

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

CUSTOM EDITION

LEARN⁺™
more

The School District of Lee County

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



FARM to
SCHOOL
Florida

E N R I C H M E N T

FARM to SCHOOL

“Partnering together to grow healthy minds and bodies.”
- The School District of Lee County Food & Nutrition Services
and Healthy Living Collaboration



FARMERS MARKET FRIDAYS

The School District of Lee County Food & Nutrition Services and Healthy Living Collaboration is proud to be participating in **Farmers Market Fridays** serving Florida crops and celebrating local farmers.



Mini Sweet Peppers



Green Beans



Lee County
Food & Nutrition Services

NOURISHING STUDENT SUCCESS



Corn



Lettuce

Florida

Mini Peppers

Florida's **climate** is ideal for growing mini peppers.



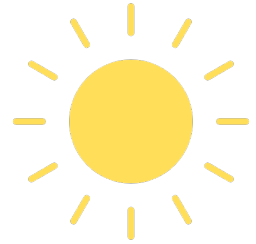
Mini peppers can be grown all throughout FL.

Mini peppers are known for their **small size, bright colors & sweet flavor.**

Mini peppers are a **perfect** snack!

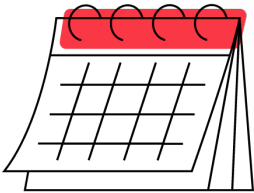
These peppers can be **yellow, red** or **orange.**

Unlike bell peppers, mini peppers have little to no seeds inside.



Mini peppers are botanically classified as a **fruit!**

Mini peppers grow best in **warm climates** with a lot of **sunlight.**



Most mini peppers take **60 - 80 days** to be ready to mature after being planted.

Mini peppers are a part of the **nightshade** family.



Mini peppers grow on bushes that grow to be around **2' tall.**

Pero Family Farms



Pero Family Farms is a **5th-generation family** owned & operated farm.

35,000+
acres of
farmland.



One of the
LARGEST
organic
vegetable
growers in
the U.S.



Relocated to
Florida in
1981 to allow
them to **grow**
vegetables
year-round.



Pero Family
Farms is the
#1 brand in
the U.S. for
mini peppers!

“Over a Century of **Dedication,**
Commitment and **Integrity.**”



Pero Family Farms
crops are **distributed**
all across the U.S.



14095 US-441 Delray Beach, FL 33446

Florida

Green Beans

Florida ranks **second** in the U.S. for production of green beans.

Bush & pole are the 2 main types of green beans.



Try growing green beans in your garden!

Green beans are the **3rd most** home-grown vegetable.

During winter months, **FL produces 100%** of U.S. green beans.

130+ varieties of green beans.

Green beans are also known as “**string beans**” or “**snap beans**.”



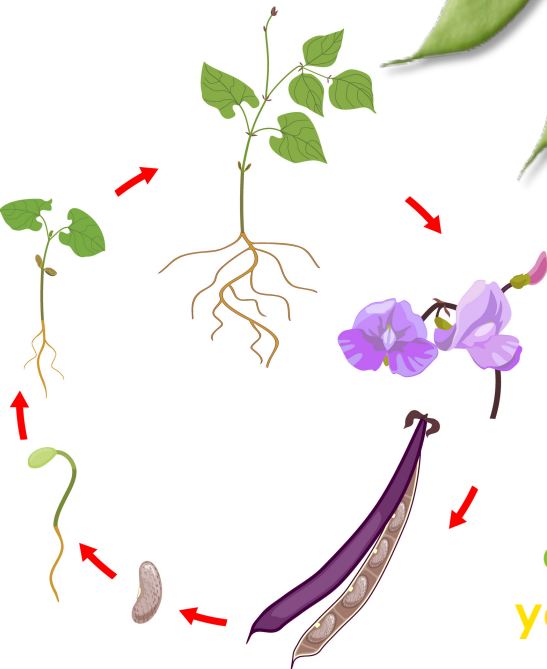
The World's Tallest Bean Plant was over **45 feet tall.**

=

Equivalent to **3 fully-grown giraffes** stacked on top of one another.



String beans can be **green, yellow or purple!**





R.C. Hatton Farms

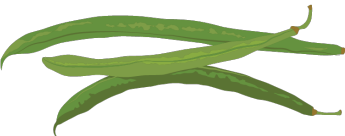


R.C. Hatton Farms started in **1932** with only several hundred acres of land.

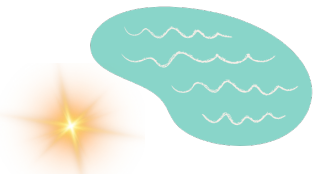
Founded by **Robert C. Hatton**.

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

R.C. Hatton Farms is located beside **Lake Okeechobee** in an area known for its rich and fertile "**black gold**" soil.



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



Some of the **MOST** fertile soil in the U.S.



Take a closer look at the journey your green beans took to reach your plate!



135 Bacom Point Rd.
Pahokee, FL 33476



Georgia

Sweet Corn

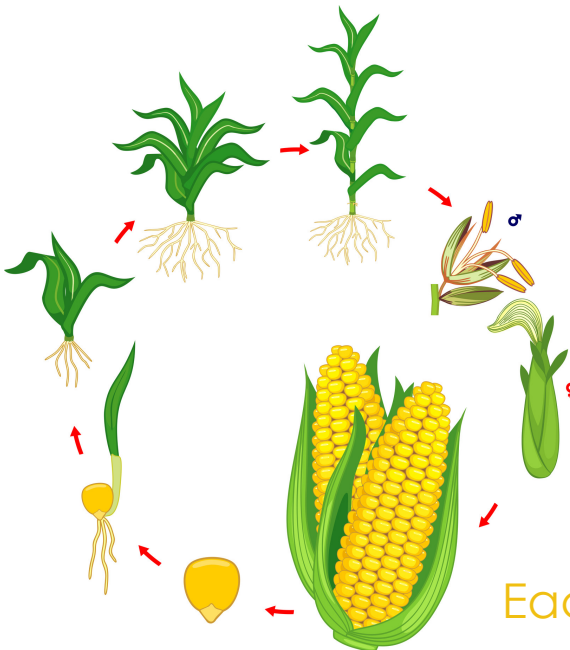
Florida is the **largest** producer of sweet corn in the U.S.

Florida is home to over **37,000 acres** of sweet corn.

In many other countries, corn is called "**maize.**"

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

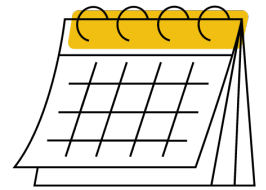
Corn is considered a **grain, fruit & vegetable.**



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

An ear of corn **ALWAYS** has an even number of rows.

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



Around **800** kernels on each ear of corn.



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.



R.C. Hatton Farms

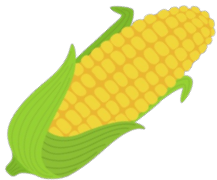


R.C. Hatton Farms started in **1932** with only several hundred acres of land.

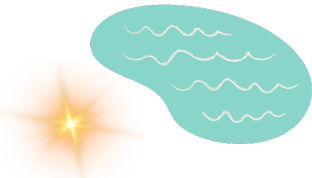
Paul Allen & his son **Johnathan** currently run the farm.

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

R.C. Hatton Farms is located beside **Lake Okeechobee** in an area known for its rich and fertile "**black gold**" soil.



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



Some of the **MOST** fertile soil in the U.S.

Take a closer look at the journey your corn took to reach your plate!



135 Bacom Point Rd.
Pahokee, FL 33476



Florida

Lettuce

Most of the lettuce production in Florida is located in the **Everglades Agricultural Area**.



Darker green lettuce leaves are **MORE** nutritious than lighter green leaves.

4 Main Types of Lettuce:

MOST

LEAST

Lettuce prefers to grow in **colder climates**.



Iceberg lettuce (also known as crisphead) is the most popular type of lettuce in the U.S.

Lettuce is a part of the **sunflower** family.



Lettuce is the **2nd** most popular vegetable in the U.S.

1. Butterhead
2. Crisphead
3. Looseleaf
4. Romaine



Lettuce is **95%** water.



Because of lettuce's water %, it must always be eaten **FRESH**.



The School District of Lee County

Island Coast High School



Island Coast High School's garden is one of the **largest** school gardens in the district.

Island Coast High School primarily grows **lettuce, tomatoes & peppers.**

Island Coast High School's garden uses both **aquaponics & hydroponics.**



This school garden is run on **solar & wind** energy!



120 lettuce towers and **25** towers for tomatoes & peppers.

75 pounds of produce is harvested **weekly.**

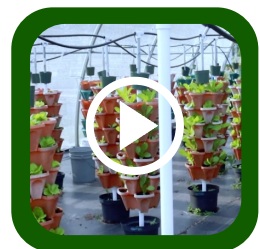
Crops **grown & harvested** by your peers!

ISLAND COAST
High School



Learn more about **Crunch Week!**

**2125 De Navarra Pkwy.
Cape Coral, FL 33909**



Florida

Milk

Lafayette and Okeechobee are Florida's leading dairy counties.

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

6

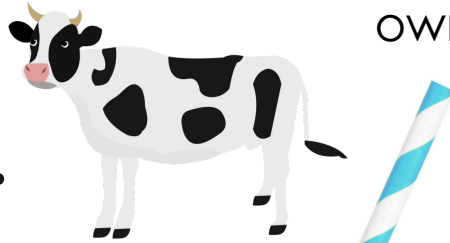
Breeds of Dairy Cows:

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.



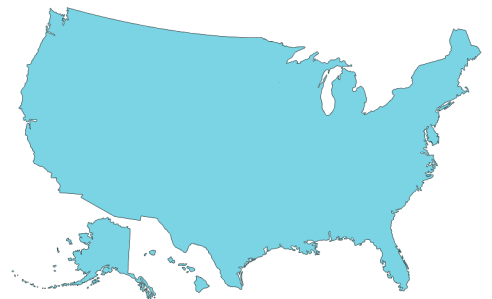
Farmers measure milk in **pounds**.

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

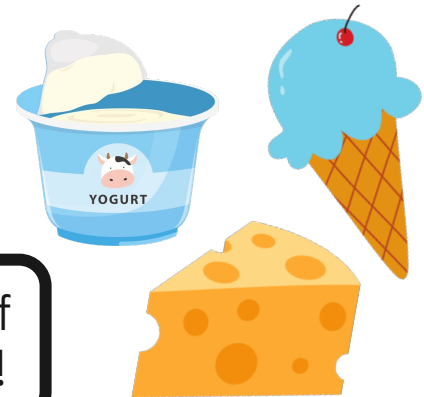
Florida produces about **300 million gallons** of milk/year.

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 More



Avocados



Beans



Bell Peppers



Blueberries



Cabbage



Cantaloupe



Cucumbers



Dragon Fruit



Grapefruit



Okra



Oranges



Potatoes



Squash



Strawberries



Sugar cane



Sweet Corn



Tangerines



Tomatillos



Tomatoes



Watermelon