

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

CUSTOM EDITION

LEARN⁺™
more

Greenwood School District 50

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



E N R I C H M E N T



FARM to SCHOOL

“We are committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practice.”

- Greenwood School District 50 Food & Nutrition Services



50

**GREENWOOD
SCHOOL DISTRICT 50**

Preparing tomorrow's leaders together.

FARMERS MARKET FRIDAYS

Greenwood School District 50 Food & Nutrition Services is proud to be participating in **Farmers Market Fridays** serving South Carolina crops and celebrating local farmers.



Butternut Squash



Sweet Potatoes



Bell Peppers

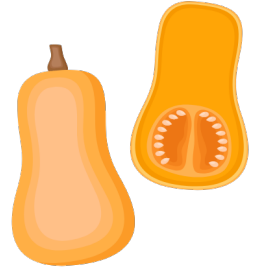


Apples

South Carolina

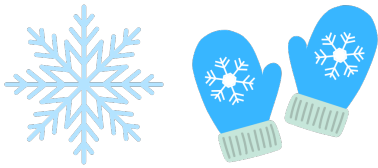
Butternut Squash

Butternut Squash is one of the **most grown** types of **winter squash** in South Carolina.



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

Butternut squash is a type of **winter** squash.



Winter squash has much **harder** skin than summer squash.

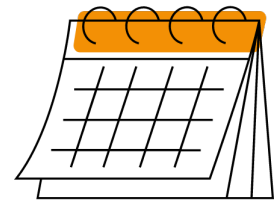
Butternut squash takes around **110 days** to mature after planting.



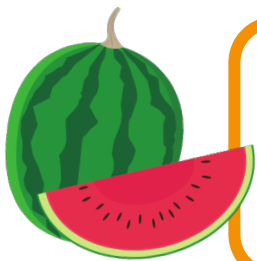
Butternut squash grow on vines that can reach up to **15 feet in length**.



Butternut squash grow to be around **10 inches tall**.



Squash are related to **melons**!



Squash are a type of **fruit**!

Butternut squash are in season in the **fall** & **winter**.

Butternut squash are known for having a **sweet** & **nutty** flavor.

Despite the name, winter squash grow best in **warm seasons**.

Clayton Rawl Farms

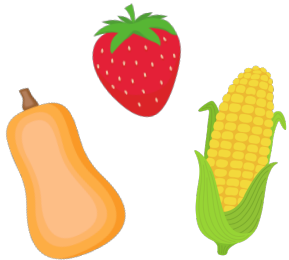


Clayton Rawl Farms started in 1982 with Clayton Rawl & his 2 sons Spanky & Chris.

The Clayton family has been farming the **same** land since **1948**.



Visit **Francisco** at Clayton Rawl Farms' produce stand!

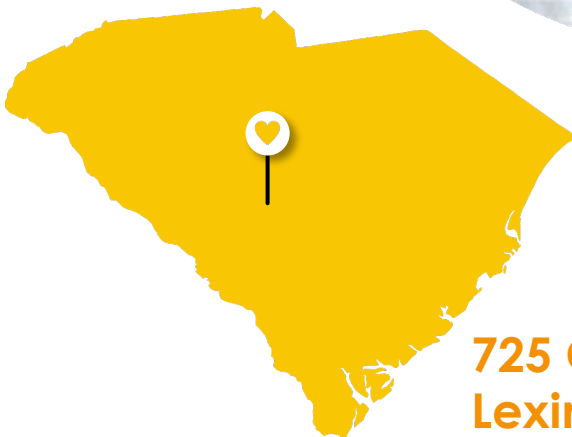


Clayton Rawl Farms grows a **very wide variety** of crops.



Clayton Rawl Farms is home to over **2,200 acres** of land.

Clayton Rawl Farms **grows, packs & ships** all of their produce.



Clayton Rawl Farms has **over 175** employees.

**725 Calks Ferry Road
Lexington, SC 29072**



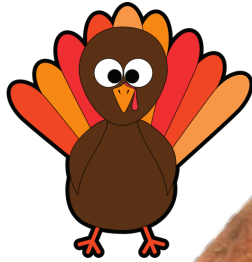
South Carolina

Sweet Potatoes

Sweet potatoes are grown on **over 2,000 acres** across South Carolina.

The U.S. produces around **2.8 BILLION** pounds of sweet potatoes.

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



“**Covington**” sweet potatoes are the classic orange ones.



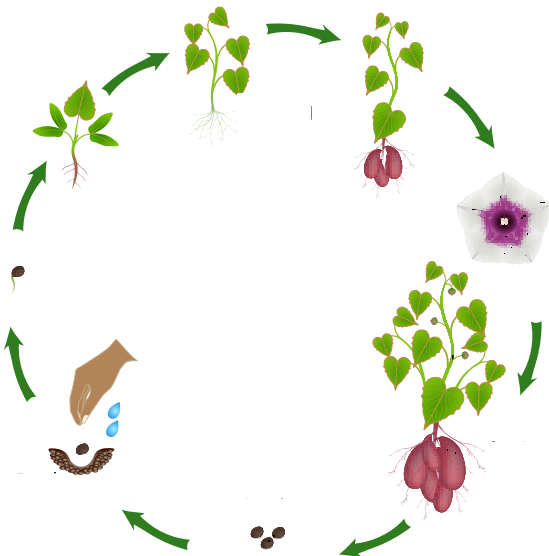
FEBRUARY
National Sweet Potato Month

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



Jewel is the most popular variety of sweet potato.

A **root** vegetable.



Sweet potatoes are in season **YEAR-ROUND!**

Sweet potatoes can be **orange, yellow, red, white** or **purple**.



Nature's Way Farms



Nature's Way Farm was founded in 1979 by Murray Crawford.



Nature's Way Farms **specializes** in **packing potatoes** for their own brand & others.

Grows both **organic & conventional** potatoes.

"Just-in-time" packing process.



Donates **3,000,000 pounds** of produce each year. 

Nature's Way Farms packs nearly **30 truckloads** of potatoes each day.

4590 Giddensville Rd.
Faison, NC 28341



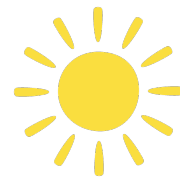
Nature's Way Farms grows **many types** of potatoes.



South Carolina

Bell Peppers

South Carolina is the **9th largest** bell pepper producing state in the U.S.



Bell peppers love South Carolina **summers.**



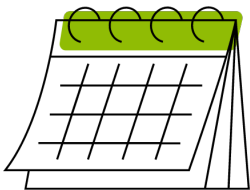
Bell peppers can be **2** to **6** inches long.



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.



Titan Farms



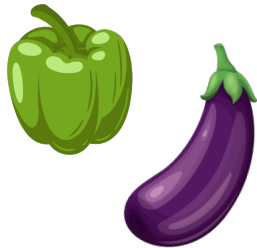
Titan Farms is a family owned & operated farm founded in 1999.



Titan Farms was founded by **Chalmers & Lori Ann Carr.**

The Carr family.

Titan Farms grows mainly bell peppers, peaches, eggplants & broccoli.



Titan Farms grows, processes & packs their crops.



Home to 177 acres of bell peppers.

6,000+ acres of farmland.



Teamwork is a core value of Titan Farms.

“Quality first”

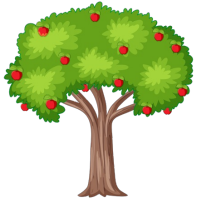
5 RW DuBose Road
Ridge Spring, SC 29129



South Carolina

Apples

Most apples in South Carolina are grown **west and north of the Sandhills region.**



In total, the U.S. is home to **322,000 acres** of apples.

There are around **5,000 apple growers** across the U.S.

21% of apples are juiced.



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



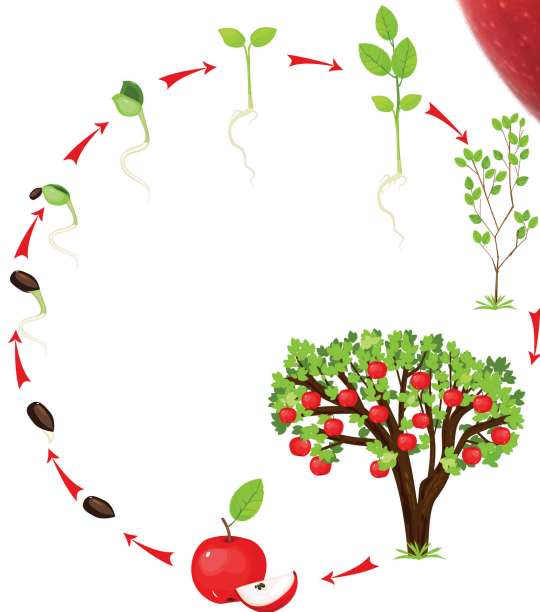
All of the U.S. produces **250 million bushels** of apples each year.



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 **HAND-PICKED.**



Chattooga Belle Farm

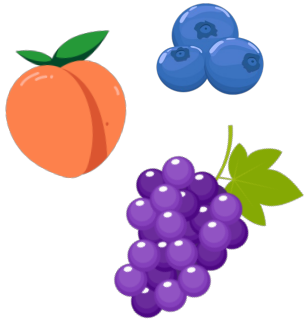


Chattooga Belle Farm is a **fruit farm** owned by **Ed & Kitty Land**.



Chattooga Belle Farm is a **U-Pick farm** where **visitors are ALWAYS welcome!**

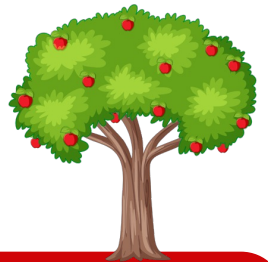
Chattooga Belle Farm grows **30+ different kinds of fruit.**



198 acres of land.



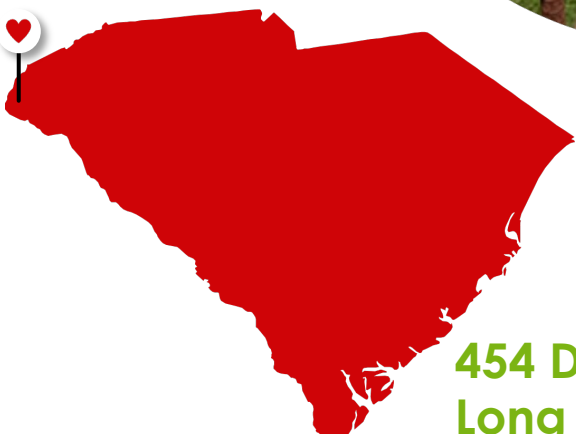
Chattooga Belle Farm grows **20 varieties of apples.**



Chattooga Belle Farm is home to **500+ apple trees.**

Chattooga Belle Farm is also home to **cows & llamas.**

454 Damascus Church Rd.
Long Creek, SC 29658



South Carolina

Milk

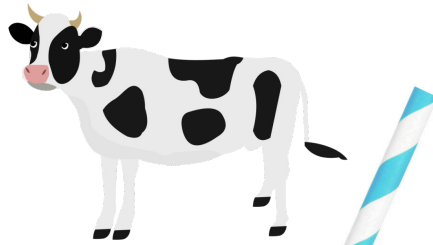
South Carolina produces around **161 MILLION** pounds of milk per year.

South Carolina is home to around **9,000** dairy cows.

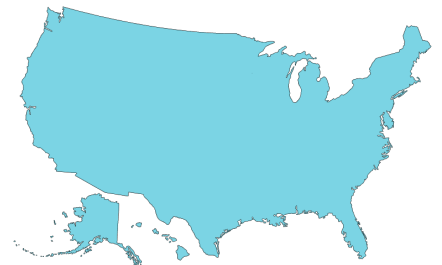
Nearly **98%** of U.S. dairy farms are family owned & operated.

6 Breeds of Dairy Cows:

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



The average Holstein cow weighs **1,500 pounds**.



A cow's black and white spots are like a fingerprint - **no two cows are the same!**

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

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

One 8-ounce glass of milk provides 8 grams of **high-quality protein**.

1 serving of milk = **13 essential nutrients**.

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



Nance Farm Creamery



Nance Farm Creamery is a family owned & operated dairy farm.



Nance Farm Creamery owners come from a **12-generation** family of farmers.

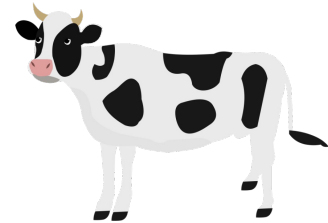
Nance Farm Creamery was started in **2005**.

Holstein, Brown Swiss & Jersey cows are milked at Nance Farm Creamery.

All of their milk is bottled at the farm.



Nance Farm Creamery is home to **125** dairy cows.



Nance Farm Creamery is a part of the **“adopt-a-cow”** program!

“Dairy farming isn't a job for us but a **lifestyle**.”

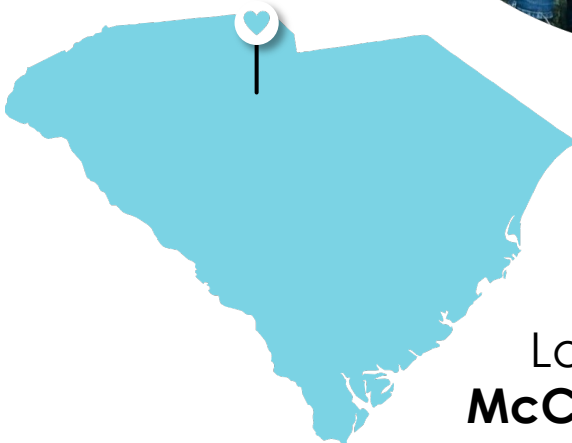
Located in **McConnells, SC.**



— FAMILY OWNED AND OPERATED —

NANCE FARM
CREAMERY

— LOCAL • PASTEURIZED • NON-HOMOGENIZED —



South Carolina Agriculture

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Collard Greens



Corn



Eggplant



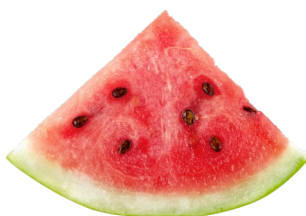
Peaches



Radishes



Soybeans



Watermelon



Wheat