

# Anatomy OF A Taco

**IT'S NO SECRET** that tacos are a favorite to make at home and to grab while out to eat. While these savory entrees have international roots, they are truly homegrown.

**TOPPINGS:** Here's where individual flair shines. Add your favorite toppings and try some new ones, too.

**CHEESE:** No taco would be complete without a sprinkle of shredded cheese.

**HARD CORN TACO SHELL:** Perfect to keep the fillings inside. Also great with a soft flour tortilla.

**MEAT:** Ground beef is pictured here but try pork or chicken to switch it up.



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*Discover how Illinois agriculture plays a role in building the perfect taco:*

**TORTILLA:** Corn and flour tortillas can offer wildly different flavors and textures when building the perfect taco. While Illinois is known for corn – we're the #2 corn-producing state! – wheat is also a common crop grown throughout the state. And for those who prefer nachos or a side of chips and salsa, some farmers in the eastern side of the state also grow specialty white corn used to make tortilla chips.

**MEAT:** There's no wrong choice when it comes to picking between beef, chicken, or pork tacos – the filling all comes from dedicated livestock farmers who work hard to ensure livestock are raised with care and respect. Whether shopping in the store, visiting a local meat shop, or sourcing in bulk directly from a local farmer, rest assured that all livestock are raised with the same standards of care.

**CHEESE AND SOUR CREAM:** Quality dairy products come from quality cows, and that starts at the farm. In addition to rigorous standards of animal care and food safety while handling fresh milk, dairy farmers are also implementing new technologies to benefit cows, like automatic milking. This gives cows the convenience of milking on an as-wanted basis and allows the farmer to spend more time looking after the herd.

**TOPPINGS:** Lettuce, sweet corn, tomatoes, edamame, onions – all grown in Illinois! Vegetables, like the ones listed, are grown and harvested right here in Illinois, most commonly in the summer months. You can find all of these toppings and more available fresh at Illinois farmers' markets, in your local grocery store, or even in your backyard garden.

