

Recipe for the Northwest

States: Idaho, Montana, Oregon, Washington, and Wyoming

Latitude: 41°N to 49°N

Elevation: The lowest areas are at sea level along the Pacific Ocean and the Snake River in Idaho (710 feet), and the highest areas are Mount Rainier in Washington (14,411 feet) and Gannett Peak in Wyoming (13,804).

Largest nearby bodies of water (like oceans or lakes): Pacific Ocean

Climates: Mild, High Elevation, Dry

Average Temperatures:

Summer Highs: 80-90°F but highly variable throughout the region; as low as 50°F and as high as 100°F can be found there

Summer Lows: 50-60°F with some areas reaching 30-50°F

Winter Highs: 30-40°F with some areas reaching 10-30°F or 40-50°F

Winter Lows: 0-20°F with some areas reaching 20-40°F or -10-0°F

Annual Precipitation: 64" or more on the coast and certain inland areas, but drier inland with only 8-16" in much of the region

Agriculture: Idaho produces potatoes and wheat while Montana contributes flaxseed and garbanzo beans. Oregon is the leading producer of blackberries, hazelnuts, loganberries, black raspberries, prunes and plums, and dried herbs. Apples and wine grapes are grown in Washington. Wyoming is known for raising cattle and sheep, but also grows crops such as sugar beets.

Recipe for the High Plains

States: Kansas, Minnesota, Nebraska, North Dakota, and South Dakota

Latitude: 37°N to 49° 23'N

Highest and Lowest Elevations: The lowest areas are Lake Superior in Minnesota (601 feet) and Verdigris River (679 feet) in Kansas, and the highest are Harney Peak in South Dakota (7,242 feet) and Panorama Point in Nebraska (5,424 feet).

Largest nearby bodies of water (like oceans or lakes): The only large body of water, Lake Superior, lies along the eastern boundary of Minnesota.

Climates: Dry, Continental

Average Temperatures:

Summer Highs: 80-100°F

Summer Lows: 50-70°F

Winter Highs: 40-50°F in the southern areas and decreasing northward to as low as 10°F

Winter Lows: 0-20°F with the southern areas dipping to 20°F and -10°F in the north

Annual Precipitation: 16-32", but reaching over 40" in southeast Kansas

Extreme weather events: The region is prone to tornadoes. Nebraska has frequent winds. Blizzards and wildfires also occur here.

Agriculture: Corn, wheat, soybeans, alfalfa, and pumpkins are grown in Kansas. Corn is an important crop in Nebraska (for food and to make a gasoline additive). North Dakota farmers are great producers of flaxseed and canola, and most of the U.S. supply of wheat for pasta (durum) is grown there. Honey is also produced there. Minnesota produces corn and soybeans, and uniquely, wild rice (cultivated paddy rice and traditional Native American hand-harvested wild rice). Corn, grains, and sunflower seeds are grown in South Dakota.

Recipe for the Midwest/Ohio Valley

States: Illinois, Indiana, Iowa, Kentucky, Michigan, Missouri, Ohio, and Wisconsin

Latitude: 36°N to 47° 3'N

Elevation: The lowest areas are the Saint Francis River in Missouri (230 feet) and Mississippi River in Kentucky (257 feet), and the highest are Black Mountain in Kentucky 4,145 and Mount Arvon in Michigan (1,979 feet).

Largest nearby bodies of water (like oceans or lakes): Great Lakes

Climates: Continental

Average Temperatures:

Summer Highs: 80-90°F with temperatures cooling to 70°F around the Great Lakes and up to 100°F in a few southern regions

Summer Lows: 60-70°F and as low as 50°F in the north

Winter Highs: 30-50°F with the lowest temperatures in the north

Winter Lows: 0-30°F

Annual Precipitation: 32-64", but Wisconsin and Michigan tend to be drier.

Agriculture: Corn and soybeans are commonly grown in this region. Illinois also contributes pumpkins. The popcorn variety of corn, tomatoes, and mint are specialties of Indiana. In addition to crops, Iowa is the number one producer of hogs and eggs. Missouri contributes rice. The Great Lakes moderate temperatures by absorbing heat in summer and releasing it in fall; this unique effect permits Michigan to grow apples, grapes, and cherries—fruits that are normally grown further south. Ohio is the number one producer of Swiss cheese in the U.S. and also produces a large crop of pumpkins. Wisconsin produces peas, carrots, and cranberries.

Recipe for the Northwest/Mid-Atlantic

States: Connecticut, Delaware, the District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia, West Virginia

Latitude: 36° 31'N to 47° 28'N

Elevation: The lowest areas are at sea level along the Atlantic Ocean as well as along the Potomac River in the District of Columbia (1 foot). The highest points are Mount Washington in New Hampshire (6,288 feet) and Mount Marcy in New York (1,803 feet).

Largest nearby bodies of water (like oceans or lakes): Great Lakes, Atlantic Ocean

Climates: Continental

Average Temperatures:

Summer Highs: 70-90°F

Summer Lows: 50-70°F

Winter Highs: 30-50°F, dipping to 10°F in the north and rising to

60°F in southern Virginia

Winter Lows: 10-30°F, dipping to -10°F in the north (or even lower in

northern Maine!) and

rising to 40°F in southern Virginia

Annual Precipitation: 32-64"

Agriculture: Seafood and shellfish are important in this region. Delaware produces soybeans, corn, and apples. Maine is the number one producer of wild blueberries; maple syrup is another major crop. Massachusetts contributes cranberries; and New York, cabbage, corn, and onions. Pennsylvania ranks first in the production of mushrooms in the U.S. Vermont produces maple syrup and apples. Virginia contributes tomatoes and corn, while West Virginia produces apples and peaches.

Our Recipe

Title:

Unique Regional Ingredient:

This regional ingredient grows here because of the Northwest/Mid-Atlantic climate (and sometimes farmers give it the things it needs):

Harvesting season (circle one): spring summer fall winter

Preferred temperature (circle one): hot warm cool cold

Preferred type of precipitation pattern (circle one or more):

 wet occasional rainfall drought is ok sometimes

Other Ingredients:

Directions:

Recipe for the Southeast

States: Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee

Latitude: 24° 32' N to 36° 21' N

Elevation: The lowest areas are at sea level along the Atlantic Ocean and Gulf of Mexico, as well as the Mississippi River in Tennessee (178 feet). The highest points are Mount Mitchell in North Carolina (6,684 feet) and Clingmans Dome in Tennessee (6,643 feet).

Largest nearby bodies of water (like oceans or lakes): Lake Okeechobee in Florida, Atlantic Ocean, Gulf of Mexico

Climates: Mild, Tropical (southern tip of Florida)

Average Temperatures:

Summer Highs: 90-100°F with northern areas slightly cooler and higher altitude regions dropping to 70-80°F

Summer Lows: 60-80°F

Winter Highs: 50-70°F, with cooler areas in the north and rising to 80°F in Florida

Winter Lows: 30-50°F, dipping to 20°F in the north and rising to 70°F in southern Florida

Annual Precipitation: 32-64" with certain areas receiving 64-96"

Agriculture: Peanuts are a major Alabama crop. Georgia also grows peanuts in addition to peaches, pecans, and onions. Florida supplies most of the U.S. production of citrus, especially oranges. Avacados, bok choy, tropical fruits, peanuts, and many other fresh vegetables are also grown in Florida, and in fact, most of the vegetables consumed in the U.S. in the winter are grown there. North Carolina soybeans, corn, sweet potatoes, wheat, peanuts, blueberries, and cucumbers. South Carolina produces leafy greens and peaches; in addition, it is home to the only tea farm in North America. Tennessee contributes corn and soybeans.

Recipe for the South

States: Arkansas, Louisiana, Mississippi, Oklahoma, Texas

Latitude: 25° 50' N to 37°N

Elevation: The lowest areas are New Orleans (-8 feet) and at sea level along the Gulf of Mexico. The highest points are Guadalupe Peak in Texas (8,749 feet) and Black Mesa in Oklahoma (4,973 feet).

Largest nearby bodies of water (like oceans or lakes): No large lakes, Gulf of Mexico

Climates: Mild, Dry

Average Temperatures:

Summer Highs: 90-100°F with certain areas spanning above and below that range

Summer Lows: 60-80 °F

Winter Highs: 50-70 °F, with cooler areas in the north and rising to 80°F in Texas

Winter Lows: 20-40 °F, dipping to 10°F in the northwest and rising over 40°F along the coast

Annual Precipitation: 32-64" with coastal areas of Louisiana receiving over 64"; it is drier away from the Gulf—central Texas receives 16-32" and even less in the west

Agriculture: Arkansas is the number one producer of rice in the U.S. and also grows soybeans. Sugarcane, rice, sweet potatoes, soybeans, and Tabasco peppers are grown in Louisiana; seafood is also produced there. Soybeans are one of Mississippi's most valuable crops. Oklahoma contributes peanuts, wheat, and pecans. Texas grows onions, melons, citrus, and pecans and nuts.

Recipe for the Southwest

States: Arizona, California, Colorado, Nevada, New Mexico, Utah

Latitude: 31° 20' N to 42°N

Elevation: The lowest point in the region — and in the entire United States — is Death Valley (-282 feet). The Colorado River in Arizona (70 feet) is another low area. The highest points are Mount Whitney in California (14,494 feet) and Mount Elbert in Colorado (14,433 feet).

Largest nearby bodies of water (like oceans or lakes): Pacific Ocean, Great Salt Lake

Climates: Dry, High Elevation, Mild

Average Temperatures:

- Summer Highs:** 80-100°F but highly variable throughout the region; as low as 60°F and greater than 110°F can be found there
- Summer Lows:** 50-70 °F, dipping to 30°F at higher altitudes and rising to 90°F in certain areas
- Winter Highs:** 20-40 °F, with cooler areas in the highlands and rising to 50°F or even 80°F in the southern and western areas
- Winter Lows:** 10-20 °F, dipping to 0-20°F at higher altitudes and rising to 30-50°F in the southern and western areas

Annual Precipitation: 8-32" with some regions receiving 32-64" and over 96" in certain areas of California

Agriculture: The dairy and beef industries are important in the Southwest. Cattle and sheep are Arizona's main agricultural products, but the state also grows melons, lettuce, spinach, broccoli, cauliflower, and lemons. California is the top agricultural state and milk producer in the U.S. It benefits from its unique Mediterranean (mild) climate and year-round growing season. Almonds, artichokes, figs, olives, persimmons, pomegranates, prunes, raisins, and walnuts are all commercially produced only in California; the state is also known for its grapes. Colorado contributes cattle, onions, beans, lettuce, and peaches. New Mexico supplies onions and chili peppers. Barley, oats, and wheat are grown in Utah.

