A Farm of Many Colors

Brought to you by the Dairy Farm Families of Wisconsin
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.

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

Red, black, brown and white - the cow colors vary.

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, 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
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
The color yellow can be quite mellow
Or can be bright as the morning sun’s HELLO!

Corn crops glisten with yellow ears
Growing taller as the harvest nears

Farm fields flourish with the golden yellow wheat
To make whole grain breads and cereals that we eat
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!
Can you think of anything else on a farm that is blue?

Tractors, blueberries and flowers just to name a few

Baby blue, bright blue, light blue or true blue

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

Eggs of all different colors a chicken can lay

You may be surprised to find a blue one someday
Purple beans and an eggplant for you

Are you surprised that purple foods grew?

Purple is my favorite color

It is as pretty as no other

You may not find a purple cow

But purple vegetables, we're thinking now
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.
These are the animals that make farms more fun

We can play with them when our chores are done

Some of our farm friends like brown to wear

Bunnies, kittens, puppies and even a mare

Chocolate milk is delicious and light brown in color

It helps our bodies grow strong and healthy like no other
Pink is so pretty, don't you think?

Mixing red and white is the secret to pink

Yogurt is made from the fresh milk from a cow

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

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

Farm fresh foods of every color make your meals complete

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

Enjoy each day milk, yogurt or cheese

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