

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

CUSTOM EDITION

LEARN⁺™
more

Columbia County School District

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

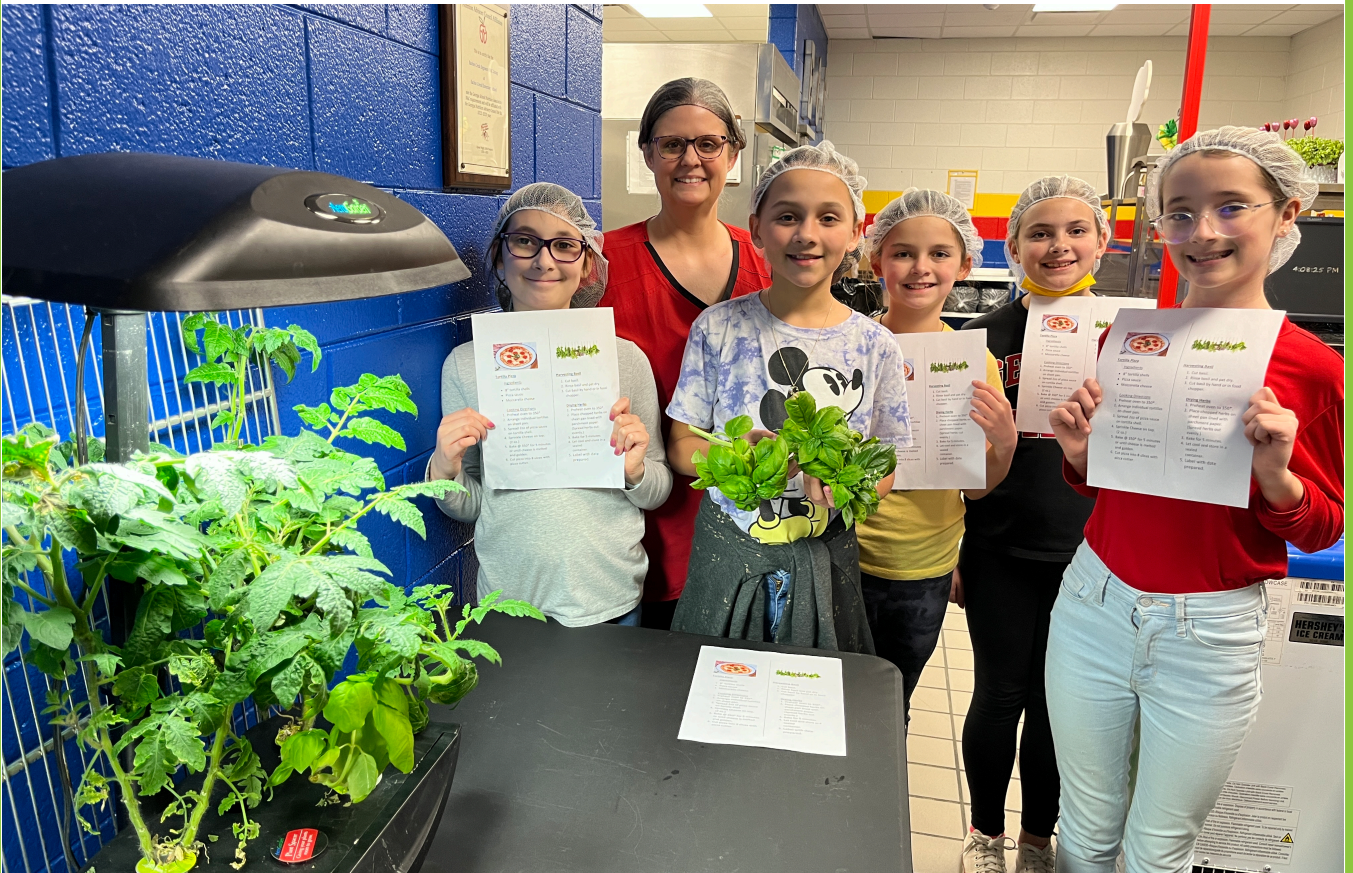


E N R I C H M E N T

FARM⁺to
SCHOOL
Georgia

FARM to SCHOOL

The Columbia County School District will provide each student challenging content & instruction in a supportive environment resulting in increased academic achievement through shared accountability.
- Columbia County School District



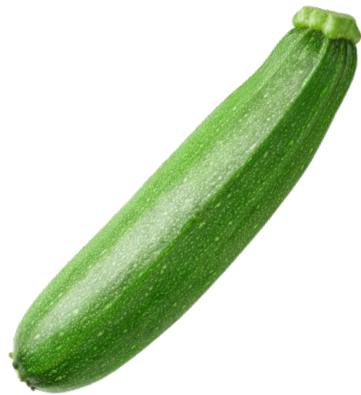
Columbia County
SCHOOL DISTRICT

FARMERS MARKET FRIDAYS

Columbia County School District Nutrition Services
is proud to be participating in **Farmers Market Fridays**
serving Georgia crops and celebrating local farmers.



Collard Greens



Zucchini



Bell Peppers



Sweet Potatoes

Georgia

Collard Greens

Collard greens are **grown all throughout** Georgia.



Popular Varieties of Collard Greens:

1. Blue Max
- 2. Georgia**
3. Vates

Collard greens have 2 seasons:

January - June & October - December.

Collard greens are **tastier** & more **nutritious** in the colder months.

Georgia collards get **sweeter** when they frost.

Collard greens are **biennials**, which means they have a **2-year** life cycle.



The stem can be **24 - 48** inches long.

“The Wild Cabbage Plant”



Collard greens produces small, yellow flowers.



Collard greens take **6 - 8 weeks** to go from seed to ready for harvest.

A **cool-season** vegetable.

These yellow flowers attract insects which is responsible for the pollination.



Collard greens are a type of **cruciferous** vegetable.



Georgia

Zucchini

Zucchini is a type of squash and Georgia is the **3rd largest** squash producing state in the U.S.



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

Zucchini grow best in **temperate climates**.

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.



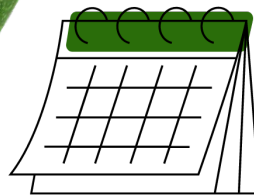
Zucchini have **MORE** potassium than a banana.



“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!



Georgia

Bell Peppers

Georgia is the **4th largest** bell pepper producing state in the U.S.

Georgia is home to **4,000+ acres** of bell peppers.



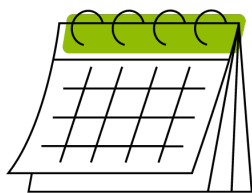
Bell peppers can be **2 to 6** inches long.



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.



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.

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

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



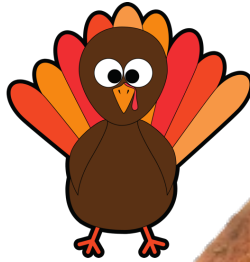
Georgia

Sweet Potatoes

Georgia's **warm climate** is perfect for growing sweet potatoes.

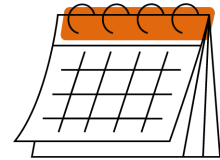
Georgia is home to around **5,000 acres** of commercially grown sweet potatoes.

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



Covington is the most popular variety of sweet potato grown in Georgia.

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

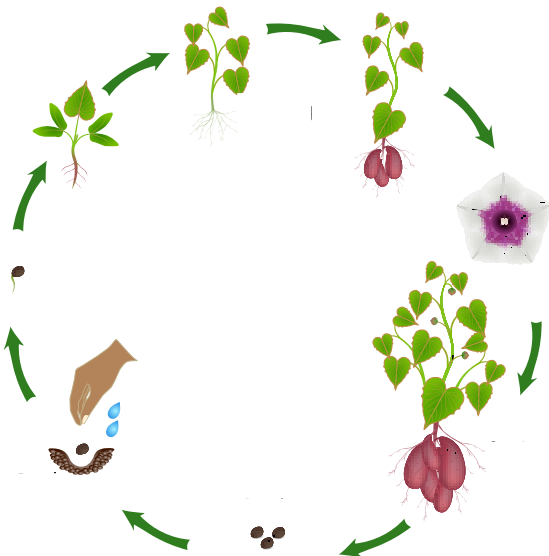


FEBRUARY
National Sweet Potato Month

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**.



Georgia

Milk

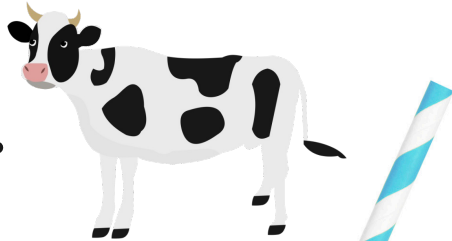
Georgia produces around **235 MILLION** gallons of milk per year.

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

Georgia is home to **92,000** dairy cows & **89** dairy farms.

6

Breeds of Dairy Cows:



ALL 50 states have dairy farms!

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

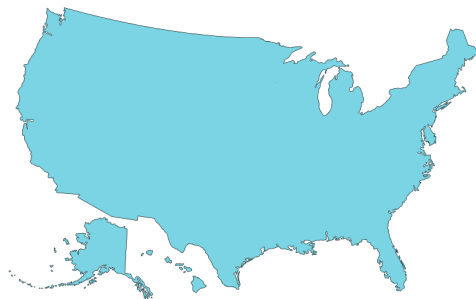
Holstein cows all have a **unique pattern of spots!**

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**.



The U.S. produces **~21 BILLION** gallons of milk each year.

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



FARM to SCHOOL

Resources



[Healthy Kids Collaborative](#)



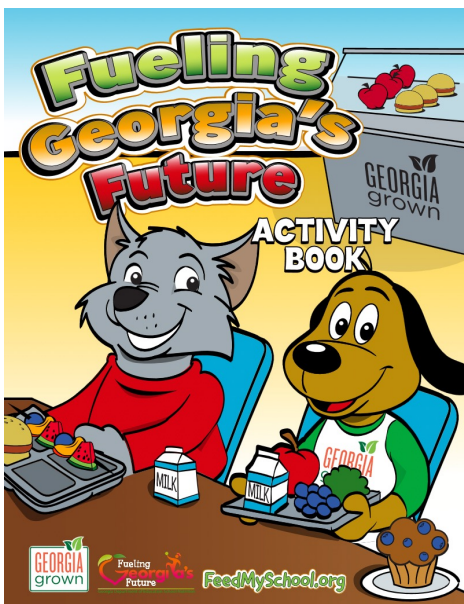
[Activity Sheet](#)



[The Science Behind Our Food](#)



[FoodSpan](#)



[Activity Book](#)



[Georgia Organics](#)

Georgia Agriculture

LEARN ⁺ More



Beans



Bell Peppers



Blueberries



Cabbage



Cantaloupe



Corn



Cucumbers



Milk



Okra



Peaches



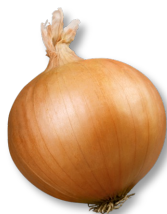
Soybeans



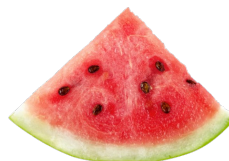
Squash



Sweet Corn



Vidalia Onion



Watermelon



Wheat