



## AMERICAS

**Maize**, also known as corn, is native to the Americas. This crop was very important to the Native American diet who valued corn because it was easily grown, stored, and preserved. This crop helped them survive the harsh winter months.



## AMERICAS

There are many types of **beans**. Native Americans in North America grew climbing beans and bush beans. In the New World, many tribes grew the “three sisters” crops together, which are beans, maize, and squash. This combination allowed people to grow more crops in less space, helped the crops grow stronger, and provided a variety of nutrients.



## AMERICAS

Pumpkins are a type of **squash** that originated in Mexico and eventually migrated north. Pumpkins were valued by both Native Americans and Europeans because they were easy to grow, had a long storage life, and the outer shells could be used as containers.



## EUROPE

**Livestock** was brought by the Europeans to the New World. The types of livestock they brought included cattle, sheep, goats, and pigs.



## EUROPE

Barley, rye, and wheat originally came from the Middle East, but were popular in Europe. Bread and baked goods are made from these **grains**. These grains were brought to the Americas by Europeans.



## EUROPE

**Cabbage** originated in Europe. Colonists brought cabbage with them from Europe to Virginia where it has been a popular food since the 18th century.



## AFRICA

**Watermelons** are originally from West Africa. They were brought to the New World through the transatlantic slave trade.



## AFRICA

**Peanuts** or goobers were brought by Portuguese sailors to Africa in the early 1400s. Later, the crop was brought from Africa to the Americas through the transatlantic slave trade.



## AFRICA

**Sorghum** is a type of grain that arrived in the American colonies from Africa. Sorghum was traditionally grown by many of the enslaved people who were brought to the Americas on slave trading ships. Sorghum can be used to make a sweet syrup which has been popular in Virginia for centuries.