

Valley and Ridge Region

The Valley and Ridge region, also known as the Ridge and Valley, is located west of the Blue Ridge. As its name states, the Valley and Ridge region is made up of ridges and valleys. Located to the far west of the Valley and Ridge are the Allegheny Mountains. Similar to the Blue Ridge Mountains, the Allegheny Mountains and the ridges in the Valley and Ridge are part of the mountain range known as the Appalachian Mountains. Within the Valley and Ridge region is a large valley known as the Great Valley or the Shenandoah Valley. The Great Valley provides excellent farmland because of its nutrient-rich, fertile soil. Located in the southwest corner of the Valley and Ridge region is the Cumberland Gap, a passage through the mountains for the early settlers.

The biggest industry in the Valley and Ridge is farming. There are **poultry** farms which produce birds we can eat, like chicken and turkey. There are also many dairy and beef farms that are full of cows, providing us with milk, cheese, hamburgers, and steaks. Last we have the farms that produce apples. Many of our apples actually come from a town in the Valley and Ridge region called Winchester.

