

CUSTOM EDITION

LEARN⁺™
more

Alachua County Public Schools

Teaching Kids About **Florida** Agriculture - Food, Farmers & Fun!



E N R I C H M E N T



Alachua County

FARM TO SCHOOL PROGRAM



**Alachua County Florida
Food & Nutrition Services**
www.yourchoicefresh.com

**Empowering Students Through
Healthy FARM FRESH Meals!**

WHAT WE DO

PROVIDE NUTRITIOUS SCHOOL LUNCHES

- Made with produce grown locally at regional farms and in school gardens totaling over 72 thousand pounds for the 2022-2023 school year.
- Thirteen school gardens for the 2023-2024 school year.

GARDEN & NUTRITION EDUCATION

- Experiential learning that connects to classroom curriculum.
- Field trips and tours at the Farm to School Hub demonstration garden and local farms.

GROWING A HEALTHY FUTURE

- Exceptional Student Education life skills: Gardening & Cooking
- Job Training: Horticulture, Food Safety, Food Service & Food HUB Packing.



2802 NE 8th AVE GAINESVILLE, FL 32641

WWW.FARM2SCHOOLALACHUA.COM

SCAN QR CODE TO VISIT OUR WEBSITE

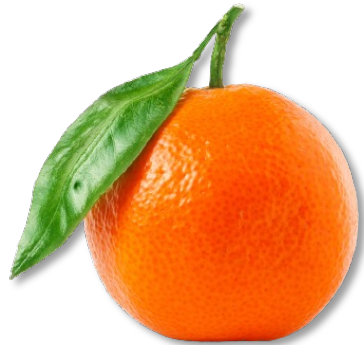


FARMERS MARKET DAYS

Alachua County Public Schools Food & Nutrition Services is proud to be participating in **Farmers Market Days** serving Florida crops and celebrating local farmers.



Lettuce



Satumas



Sweet Potatoes



Kale

Florida

Romaine Lettuce

Most of the lettuce production in Florida is located in the **Everglades Agricultural Area**.



Darker green lettuce leaves are **MORE** nutritious than lighter green leaves.

4 Main Types of Lettuce:

1. Butterhead
2. Crisphead
3. Looseleaf
4. Romaine

Romaine is the **most nutritious** type of lettuce.

MOST

LEAST

Lettuce prefers to grow in **colder climates**.



Lettuce is **95%** water.



Iceberg lettuce (also known as crisphead) is the most popular type of lettuce in the U.S.

Lettuce is a part of the **sunflower** family.



Lettuce is the **2nd** most popular vegetable in the U.S.

Unlike most types of lettuce, **romaine** can grow in warmer weather.



Traders Hill Farm

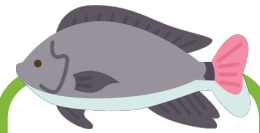


Traders Hill Farm is an **aquaponics farm** that was founded in **2013**.



Aquaponics is an agriculture system that uses both **aquaculture & hydroponics**.

Traders Hill Farm is currently run by **Tracy Nazzaro**.



Tilapia fish are used to feed and nurture growing plants.



Committed to **sustainability**.

"We're a team of driven people dedicated to producing quality, fresh, and safe foods to our community."



TRADERS HILL
farm

30771 Foghorn Ln.
Hilliard, FL 32046



Traders Hill Farm produces a **wide variety** of fruits & vegetables including **lettuce, strawberries, bell peppers & cucumbers!**

Florida

Milk

Lafayette and Okeechobee are Florida's leading dairy counties.

Florida is home to around **125,000** dairy cows.

6

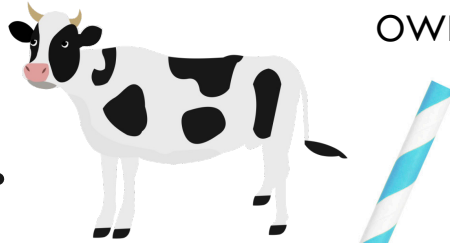
Breeds of Dairy Cows:

1. Ayrshire
2. Brown Swiss
3. Guernsey
4. Holstein
5. Jersey
6. Milking Shorthorn

Holstein cows all have a **unique pattern of spots!**

1 cow produces around **6 gallons** of milk per day.

The reason milk is white is because it contains "**casein**" - a type of protein.



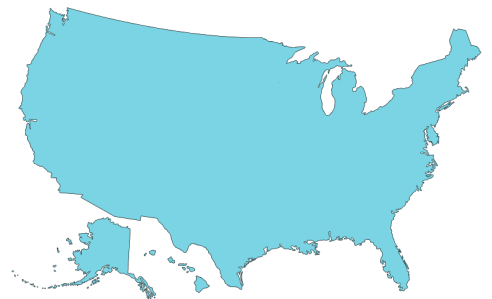
Farmers measure milk in **pounds**.

Milk is the source of **ALL** dairy products!

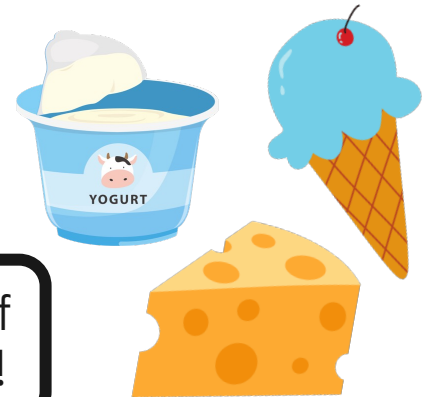
Florida produces about **300 million gallons** of milk/year.

Nearly **98%** of U.S. dairy farms are family owned & operated.

ALL 50 states have dairy farms!



The U.S. produces **~227 BILLION** pounds of milk each year.



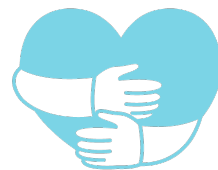
M&B Dairy



M&B Dairy is a family farm home to **over 700 dairy cows**.

M&B dairy cows are milked **3 times a day**.

Dale McClellan took over the dairy farm in **1987**.



M&B Dairy is a **leader** in the industry with their environmentally friendly ways of farming.



Recycling plays a big role.



M&B Dairy prioritizes **COMFORT** for their cows with open-air barns and rubber mats in stalls.

M&B Dairy provides milk to over **32** schools districts in Florida.



**8760 S Lecanto Hwy.
Lecanto, FL 34461**



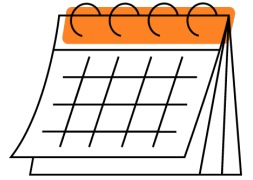
Florida

Satsumas

Most satsumas grown in Florida are from **Jackson & Collier counties**.

Satsuma season in Florida is from **October - December**.

Satsumas are a category of citrus fruits that include **tangerines, clementines & mandarins**.



Satsumas are known for their **BIRGHT** orange peel.

“Easy Peelers”

Satsumas are easier to peel than most other citrus fruit.



Satsuma trees grow to be **8 - 25 feet tall**.



Satsumas make for a **perfect snack!**

Satsuma trees take around **8 years** to start producing fruit.

Satsuma trees are **evergreen**.

Satsumas are one of the most resilient citrus fruits to cold weather.



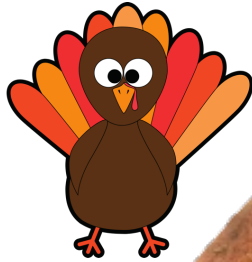
Florida

Sweet Potatoes

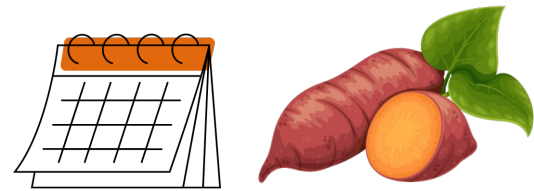
Centennial and Beauregard sweet potato varieties grow well in Florida.

Sweet potatoes grow well in Florida's **warm & humid summers.**

Sweet potatoes are a popular **Thanksgiving** side dish.



In total, the U.S. produces around **2.8 BILLION** pounds of sweet potatoes.



Sweet potato roots are harvested **90-120** days after planting.

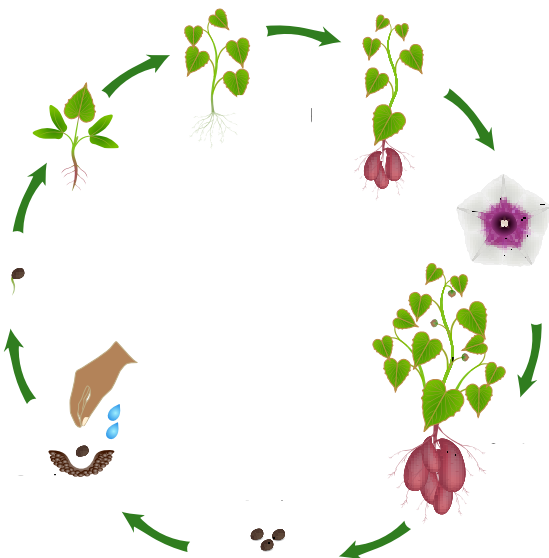


FEBRUARY
National Sweet Potato Month

A **root** vegetable.



Jewel is the most popular variety of sweet potato.



Sweet potatoes are in season **YEAR-ROUND!**

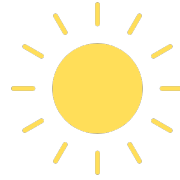
Sweet potatoes can be **orange, yellow, red, white** or **purple.**



Florida

Kale

Kale grown in Florida grows best during the **winter months**.



Kale prefers to grow in places with **full sun**.

Kale can range in color from **light green** to **dark green** to **violet**.

All kale leaves are **harvested by hand**.

Kale becomes **sweeter** after a frost!



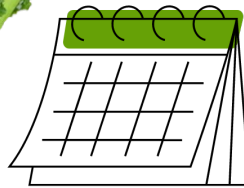
Kale is closely related to **cabbage**.



Kale is mostly harvested in the **fall & winter**.



Kale is harvested **one leaf at a time**, never the entire plant at once.



In a long growing season, the main stem of kale can be **24+ inches** long.



Kale is a **cool-season** vegetable.



Cold temperatures **improve** the quality & flavor of kale.

Kale is known to have a **bitter** taste.

FARM to SCHOOL

Resources



[Community Resources From Our Partners](#)



[Alachua County FNS – GET Partnership](#)



[Farm to School to Work Hub](#)



FLORIDA Agriculture IN THE CLASSROOM

[FL - Ag in the Classroom Activities](#)

— RECIPE —
SWEET POTATO CAKES



SWEET POTATO CAKE

What you'll need:

- ✓ 1/2 cup fat
- ✓ 1 cup sugar
- ✓ 1 cup mashed sweet potatoes
- ✓ 1/2 cup all purpose flour
- ✓ 1/2 teaspoon salt
- ✓ 1 teaspoon baking powder
- ✓ 1/4 teaspoon vanilla
- ✓ 1/2 teaspoon cinnamon
- ✓ 1/2 teaspoon nutmeg
- ✓ 1/4 teaspoon cloves
- ✓ 1/2 cup milk
- ✓ 1/2 cup chopped nuts

Instructions:

To make the recipe for the salt recipe gradually and cream well. Add eggs, beating gradually until well blended. Add sweet potatoes. Mix well. Stir together rest of dry ingredients and add alternately with milk to the creamed mixture. Bake in a greased 6-inch round pan in a moderate oven (350°F) for 40 to 50 minutes. Top with chopped nuts if desired.

Recipe adapted from Ojala, Food 2010. Dana Hinkle-Harmon on Florida Food! Recipes, Herndon & Smith Publishers, The History Press.

[Recipe Cards](#)



[Cultural Collections](#)

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UNIVERSITY OF FLORIDA



[UF IFAS - Family Nutrition Program](#)



[Working Food](#)

Florida Agriculture

LEARN More



Avocados



Beans



Bell Peppers



Blueberries



Cabbage



Cantaloupe



Cucumbers



Dragon Fruit



Grapefruit



Okra



Oranges



Potatoes



Squash



Strawberries



Sugarcane



Sweet Corn



Tangerines



Tomatillos



Tomatoes



Watermelon