

Adding a Youth Flavor to Local Foods: Ohio Foods Flashcards

Foods matched to food groups represented in this activity:

Dairy	Protein	Grains
Milk Yogurt Cheese	Jerky, dried meat Sunflower Seeds (on sunflower head) Eggs Dried Beans Turkey	Oatmeal Wheat (in field) Popcorn
Vegetables	Fruits	Other
Tomatillos Green beans Vegetable juice Eggplant and Okra	Apple Melons (cantaloupe or musk melon [peach], honeydew [green] and watermelon) Ground cherries Rhubarb	Pickles Potato chips Jelly Honey Maple Syrup

Sampling of Ohio Foods by Food Category:

Fruit (all forms – fresh, frozen, canned and dried)	Vegetables (all forms – fresh, frozen, canned and dried)
Apples Blackberries Blueberries Cantaloupe Currants Gooseberries Grapes (table) Peaches Red raspberries Black raspberries Purple raspberries Fall raspberries Rhubarb Strawberries Watermelon Paw Paw Apple sauce	Asparagus Lima Beans Pole beans Beans (snap and wax) Beets Broccoli Cabbage Carrots Cauliflower Collards Cucumbers Eggplant Endive Escarole Fennel Garlic Kale Leeks Leafy lettuce Mustard greens Okra Onions Green onions Parsnips
	Peas Bell peppers Hot peppers Sweet peppers Potatoes Pumpkins Radishes Spinach Summer squash Winter squash Tomatoes Tomatillos Turnips Zucchini Bok choy Turnip greens Beet greens Edamame Celery Brussels sprouts Mushrooms Horseradish



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
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Herbs	Sauces, Dressings and Condiments	Snacks
Cilantro Basil Parsley Dill Spice mixes Spice rub blends	Barbeque sauce Mustards (from sweet to hot) Salsas Tomato sauce Salad dressings Marinades	Potato chips Trail and snack mixes Corn chips Pretzels
Protein (fresh, frozen, canned, dried jerky, smoked, deli meats, sausages)	Sweets	Grains
Beef Pork Chicken Turkey Fish Eggs Duck Sheep Goats Bison Rabbit Ostrich Deer Nuts (walnuts, black walnuts) Sunflower seeds Veggie burgers	Honey Maple Syrup Ice Cream Sherbert Jelly Jams, Preserves, Marmalades, Conserves Fruit butters Fruit syrup Fruit leather	Corn (cornmeal) Wheat Buckwheat Oats Rye Barley Breads Pastas Tortillas Granola
Dried bean and peas	Baked goods	Edible flowers
Like pinto, black beans, black-eyed peas, etc.	Breads Bakery items like pies and cookies	Zucchini blossoms
Beverages	Other	Milk
Apple cider Grape juice and sparkling grape juice Teas Roasted coffee beans (coffee beans do not grow in Ohio) White, red, rose and fruit wine Beer	Ginger Hops Aronia berry Goji berry Roselle Belgian endive	Milk Cheese (include different kinds, especially Swiss Cheese) Cottage cheese Yogurt
Ready to eat and prepared foods	Vegetable oil	Pickled Products
Soups Prepared salads (pasta, potato, etc.)	Sunflower Canola Flax Soy	Pickles Relishes Chutneys