CUSTOM EDITION

# LEARN™ more

# Franklin Pierce School District

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



**FARM** to **SCHOOL** *Washington*

# FARM to SCHOOL

"Well fed kids are ready to learn."
— **Franklin Pierce Schools Food & Nutrition Services**

# FRANKLIN PIERCE SCHOOLS

# FARMERS MARKET FRIDAYS

Franklin Pierce School District Food & Nutrition Services
is proud to be participating in **Farmers Market Fridays**
serving Washington crops and celebrating local farmers.



Apples



Microgreens



Celery



Beets

# Apples

Washington is the **#1** apple producing state in the U.S.

Washington harvests **10-12 BILLION** apples each year.

Apples are the **M O S T** grown crop in Washington.

**2,500** varieties of apples are grown in the United States.

Washington is home to over **175,000 acres** of apple orchards!

**30+ varieties** of apples are grown in WA.

All of the U.S. produces **250** million bushels of apples each year.

**36** apples make **1 gallon** of cider.

An **apple blossom** is the flower that comes from an apple tree.

An apple tree takes at least **4 years** to start producing fruit.

Most apples are still all **HAND-PICKED.**
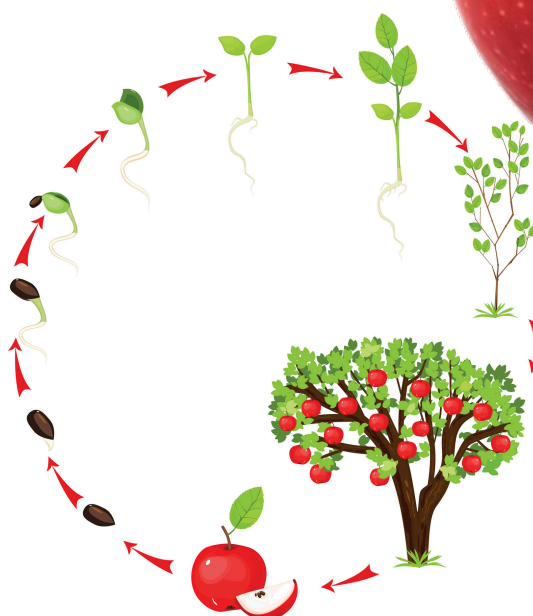
# Gebbers Farms

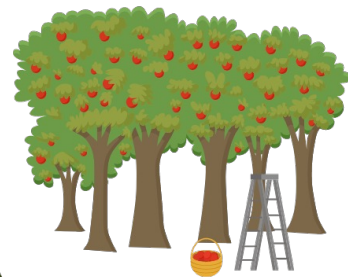Gebbers Farms is a **multi-generation family** farm that began in **1910**.

Gebbers Farms is home to one of the **largest** contiguous apple orchards in the world.

Gebbers Farms grows both **conventional** & **organic** apples.

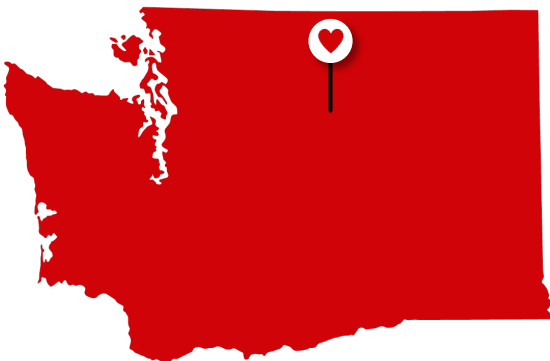USDA ORGANIC

Grow **over 10 different** varieties of apples.

Over **10,000 acres** of land.

25985 U.S. 97
Brewster, WA 98812

Gebbers Farms planted some of Washington's FIRST **Granny Smith** apples.
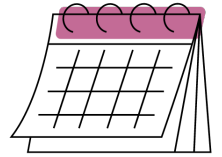
Grow, **pack** & **ship** their apples.

GEBBERS FARMS

# Microgreens

There are many microgreen **growers** in Washington.

Microgreens popularity is **rapidly growing** in the agriculture industry.

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

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

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

Microgreens are **smaller** than "baby greens."

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

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

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

**25+** types of microgreens.

**Sprout**     **Microgreen**

Common types of microgreens: **arugula, broccoli, celery & radishes.**

# Baby Chavs

**FARMERS ROCK**

Baby Chavs is a **family** owned & operated **urban** farm.

"Dedicated to being **environmentally sustainable** while providing **nutrient-dense foods** and **self-reliance education**."

Baby Chavs was founded by **Juanita Chavarria** in **2020**.

Baby Chavs' microgreens are grown **indoors**.

Juanita teaches lessons on vertical indoor gardening – **Microgreens for Everyone**.

Baby Chavs microgreens are grown mostly in **coconut fibers** instead of soil.

Baby Chavs grows **MANY** types of microgreens: **radish, pea, clover, broccoli, kale** & **MORE**!
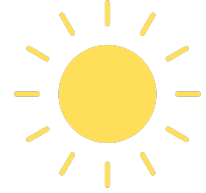
**BABY CHAVS**
URBAN FARM

# Celery

Celery grown in Washington is in season from **October – March**.

Celery is native to the **Mediterranean region**.

Celery prefers to grown in **6 hours of full sun** and **afternoon shade**.

The **darker** the celery stalks are, the more nutrients they contain.

Celery is **95%** water.

Celery is a **long-season** crop that takes up to **140 days** to be ready to harvest after planting.
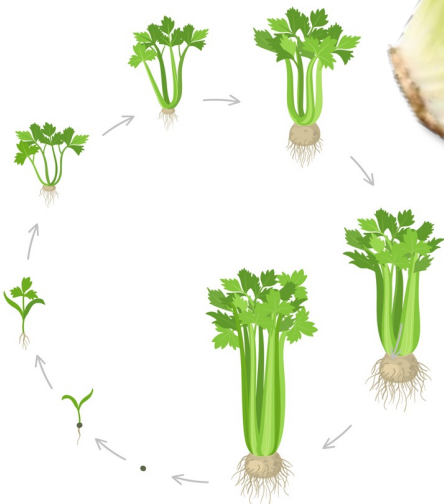
Celery and **carrots** are related.

1 **ounce** of celery seeds can produce 1 **acre** of celery.

Celery stalks grow to be **12 - 18 inches tall**.

Celery is a **cool-season** crop.

# Sterino Farms

**FARMERS ROCK**

Sterino Farms was started by **Michael Sterino** in **1923** with only **15 acres** of land.

Sterino Farms is currently run by Michael Sterino's **great-great-grandson**, Jake.

Home to **150+ acres.**

Sterino Farms is a **4th - generation family farm.**

All celery is **harvested by hand**.

The Sterino family are **forward thinkers** & always willing to **experiment**.

**6116 52nd Street E. Puyallup, WA 98371**

Sterino Farms grows a **wide variety** of crops.

**QUALITY** is of utmost importance at Sterino Farms.

# Washington

# Beets

Beets grow well all over the state of **Washington**.

Washington beets are in peak season from **May** – **September**.

Farm fresh beets come in a **rainbow of colors**.

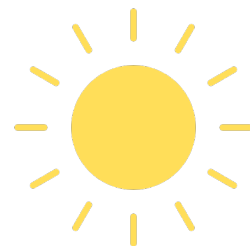The majority of beets grown throughout the U.S. become **canned**.

**"Table beets."**

Red beets are the **M O S T** common variety.

Beets are described as having **sweet** & **earthy** flavors.

**EVERY** part of the beet is edible!

Beets come in many **different** shapes & sizes.

Beets grow best in **cooler climates** with **bright sun**.

# The Farm
at Franklin Pierce Schools

**FARMERS ROCK**

The Farm at Franklin Pierce Schools is a **community farm education site**.

"Farming (putting love and attention into) **land**, **self**, and **community** on Puyallup (spuyaləpabš) land."

The Farm is home to **8 acres** of land.

The Farm produces over **50,000 pounds** of produce each year.

High school **classes are taught daily** at The Farm.

Grown by & for the **community**.

9516 Waller Rd E. Tacoma, WA 98446

Crops **grown** & **harvested** by your peers!

The Farm grows a **wide variety** of crops.

# THE FARM
AT FRANKLIN PIERCE SCHOOLS

# Washington

# Milk

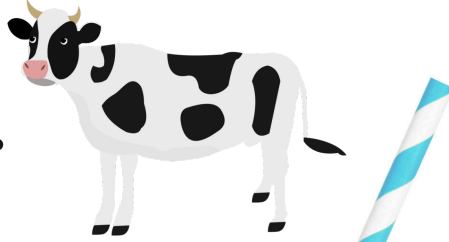Washington is home to **500+** dairy farms & **254,000** dairy cows.

**6.2 BILLION** pounds of milk is produced in Washington each year.

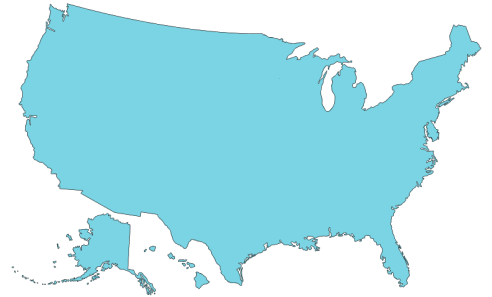Nearly **98%** of U.S. dairy farms are family owned & operated.

## 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!

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

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

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

Farmers measure milk in **pounds**.

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

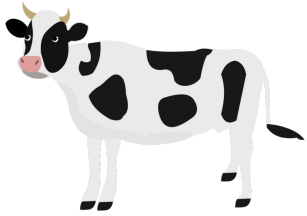Milk is the source of **ALL** dairy products!

# Smith Brothers Farms

Smith Brothers Farms is a **4-generation family owned** & **operated** company.

**Ben Smith** started Smith Brothers Farms in **1920** delivering milk to his neighbors.

Smith Brothers Farms started out with only **one** cow.

Smith Brothers Farms is currently run by Ben Smith's great-grandson, **Dusty Highland.**

One of the **largest** independent dairies in the region.

**26401 79th Ave. S Kent, WA 98032**

**Family members** are involved in the business at every level.

Employ **75** milkmen & women!

**"The Milkman to the Puget Sound"**

Smith Brothers Farms

ESTD 1920

# LEARN

*more*

Apples

Asparagus

Barley

Blueberries

Carrots

Cherries

Chickpeas

Grapes

Huckleberries

Lentils

Mint

Pears

Peas

Potatoes

Pumpkins

Raspberries

Rhubarb

Sweet Corn

Sweet Onions

Wheat