

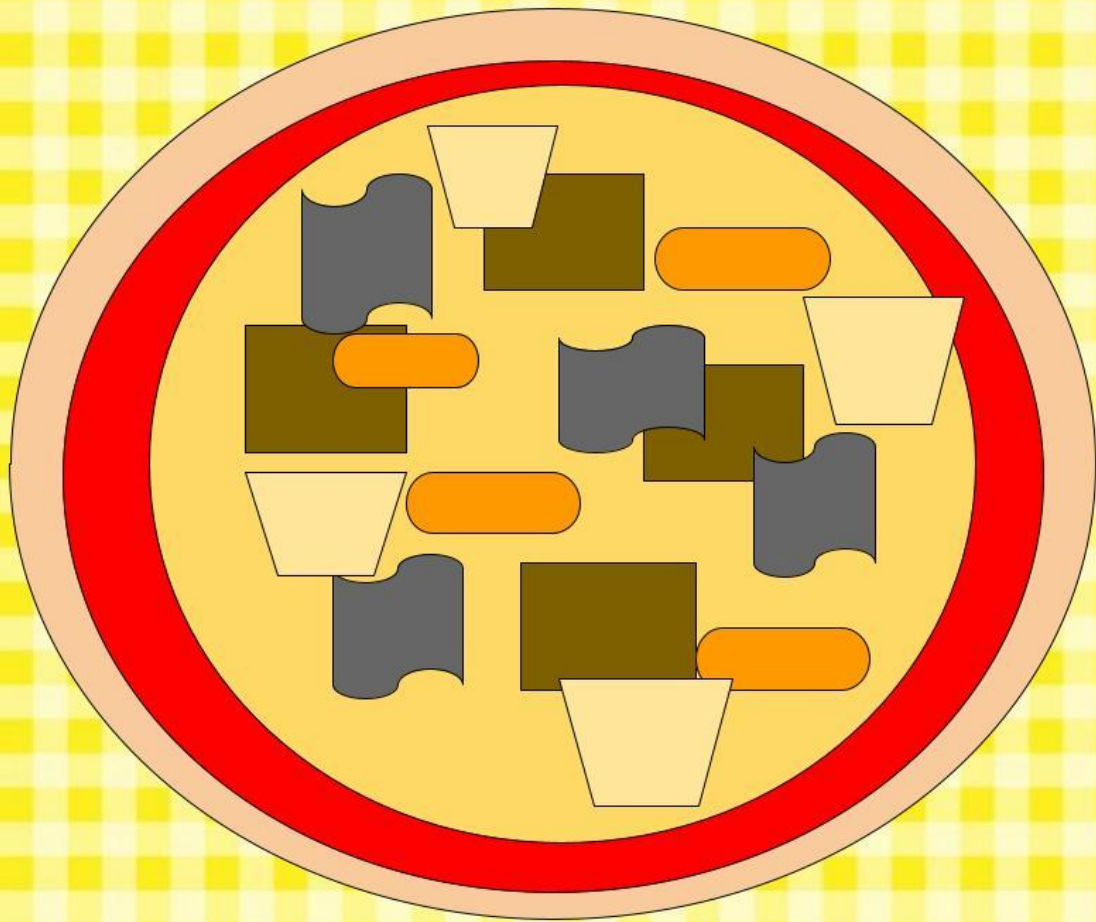
Beefsteak Pizza

Ingredients

A Highland cow with long, curved horns and thick, shaggy brown fur stands in a lush green field with yellow wildflowers. The cow is the central focus of the image, looking directly at the camera. The background is a dense line of green trees.

- Wheat
- Tomato
- Cheese
- Beef

- Mushrooms
- Carrot
- Potatoes

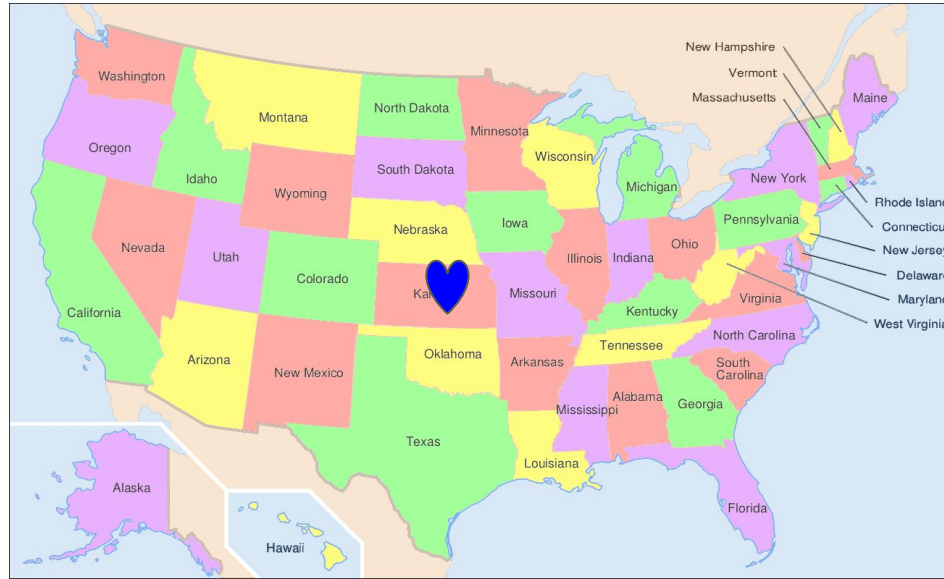


Wheat

Wheat is used for pizza crust.

It is raised in Kansas, which is 375 miles away.

It takes six months from start to finish for it to grow.

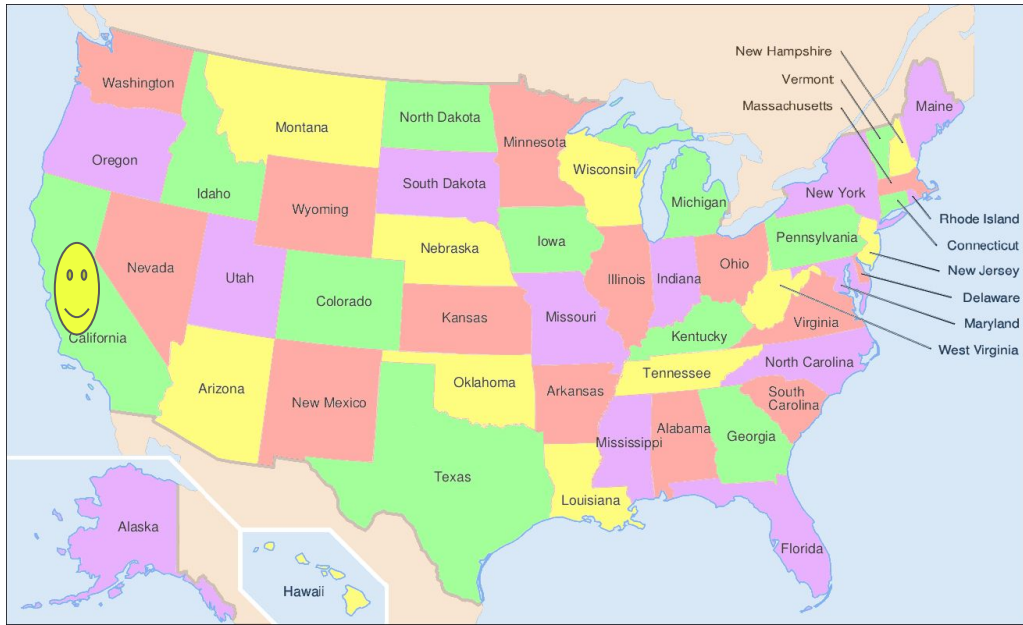


Tomatoes

Pizza sauce is made out of tomatoes.

They are raised in California, which is 1,772 miles away.

After being planted, they take 75 days to grow before they can be harvested. Then they are processed and shipped.



Beef

Beef comes from cattle, which are raised in Iowa (0 miles).

Beef is an excellent source of protein.



Cheese

Cheese comes from milk.

Many dairy cattle are raised in California, 1,772 miles away

Milk is heated, then cooled to take away bacteria before cheese is made.

Has vitamins A and B12.



Mushrooms

Many mushrooms are grown in Pennsylvania, and travel about 1,000 miles to Iowa.

Mushrooms help support a healthy immune system.



Carrots

Most carrots come from California , which is 1,772 miles away from Iowa.

Carrots are highly nutritious, because they are a good source of Vitamin A, B, K and Potassium.



Potatoes

Idaho is known for growing potatoes and is 1,309 miles away.

Potatoes have Vitamin A.

