

Cotton A bale of cotton that has been ginned weighs about 480 pounds.

Cotton is an important part of our day – the towels we use to dry after a bath; our T-shirts, jeans and socks; the sheets we sleep on, even the paper money we use to buy things is made with cotton.

Cotton is a crop that gives us both food and fiber. We wear it but we also eat it. The cottonseed is crushed and then separated into three parts: oil, meal and hulls. The oil is used for shortening, cooking oil, baked goods, salad dressings, other food products and also cosmetics. Cotton is used to stuff furniture and make linoleum, plastics and insulation. The meal and hulls can be used to feed livestock, poultry or fish.

Cotton grows best in warm climates. Missouri farmers grow cotton in the southeast part of the state. The counties growing the most cotton are Dunklin, New Madrid, Pemiscot and Stoddard.

Cotton is planted in the spring and harvested in the fall. One acre can grow about 1,000 pounds of cotton.

ONE BALE OF COTTON CAN MAKE ONE OF THESE

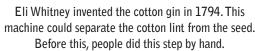
215 pairs of ieans 249 bed sheets 409 large sport shirts 690 terry cloth towels 765 dress shirts

1.256 pillowcases 2,104 boxer shorts 2.419 briefs 3,085 cloth diapers

1,217 large T-shirts 4,321 mid-calf socks 6,436 underwear 21,960 handkerchiefs 313,600 \$10 bills



Years ago, cotton was harvested by hand. Today, farmers use machines called a "cotton picker" to remove the cotton from the plant.



FRA

Missouri is a diverse agricultural state. Missouri farmers grow a variety of crops and raise livestock.



Look at the tags on your clothes. sheets and towels. Do you see the word cotton? Try to find five things in your house that ACT contain cotton.

Rice A bushel of rice weighs about 45 pounds.

Rice is the main diet of more than half the world's population. The United States exports about half of the rice it grows to other countries. Rice is used in other food products like cereals, snack foods, cake mixes, baby food and pet foods. Oil from rice can be used for cooking oil and is cholesterol-free.

Rice is grown in southeast Missouri, which ranks 5th in rice production in the U.S. More than 200,000 acres of rice are planted in Missouri each year. Other states that grow rice include Arkansas, California, Louisiana, Mississippi and Texas.

Rice is a warm season plant. It takes 100-180 days from planting to harvest, depending on the variety and location. Rice is low in calories and an excellent source of complex carbohydrates, B vitamins and protein.

Rice hulls are removed from outside the kernel as it is processed and can be used in products from soap to steel beams.

AREERS

A Food Safety **Specialist** inspects food for safety and quality.

Someone who helps farmers grow healthy crops and livestock is an Entomologist.



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