEN

**Gorgeous green fields
cover our great state**

**Growing healthy foods
for our dinner plate**

**Green vegetables
are not hard to find**

**Even if you'd like a
new and different kind**



**Green beans, lettuce, peas
and broccoli to name a few**

**Or try zucchini, brussels
sprouts and cucumbers, too!**



BLUE



Baby blue, bright blue,
light blue or true blue

The color of the farm sky is
amazing in the morning dew



Can you think of anything
else on a farm that is blue?

Tractors, blueberries and
flowers just to name a few



Eggs of all different
colors a chicken can lay

You may be surprised to
find a blue one someday

PURPLE

Purple is my
favorite color

It is as pretty
as no other

Purple beans and an
eggplant for you

Are you surprised
that purple foods grew?

You may not find
a purple cow

But purple vegetables,
we're thinking now



WHITE

Many animals on the farm are white today

Ducks, geese, sheep and cows spots in array

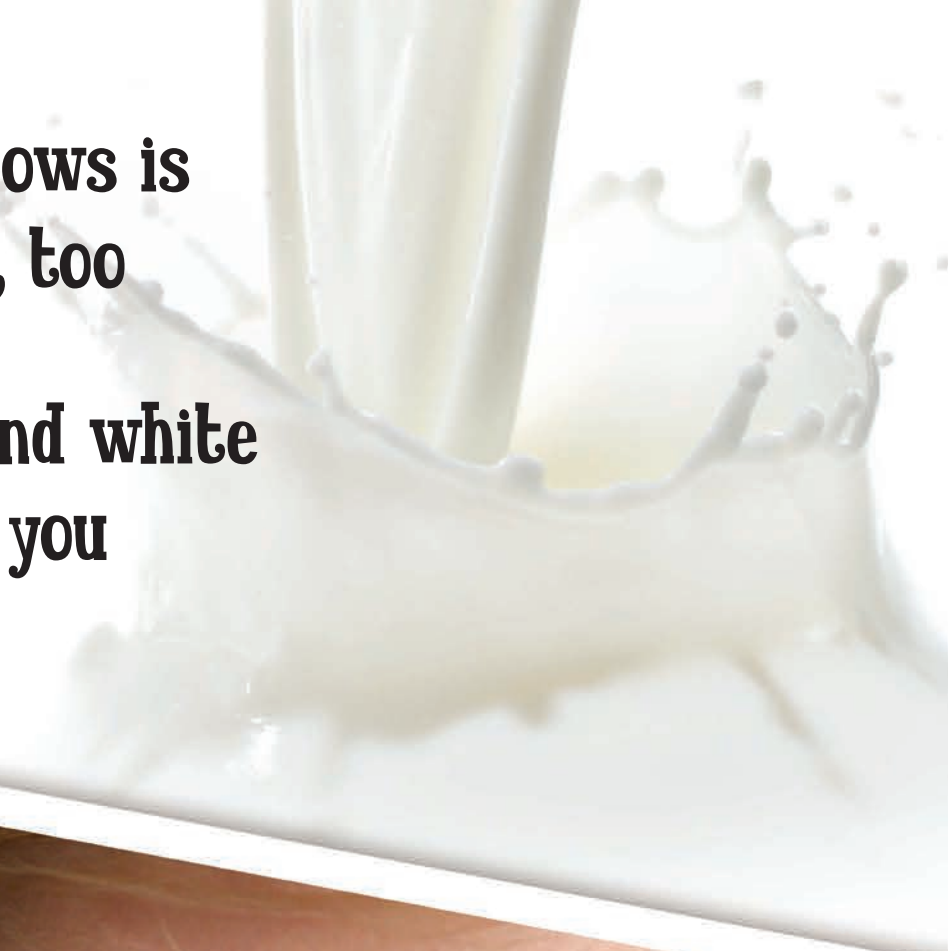


Cows make white milk for you and me to drink

Wouldn't it be fun if cow's milk was pink?

Milk made from cows is pure and natural, too

It makes bones and white teeth strong for you



BROWN

Some of our farm friends
like brown to wear

Bunnies, kittens, puppies
and even a mare



These are the animals that
make farms more fun

We can play with them
when our chores are done



Chocolate milk is delicious
and light brown in color

It helps our bodies grow strong
and healthy like no other

PINK



Yogurt is made from the fresh milk from a cow

Blend with fresh berries for a pink food that says WOW!

Pink is so pretty, don't you think?



Mixing red and white is the secret to pink



Red raspberries are yummy and strawberries are sweet

It's hard to choose a flavor for this sweet dairy treat.



**That's the end of
our colors for now**

**Don't forget about
the milk from a cow**

**Enjoy each day milk,
yogurt or cheese**

**Try one for breakfast, lunch
or dinner if you please**

**Farm fresh foods of every color
make your meals complete**

**To grow a healthy body from
your head down to your feet!**



Rainbow Parfait

RECIPE

- 2 Spoonfuls of your favorite flavored yogurt
- 1-2 spoonfuls of your favorite fresh or unsweetened well-drained fruit (blueberries, strawberries, peaches, bananas, or fruit cocktail)
- 1-2 spoonfuls of any whole grain, low sugar cereal or granola

Layer the above ingredients in an 8 ounce glass beginning with the yogurt and ending with the cereal.

Enjoy!





**The
End**





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