

CUSTOM EDITION

LEARN<sup>+</sup>™  
more

# Pasadena Independent School District

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



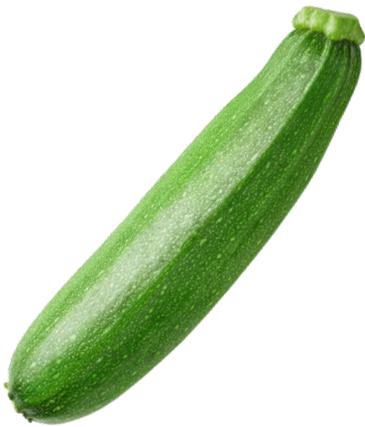
# FARM to SCHOOL

“We are committed to serving nutritious meals by providing safe, quality, healthful food and service. As a valuable partner in education, our efforts support the academic growth and success of our students, staff and community.”  
- Pasadena Independent School District Nutrition Services

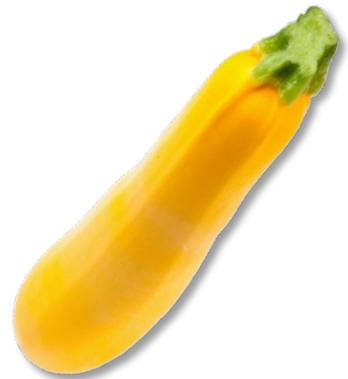


# FARMERS MARKET FRIDAYS

Pasadena Independent School District Nutrition Services is proud to be participating in **Farmers Market Fridays** serving Texas crops and celebrating local farmers.



Zucchini



Yellow Squash



Oranges

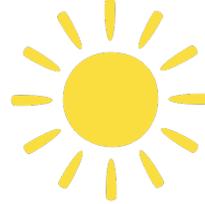


Grapefruit

Texas

# Zucchini

Zucchini can be grown **anywhere** throughout Texas.



Zucchini is a type of **summer squash**.

Zucchini was introduced in the U.S. in the **1920s**.

Zucchini grow best in **temperate climates**.

Zucchini are **95%** water.



The **smaller** sized zucchinis are known to have the **best flavor**.

One zucchini plant can produce **3 - 10 pounds** of zucchini.



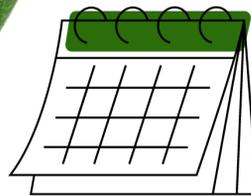
Zucchini have **MORE** potassium than a banana.



“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!**

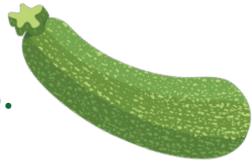


# Fredericksburg Peach Co



Fredericksburg Peach Co is a **family-owned business** that was founded in **1984**.

Fredericksburg Peach Co works with over **30 farmers** across Texas.



"Promoting **"Texas Home Grown"** fruits & vegetables is the heart of what they do."

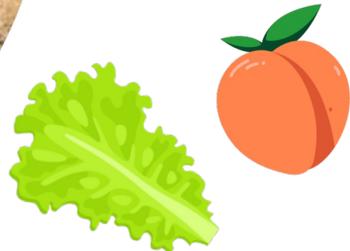


Home to **400 acres** of farmland.



Fredericksburg Peach Co grows a **wide variety** of crops - **zucchini**, peaches, greens & more!

Located in **Austin, TX.**



Fredericksburg Peach Co **grows & ships** their produce.



"Fresh From the Texas Hill Country!"

Texas

# Yellow Squash

Yellow squash can be grown **anywhere** throughout Texas.



Common yellow squash varieties grown in Texas include **Dixie, Early Prolific & Early Summer.**

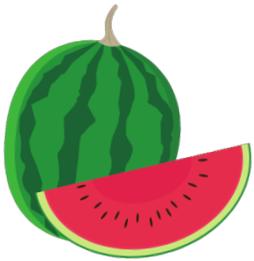
2 types of squash: **WINTER & SUMMER.**



Yellow squash is a type of **summer** squash.



Yellow squash are usually ready to harvest **4 - 8 days** after flowering.



Squash are related to **melons!**

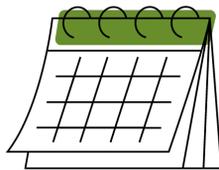


**"Straightneck Squash"**



Yellow squash with the best flavor are typically only **5 - 6 inches** long.

All type of squash are considered a **fruit!**



1 acre of land could grow around **11,000** squash!

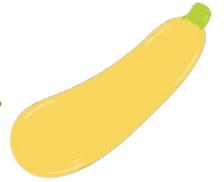
As their name suggests, summer squash varieties are in **peak season** during the summer months.

# Fredericksburg Peach Co

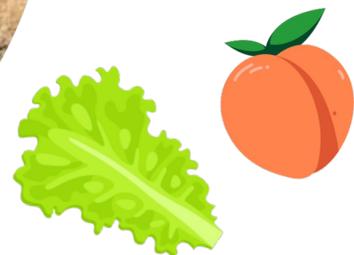


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Fredericksburg Peach Co grows a **wide variety** of crops - **squash**, peaches, greens & more!



"Best Peaches Anywhere..."



"Promoting **Texas Home Grown**" fruits & vegetables is the heart of what they do."



Home to **400 acres** of farmland.

Located in **Austin, TX.**



Fredericksburg Peach Co **grows & ships** their produce.

"Fresh From the Texas Hill Country!"

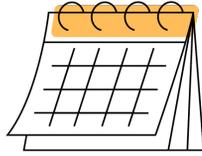
Texas

# Oranges

90% of oranges grown in Texas are grown in the **Rio Grande Valley**.

Texas harvests **6,500 acres** of oranges each year.

## 3 Popular Types of Oranges:



Orange season is 9 months long!  
**October - June!**

1. Navel
2. Hamlin
3. Valencia



**600+** varieties of oranges.



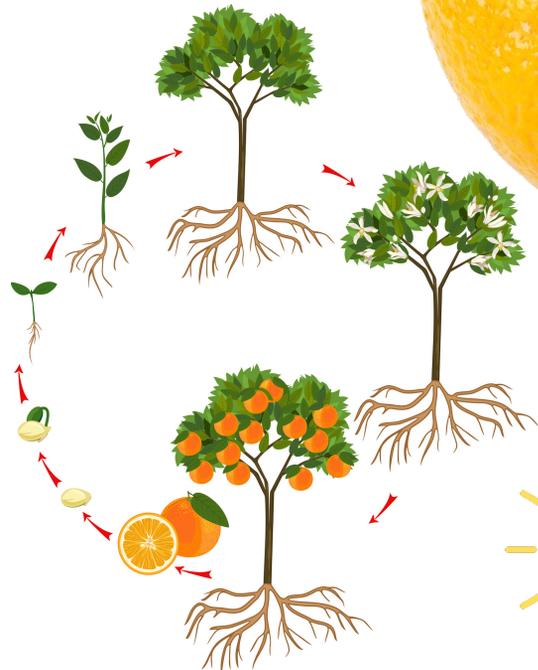
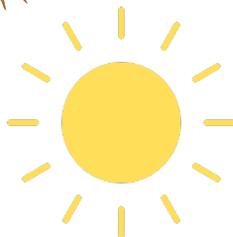
**Vitamin C**

Most oranges are harvested by hand.



**Sub-tropical** areas are ideal conditions for growing oranges.

Oranges need a lot of **sunshine** and **warm** temperatures.



# Lone Star Citrus Growers



Lone Star Citrus Growers is a family owned & operated citrus farm.

Lone Star Citrus Growers was started by **Jud & TJ Flowers**.

Lone Star Citrus Growers was founded in **2007**.



Lone Star Citrus Growers **ONLY** grow oranges & grapefruits.



Located in the heart of the **Texas Citrus industry**.

Lone Star Citrus Growers **grows, packs, markets, juices & ships** all their fruit.

9625 N. Moorefield Rd.  
Mission, TX 78574



Texas

# Grapefruit

The **official state fruit** of Texas is the red grapefruit.

Grapefruits are harvested by hand.



The U.S. grows the **MOST** grapefruits in the world.



**Rio Star & Ruby Sweet** grapefruits are **ONLY** grown in Texas.

“The Forbidden Fruit”



The **Lower Rio Grande Valley** is where most grapefruits are grown in Texas.



Grapefruit trees can reach up to **45 feet** high.

In the U.S. there are

**20+**

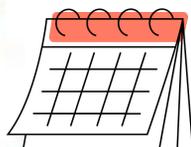
varieties of grapefruits grown.

Grapefruits grow in **clusters**...like grapes!



Up to 25 grapefruits per cluster.

Grapefruit trees take **6-13 months** to produce fruit.



# Lone Star Citrus Growers



Lone Star Citrus Growers is a family owned & operated citrus farm.



Lone Star Citrus Growers was founded in **2007**.



Lone Star Citrus Growers **ONLY** grow grapefruits & oranges.



Lone Star Citrus Growers grow **3 kinds of grapefruits**:

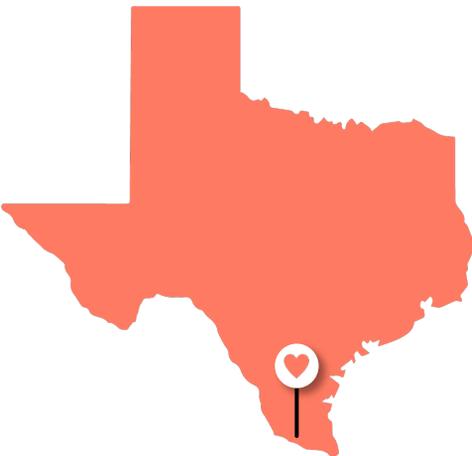
1. Rio-Star
2. Ruby-Sweet
3. Flame



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Texas

# Milk



Texas produces more than **15 billion pounds** of milk per year.



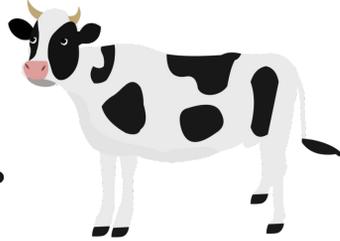
70% of dairy farms in Texas are located in the **panhandle**.

Texas is ranked **5<sup>th</sup>** in the nation for milk production.

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

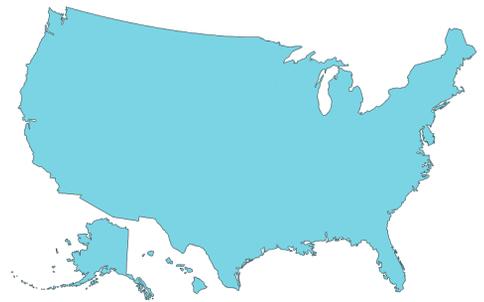
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## Breeds of Dairy Cows:



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

**ALL 50 states** have dairy farms!



**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 U.S. produces **~227 BILLION** pounds of milk each year.

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

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



# Oak Farms Dairy



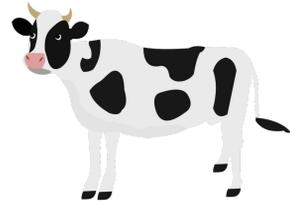
Oak Farms was started in **1908** & currently owned by a **co-op of family farmers**.

Oak Farms Dairy is a farmer-owned brand of **Dairy Farmers of America (DFA)**.

The family owned & operated dairy farms that make up Oak Farms Dairy are **Blue Bonnet Dairy, Blue Jay Dairy & Sherwyn Wood Dairy**.



Their legacy is "a story of **quality, tradition & wholesome goodness.**"

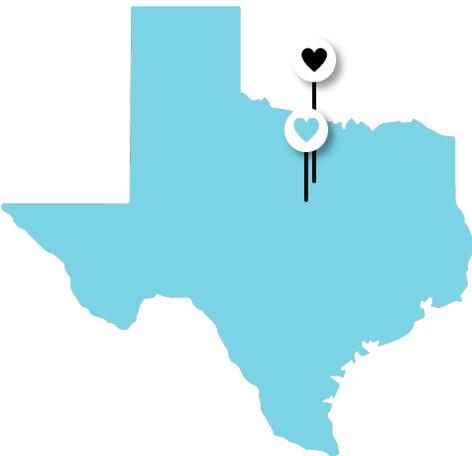


Cow **comfort** is their **#1 priority**.

These family farms are located in **Dublin, TX & Stephenville, TX**.

Oak Farms Dairy is home to **2,560 dairy cows**.

**Oak Farms**  
SINCE 1908



Texas Agriculture

# LEARN *More*



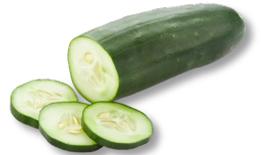
Cabbage



Chiles



Corn



Cucumbers



Grapefruit



Jalapeños



Milk



Oats



Okra



Oranges



Potatoes



Pumpkins



Rice



Soybeans



Spinach



Sugarcane



Sunflowers



Watermelon



Wheat