

CUSTOM EDITION

LEARN⁺™
more

Alhambra Elementary School District

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



E N R I C H M E N T



FARM to SCHOOL

“Our mission is to educate, serve, and celebrate the foods of our community.”

- Alhambra Elementary School District Child Nutrition Department



ALHAMBRA
ELEMENTARY SCHOOL DISTRICT

FARMERS MARKET FRIDAYS

Alhambra Elementary School District Child Nutrition Department is proud to be participating in **Farmers Market Fridays** serving Arizona crops and celebrating local farmers.



Bell Peppers



Microgreens



Milk

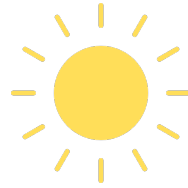


Grapefruit

Arizona

Bell Peppers

Bell peppers love growing in the heat of Arizona summers!



Bell peppers need **6 - 8 hours** of **full sun**.



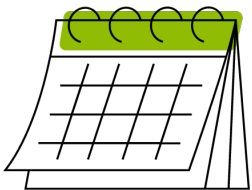
Bell peppers can be **2 to 6** inches long.



Most bell peppers are **harvested** by hand.

Bell peppers are in the same family as **tomatoes, eggplant,** and **potatoes**.

Bell peppers are grown all year-round.



Red bell peppers are also known as **sweet peppers**.



Bell peppers are a **FRUIT**.

ALL bell peppers are **GREEN** before they ripen.

Bell peppers transition from **green** to **yellow** to **orange** to **red** depending on how long they ripen.

Bell peppers get **sweeter** the longer they ripen.



Alhambra Elementary School District

Catalina Ventura School



Catalina Ventura's **student garden** teaches students about agriculture & sustainability.

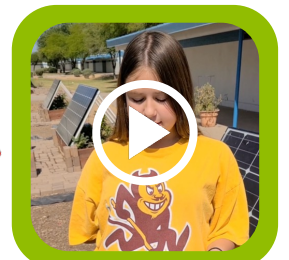
Catalina Ventura School's student garden offers **mentoring programs** to younger students.

Catalina Ventura grows a **WIDE variety** of **fruits, vegetables & herbs.**



Catalina Ventura's student garden uses **solar panels** to provide **shade** to crops and create **renewable energy!**

Ollas are used in the garden to **conserve water.**



Learn more about solar energy from your **peers!**

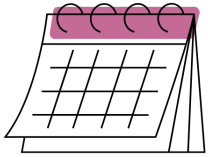
6331 N 39th Ave.
Phoenix, AZ 85019
Catalina Ventura School



Arizona

Microgreens

Microgreens can grow in almost any climate and location because they are mostly grown indoors.



With microgreens **short growing cycle**, farmers can **harvest multiple crops** throughout the year.

Microgreens can be grown in **soil** or **hydroponically**.



Microgreens are known for their **intense** flavor.

Microgreens are **young greens** that are harvested **1 - 2 weeks** after sprouting.

Microgreens range in size from **1 to 1.5 inches long**.



Microgreens are **smaller** than “baby greens.”

Microgreens have **40x MORE** nutrients than the full-grown crop.



25+ types of microgreens.



Sprout

Microgreen

Common types of microgreens:
sunflower, broccoli, celery & radishes.





Arizona Microgreens



Arizona Microgreens is a family owned & operated urban farm.



Arizona Microgreens was founded in 2013 by **brothers Joseph & David.**



Grow **many types** of microgreens.

Arizona Microgreens only ship their crops **LOCALLY.**



Arizona Microgreens grow their crops in a **13,000 square feet** greenhouse.

"Dedicated to being **environmentally sustainable** while providing the best tasting nutrient-dense foods."



**3146 E Wier Ave.
Phoenix, AZ 85040**

Served in many **local schools.**



arizona  **microgreens**

Arizona

Milk

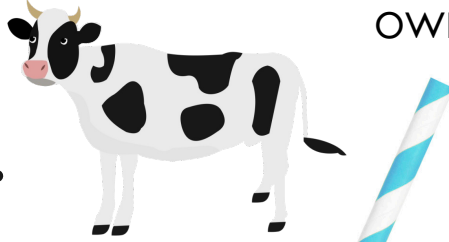
Arizona's dairy industry is currently the state's **largest agriculture commodity**.

AZ is home to just about **100** dairy farms.

Arizona's largest dairy farm has around **10,000 active milk cows**.

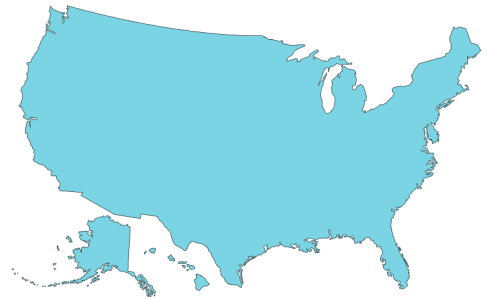
Nearly **98%** of U.S. dairy farms are family owned & operated.

6 Breeds of Dairy Cows:



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

ALL 50 states have dairy farms!



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

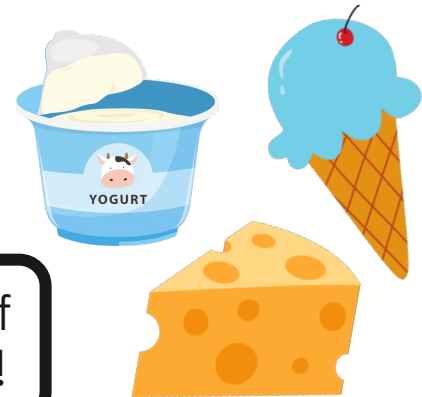
1 cow produces around **6 gallons** of milk per day.

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!

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



Aikins Distribution



Aikins Distribution is a **family owned & operated** dairy **distribution** company.

Aikins Distribution started in **1976** with **1 milkman** and **1 truck**.



“At Aikins Dairy, you are more than a customer, **you are part of our family.**”



Aikins Distribution distributes dairy from **5 LOCAL** dairy farms.



Aikins Distribution also delivers **ice cream & juice.**

Aikins Distribution works closely with many **schools.**

Aikins Distribution delivers their products throughout **Maricopa County, AZ.**

5707 W Buckeye Rd.
Phoenix, AZ 85043



Arizona

Grapefruit

Arizona's **sun** and **soil** are great for growing citrus fruits like grapefruit.

Arizona's 5 C's include: Copper, Cattle, Cotton, **Citrus** & Climate.



Grapefruits are **harvested by hand**.

The U.S. grows the **MOST** grapefruits in the world.

"The Forbidden Fruit"



Grapefruit trees can reach up to **45 feet high**.



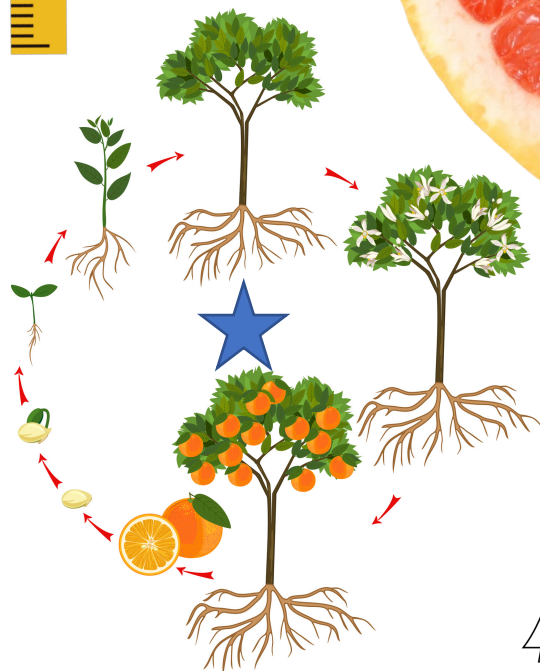
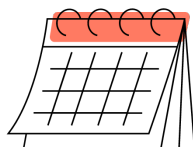
In the U.S. there are **20+** varieties of grapefruits grown.

Grapefruits grow in **clusters**...like grapes!

Up to **25 grapefruits** per cluster.



Grapefruit trees take **6-13 months** to produce fruit.



FARM to SCHOOL

Resources



[Kids Gardening](#)



[Coloring Sheet](#)



green
our planet

[Green Our Planet](#)



[Chef in the Garden Video Series](#)



[Arizona Planting Calendars](#)

Arizona Agriculture

LEARN ⁺ More



Apricots



Arugula



Barley



Broccoli



Cabbage



Cantaloupe



Cauliflower



Chiles



Corn



Dates



Lemons



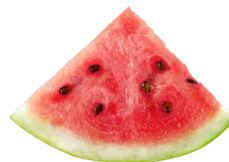
Lettuce



Milk



Spinach



Watermelon



Wheat