

Presidential veggies

Vegetables have played a key role in our history. Here are a few tidbits you may enjoy:

George Washington loved eating onions. “The onion is the most favored food that grows,” he said. When he had a cold, George would eat a roasted onion before going to bed. Just think—onions may have helped George survive the harsh winter of Valley Forge!

Thomas Jefferson is often considered our nation’s first horticulturist. His kitchen garden had over 250 varieties of vegetables. He was one of the first growers of tomatoes in America. According to family accounts, every spring Jefferson competed with local gardeners to bring the first pea to the table. The winner then hosted a community dinner that included a feast on the winning dish of peas.

Did you know that onions helped to save the Union? During the Civil War, General Ulysses S. Grant sent an urgent message to the War Department: “I will not move my army without



onions.” The next day, three trainloads of onions were on their way to the soldiers. The rest is history ...

The elder George Bush hated broccoli when he was a child but his mother forced him to eat it. Upon becoming President, Bush said he now had the authority to stop eating broccoli no matter what his mother said.

No matter your politics, we can all applaud Michelle Obama for starting the first vegetable garden on the grounds of the White House. Three out of four North Dakotans do not eat enough vegetables. This limits the development of our kids and makes all of us more susceptible to illnesses. George Bush’s mother was right: Eat your vegetables!

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