



2019 Whipping Up Wellness, Student Chef Competition

Wisconsin Foods List

Vegetables

- Asparagus
- Beans
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Corn
- Cucumber
- Eggplant
- Kale
- Kohlrabi
- Lettuce, loose leaf
- Peas
- Potatoes
- Pumpkin
- Rhubarb
- Spinach
- Summer Squash
- Swiss Chard
- Tomatoes
- Winter Squash

Fruit

- Apples
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Muskmelon
- Raspberries
- Strawberries
- Watermelon

Other

- Cheese
- Honey
- Maple Syrup
- Milk
- Wild Rice
- Yogurt