

CUSTOM EDITION

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more

Desert Sands Unified School District

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



FARMERS MARKET FRIDAYS

Desert Sands Unified School District Food & Nutrition Services is proud to be participating in **Farmers Market Fridays** serving California crops and celebrating local farmers.



Cherry Tomatoes



Limes



Sweet Corn



Carrots

Aziz Farms



Aziz Farms started at a **date** growing & packing business in the **mid 1980's**.

ALL farming practices done at Aziz Farms are **organic** and **sustainable**.



Aziz Farms specializes in growing food for local **restaurants & schools**.



Visitors are **always** welcome!



Aziz Farms is home to **27 acres** of land growing many different types of crops.



The Packhouse at Aziz Farms was started by Mark & Nicole Tadros as an expansion of Aziz Farms.

82805 Avenue 60
Thermal, CA 92274



California

Tomatoes

90% of processing tomatoes in the U.S. come from California.

3 Popular Types of Tomatoes:

1. Cherry
2. Grape
3. Roma



Cherry tomatoes

are known for their small size & abundance of flavor!

Tomatoes come in a **variety** of colors.



Processing tomatoes

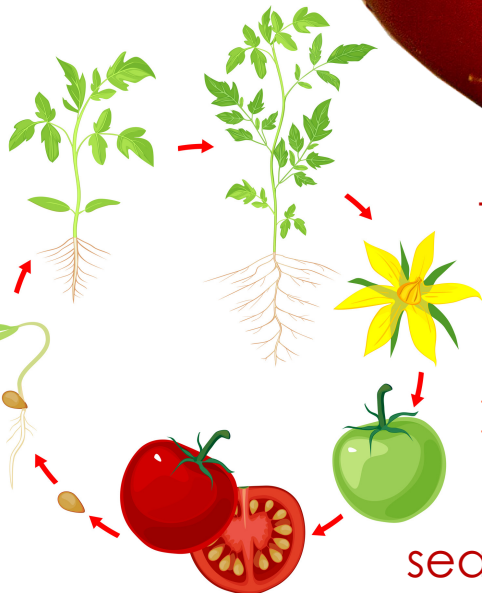
are mainly used to make ketchup, juice, sauce, etc.



"Wolf peach"



Botanically, tomatoes are a **fruit!**



Tomatoes are grown in **ALL** 50 states!

Tomatoes are at peak harvest **July - September.**

Tomatoes are a warm season crop that **love** the sun.

Over **10,000** varieties of tomatoes.



California

Limes

Limes are grown in areas of California that have **Mediterranean climates**.

4 Common Types of Limes:

1. Persian Lime
2. Key Lime
3. Kaffir Lime
4. Desert Lime

Limes are very sensitive to the cold and prefer to grow in areas with **full sun exposure**.

Limes are a good source of **vitamin C**.

Persian limes are the **MOST** popular variety of lime worldwide.



Limes get **sweeter** the longer they ripen.



Limes are more **fragrant** and **acidic** than lemons.

Limes trees can grow to be between **15 - 20 feet tall** depending on the variety.



Limes are **88%** water.



California

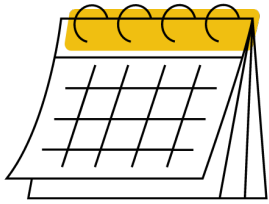
Sweet Corn

California harvests around **26,000 acres** of sweet corn each year.

Many areas throughout California grow sweet corn.

Sweet corn is typically in season from **May - Sept.**

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



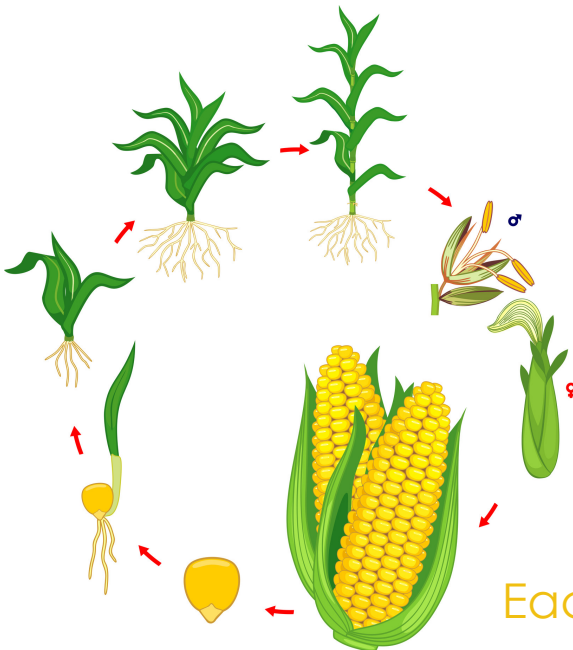
Only **1%** of the corn grown in the U.S. is sweet corn.



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 pollinated by the **wind.**

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

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

California

Carrots

85% of all carrots grown in the U.S. come from California.

Around **61,000 acres** of carrots are harvested in California each year.

Carrots are **88%** water.

Carrots are the **second most popular** vegetable in the world, after potatoes.

Carrots take **4 months** to complete growing.

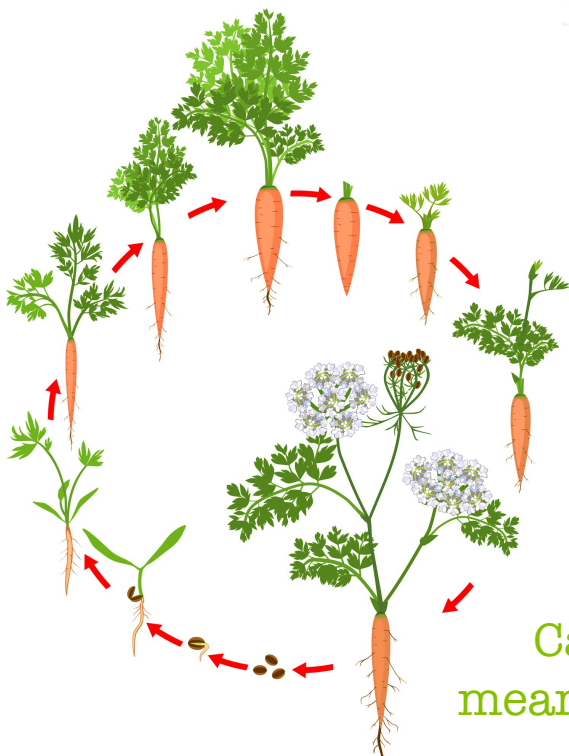
2,000 carrot seeds fit in **1 teaspoon**.

Carrots thrive in overall **cooler** temperatures.

Carrots can survive entire **WINTERS** underground!

The world record for the longest carrot is over **19 feet!**

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



California

Milk

California is the **number 1** milk producing state in the U.S.

46% of California milk goes into making California cheese.

6

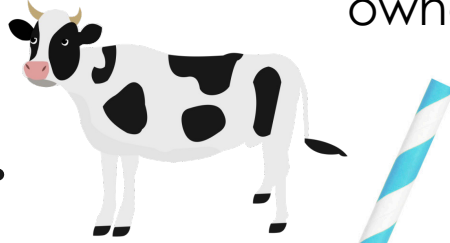
Breeds of Dairy Cows:

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.



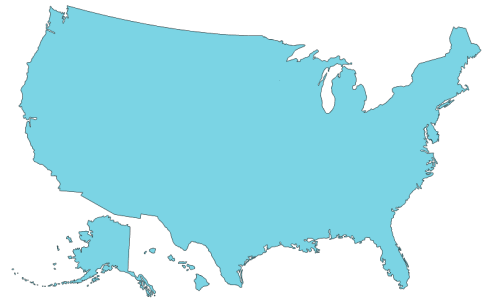
Farmers measure milk in **pounds**.

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

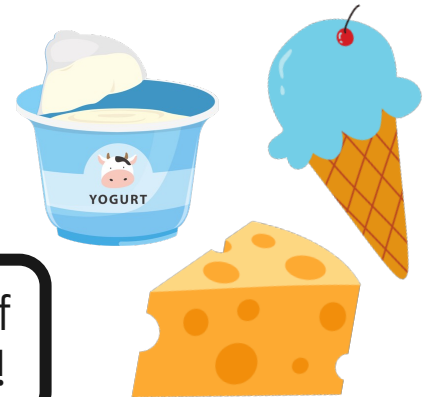
California is home to **1,100+** dairy farms.

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

ALL 50 states have dairy farms!



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



Hollandia Dairy



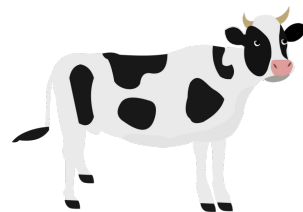
Hollandia Dairy is a **family** owned & operated dairy farm.



Hollandia Dairy was started in **1950** by **Arie & Maartje de Jong** and their **10 children**.

“The greatest strength of Hollandia Dairy is **family unity**.”

Hollandia Dairy has **4 dairy farms** with around **7,000 cows** at each.



Each cow is milked **3 times a day**.

One of the **OLDEST** independent dairy **producer & distributor** in California.



Grow their own **feed**.



80,000 gallons of milk delivered each day.

“From our cows to you!”



FARM to SCHOOL

"To build a healthy student body."

- Desert Sands Unified School District Food & Nutrition Services



DESERT SANDS
UNIFIED SCHOOL DISTRICT



Nutrition Services Director, Dan Capello with Carter Tadros, a third-generation farmer at Aziz Farms.



City of Indio

PROCLAMATION

SCHOOL NUTRITION HEROES

Desert Sands Unified School District

WHEREAS, these "School Nutrition Heroes" have prepped, warmed, packaged and served over 3 million meals throughout the School District since the pandemic, including 1.9 million alone in the City of Indio, via 18 school sites, including one apartment complex within the City, and

WHEREAS, they realize what they do daily is "more than a job." They do this because of their love for the students of Indio, understanding that for many of the families they serve, even outside of the pandemic, school provides the only meal they can count on, and

WHEREAS, the "Lunch Bunch" expanded their usual role from the confines of controlled environment of cafeterias to the extreme outdoor conditions of frigid desert cold and scorching desert heat. They have shown resilience and adaptability because they recognize the community is counting on them. They are focused entirely on providing nutritious meals to students, and have a unique understanding of the role hunger and lack of food plays in at-risk communities, and

WHEREAS, they now provide two grab-and-go meals a day, seven days a week, served twice a week to students, and sometimes entire families. They are thanked with photos, drawings, and overwhelmingly positive feedback. They take pride in providing a sense of normalcy to parents and students in our City and are rewarded with the smiles they receive from the students going through the drive-through line.

NOW, THEREFORE, BE IT RESOLVED that I, Elaine Holmes, Mayor of the City of Indio, along with the Indio City Council, do hereby recognize the Desert Sands Unified School District employees for their commitment to keeping families fed with healthy and nutritious meals during the pandemic.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Indio to be affixed this 19th day of January, 2021.

ELAINE HOLMES, MAYOR
City of Indio



California Agriculture

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[Okra](#)

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