

D I G I T A L M A G A Z I N E

CUSTOM EDITION

LEARN<sup>+</sup>™  
more

# Broward County Schools

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



E N R I C H M E N T

FARM<sup>+</sup>to  
SCHOOL  
Florida

## **Our Mission:**

To provide nourishing meals to support student achievement and promote healthy lifestyles.



**Broward County Schools  
Food and Nutrition Services**

## **Our Vision:**

To support the Broward County Public Schools community by maintaining a culture of excellence and providing high quality nutritious meals in an innovative, positive, and safe environment.

# FARMERS MARKET FRIDAYS

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



Dragon Fruit



Sweet Corn



Zucchini



Yellow Squash

Florida

# Dragon Fruit

Dragon fruit thrives in Florida's **mild climate** and **abundant sunshine**.

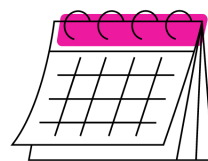
Dragon fruit is also known as "**pitaya**."

The darker the dragon fruit, the **sweeter** it is.

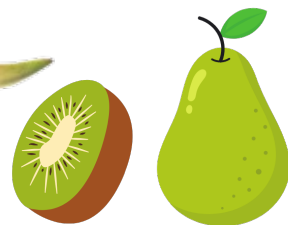
Dragon fruit is a **night-blooming** plant.

## 4 Types of Dragon Fruit:

1. Red skin/white flesh
2. Red skin/red flesh
3. Red skin/purple flesh
4. Yellow skin/white flesh



Peak season is **Aug – Sept**.



Dragon fruit tastes like a mix between a **kiwi** and a **pear**.

Dragon fruit plants grow to be up to **20 feet** tall.





# Redlands Best



Redlands Best has been in the tropical agriculture business for **30 years**.

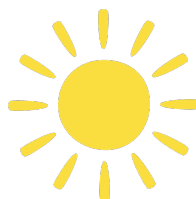
Redlands Best specializes in **tropical fruits**.

Redlands Best grows, ships & distributes their fruit.



Redlands Best's is home to **200 acres** of tropical fruits.

Redlands Best's location provides the **perfect climate** for tropical fruits to grow.



Abundant **sunshine & humidity**.

**20601 SW 194 Avenue Miami, FL 33187**



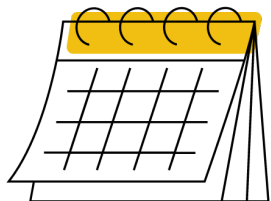
Florida

# Sweet Corn

Florida is the **largest** producer of sweet corn in the U.S.

Palm Beach County produces more than **50%** of Florida's sweet corn.

Sweet corn in Florida is in season from **Oct - June**.



**All 50 states** grow sweet corn – find some at your local farmers market!

Only **1%** of the corn grown in the U.S. is sweet corn.

Sweet corn can be turned into syrup to be used as a **sweetener**.

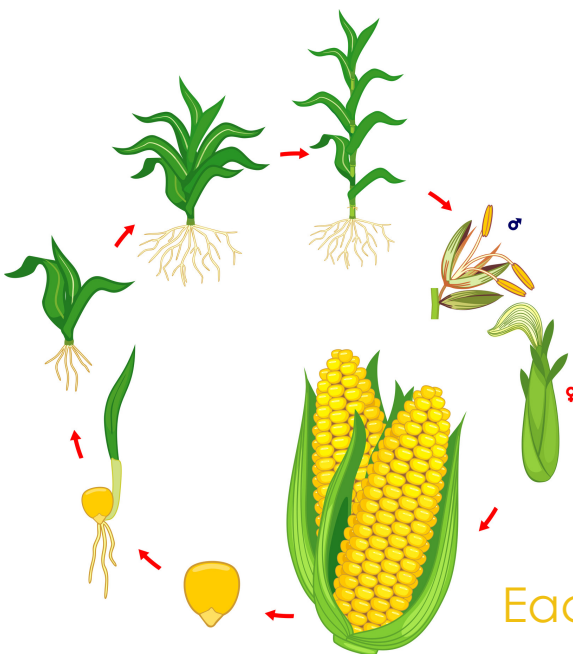


**1 bushel** of corn can sweeten **400 cans** of soda.

Sweet corn is the **ONLY** corn grown for **human** consumption.

Sweet corn is pollinated by the **wind**.

Each stalk produces **1 - 3** ears of corn.





# R.C. Hatton Farms



R.C. Hatton Farms started in **1932** with only several hundred acres of land.

R.C. Hatton Farms is now home to **8,000 acres** of land.

Founded by **Robert C. Hatton**.

R.C. Hatton Farms has developed **MANY** different kinds of sweet corn.

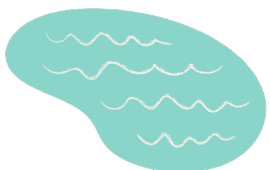


One the **LARGEST** corn growers in Florida.



**Paul Allen** & his son **Johnathan** currently run R.C. Hatton Farms.

Located beside **Lake Okeechobee**.



R.C. Hatton Farms' location is known for having some of the **MOST** fertile soil in the U.S.

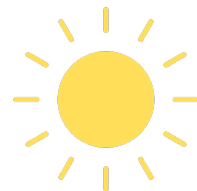
135 Bacom Point Rd.  
Pahokee, FL 33476



Florida

# Zucchini

Zucchini is a type of squash and Florida is the **4<sup>th</sup> largest** squash producing state in the U.S.



More specifically, zucchini is a type of **summer squash**.

Zucchini's grow best in **temperate climates**.



Zucchini's have **MORE** potassium than a banana.

Zucchini are **95%** water.



Most of the zucchini grown in Florida is grown in the **north central region**.

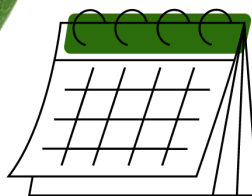
One zucchini plant can produce **3 - 10 pounds** of zucchini.



**"Courgette"**



The flower of a zucchini plant is also **edible** and considered a **delicacy**.



Zucchini are in peak season from **May - August**.

The **LARGEST** zucchini ever grown was 69.5 inches long and weighed 65 pounds!





# Torbert Produce



Torbert Produce is a **family farm** that has been around since **1988**.



“We take pride in delivering valuable services and foods that are unparalleled in **nutrition, flavor** and in **appearance**.”

Torbert Produce is home to **2,000 acres** of zucchini and yellow squash.

**ALL**  
Torbert Produce is grown from seed.



Torbert Produce **distributes** their crops all across the U.S. and Canada.



Owner **Tommy Tobert** and his 4 sons: **Thomas, David, Eric & Alex**.

Tommy Torbert has been working on the farm since he was **13 years old**.



20001 SW 344th St.  
Homestead, FL 33034...

Florida

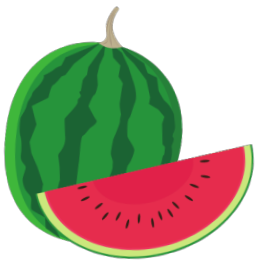
# Yellow Squash

Florida harvests around **85,000 pounds** of squash each year.

2 types of squash:  
**WINTER** & **SUMMER**.



Yellow squash is a type of **summer** squash.



Squash are related to **melons**!

All type of squash are considered a **fruit**!



Most of the yellow squash grown in Florida grown in the **west central** & **southern** regions.

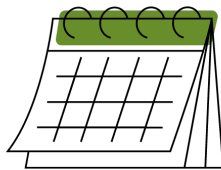


Yellow squash are usually ready to harvest **4 - 8 days** after flowering.

**"Straightneck Squash"**



Yellow squash with the best flavor are typically only **5 - 6 inches** long.



1 acre of land could grow around **11,000** squash!

As their name suggests, summer squash varieties are in **peak season** during the summer months.



# Torbert Produce



Torbert Produce is a **family farm** that has been around since **1988**.



"We take pride in delivering valuable services and foods that are unparalleled in **nutrition, flavor** and in **appearance**."

Torbert Produce is home to **2,000 acres** of zucchini and yellow squash.

**ALL**  
Torbert Produce is grown from seed.



Torbert Produce **distributes** their crops all across the U.S. and Canada.



Owner **Tommy Torbert** and his 4 sons: **Thomas, David, Eric & Alex**.

Tommy Torbert has been working on the farm since he was **13 years old**.



20001 SW 344th St.  
Homestead, FL 33034

Florida

# Milk

**Lafayette** and **Okeechobee** are Florida's leading dairy counties.

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

6

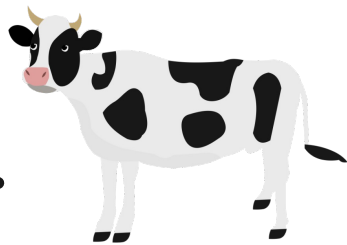
Breeds of Dairy Cows:

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.



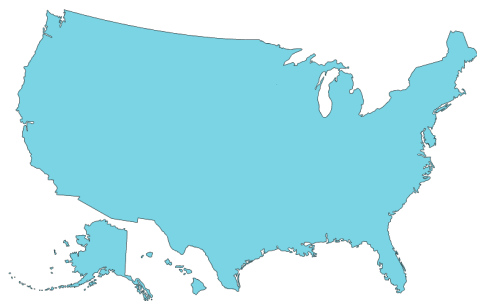
Farmers measure milk in **pounds**.

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

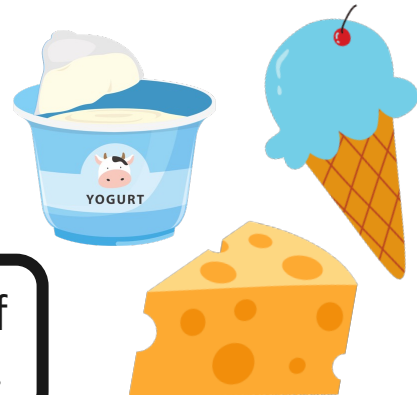
Florida produces about **300 million gallons** of milk/year.

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 Agriculture

# LEARN <sup>+</sup> more



Avocados



Beans



Bell Peppers



Blueberries



Cabbage



Cantaloupe



Cucumbers



Dragon Fruit



Grapefruit



Okra



Oranges



Potatoes



Squash



Strawberries



Sugarcane



Sweet Corn



Tangerines



Tomatillos



Tomatoes



Watermelon