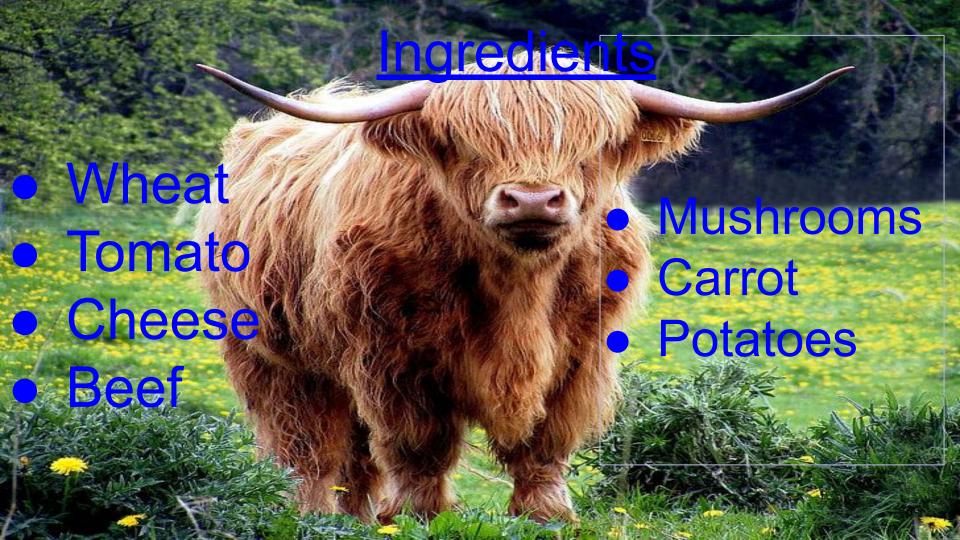
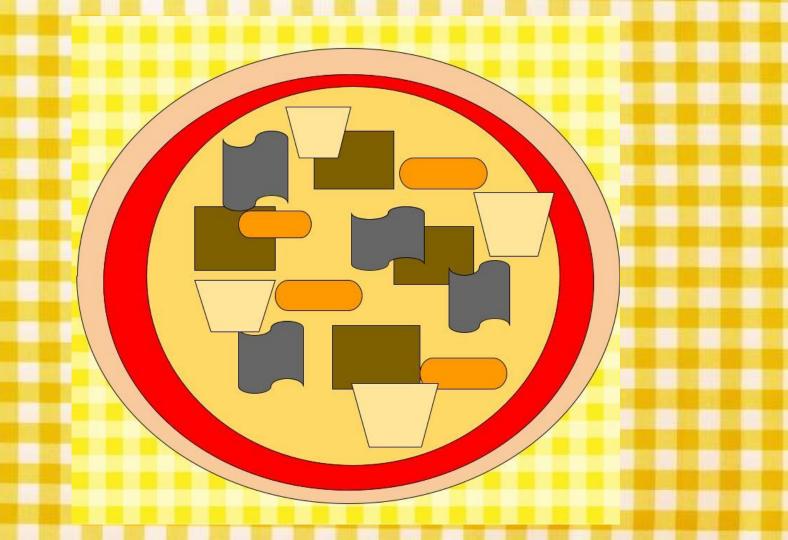
Beefstew Pizza





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.

New Hampshire Washington Vermont Maine Massachusetts Montana North Dakota Minnesota Oregon Wisconsin Idaho South Dakota New York Michigan Wyoming Rhode Island lowa Connecticut Nebraska Nevada Ohio Utah Illinois Indiana Delaware Colorado Kansas Missouri California Virginia. Maryland Kentucky Washington, DC North Carolina West Virginia Tennessee Oklahoma Arizona South Arkansas New Mexico Carolina Mississippi Georgia Alabama Texas Louisiana Alaska Florida Hawaii

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.

New Hampshire Washington Massachusetts Maine North Dakota Minnesota Montana Oregon Wisconsin South Dakota New York Wyoming Michigan Rhode Island Pennsylvania lowa Connecticut Nebraska Nevada Ohio Utah **New Jersey** Illinois Indiana Colorado Missouri Kansas Virginia. California Maryland Kentucky Washington, DC North Carolina Tennessee West Virginia Oklahoma Arizona Arkansas South New Mexico Carolina Georgia Alabama Texas Louisiana Alaska Florida Hawaii

Potatoes have Vitamin A.