

CUSTOM EDITION

LEARN⁺™

more

Rocklin Unified School District

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



FARM⁺ to SCHOOL

“Support healthy choices aimed at improving the diet and health of students, help mitigate childhood obesity, and model healthy eating habits to support the development of lifelong healthy eating patterns.”

- **Rocklin Unified School District Food Service Department**

Rocklin Unified School District

FOOD SERVICE

Where kids eat healthy every day!



**Rocklin Unified School District
Educational Excellence**

FARMERS MARKET FRIDAYS

Rocklin Unified School District Food Service Department is proud to be participating in **Farmers Market Fridays** serving California crops and celebrating local farmers.



Beets



Jicama



Green Beans



Winter Squash

California

Beets

California grows **red beets**, **yellow beets** & **red and white striped beets**.

Beets are **available year-round** in California.



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 **MOST** common variety.

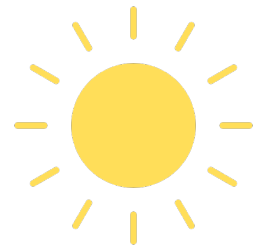


EVERY part of the beet is edible!

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



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



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





Terra Firma Farm



Terra Firma Farm is a **non-traditional family farm** that was started in the **1980s**.

95% of Terra Firma Farm is **organic**, the other **5%** is in the **tradition to organic**.



Terra Firma Farm grows a **WIDE variety** of produce.

200 acres.



Terra Firma Farm is owned by 3 families: **Holmes family, Melendez family & Underhill family.**

“Our farm is as much about **people** as it is about **produce.**”

“**Our farm to your fork.**”

Terra Firma Farms offers visitors to **pick their own produce.**



TERRA FIRMA FARM
ORGANICALLY GROWN VEGETABLES, FRUITS & NUTS

Jicama

Southern California is one of the few places jicama can be grown in the U.S.

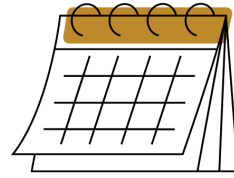


Jicama is a **root vegetable**.

Jicama prefers to grow in **hot & humid** climates.

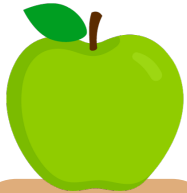


Jicama can be ready to harvest **150 days** after being planted.



During growing season, jicama needs **full sun** for at least **8 hours** per day.

“Yam Bean”



Jicama is known to have a similar taste to an **apple**.



ONLY the **root** part of the jicama is **edible**.

Jicama can weigh up to **50 pounds** - but most are harvested when they are **under 5 pounds**.

Jicama grows on vines that can reach up to **20 feet** long.



Fresno BIPOC Produce



Fresno BIPOC Produce is a food hub that includes **90+ BIPOC farmers**.

A **food hub** is an organization that collects & consolidates produce from multiple farms.

Food hubs play a big role in supporting **local agriculture & sustainable practices**.



Fresno BIPOC was started by **Keng Vang**.



Keng comes from a **Hmong family of farmers**.



Fresno BIPOC Produce supplies a **wide variety** of fruits & vegetables.



“Building a stronger local food system.”

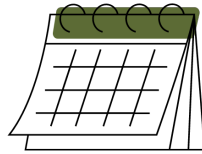


California

Green Beans



California is home to **4,000 acres** of green beans.



CA green beans are available **9 months** out of the year.

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

130+ varieties of green beans.



Try growing green beans in your garden!

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


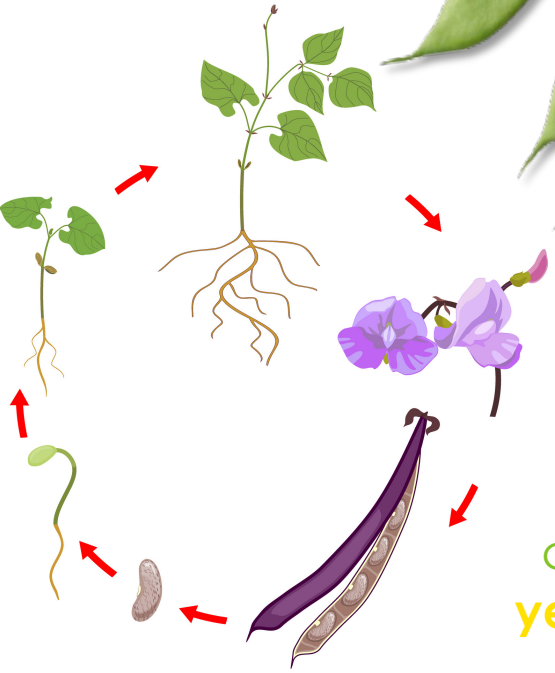


Green beans are the **3rd most** home-grown vegetable.

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!**

JSM Organics



JSM Organics is a **family owned & operated** farm that was started in **2012**.

JSM Organics was founded by **Javier Zamora**.



Home to **200 acres** of farmland.

120 of the 200 acres are a part of a **conservation easement**.

JSM Organics grows a variety of **berries, vegetables & flowers**.



JSM Organics offers visitors to **pick their own produce**.

All of their produce is packed in **compostable** containers.

Javier **helps** many new farmers start their own farms.



Royal Oaks, CA.



California

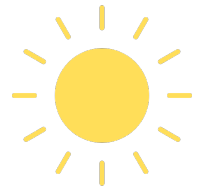
Winter Squash

California harvests around **6,100 acres** of squash each year.

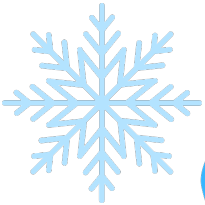
California is the **#1** squash producing state in the U.S.

TWO Types of Squash: **WINTER** & **SUMMER**

Examples of winter squash are **pumpkins, acorn & butternut.**



Examples of summer squash are **zucchini, yellow & scallop.**



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

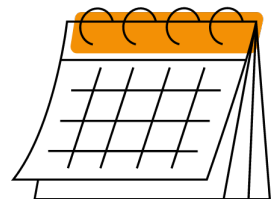


All squash are related to **melons!**



Summer squash grows **faster** than winter squash.

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



Winter squash takes **80 – 120 days** to mature after being planted.



Durst Organic Growers



Durst Organic Growers was started in **1988** by **Jim & Deborah Durst**.



Jim & Deborah Durst.

The Durst family has been farming in California since the late **1800's**.



The **first crop** planted at Durst Organic Growers was a **tomato**.



Durst Organic Growers grows a **diverse selection** of crops.



Home to **800 acres** of land.

The Durst family has been farming for **4 generations**.



Esparto, CA.



California

Milk

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

46% of California milk goes into making California cheese.

6

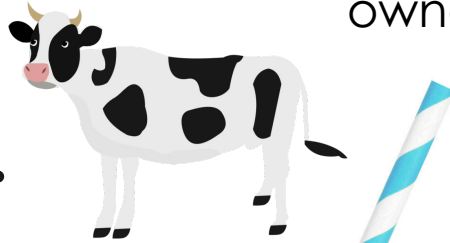
Breeds of Dairy Cows:

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.



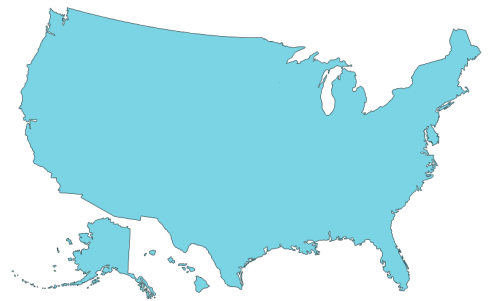
Farmers measure milk in **pounds**.

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.





Crystal Creamery

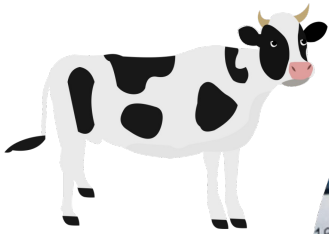


Crystal Creamery was founded by **George Knox** in 1901.



Crystal Creamery is the **oldest & largest** family-owned dairy in California.

Treating their cows with **care & dignity** is a main priority.



Crystal Creamery works with many **local dairy farms**.



Crystal Creamery's Values:
People
Honesty
Excellence
Quality
Service



Their dairy is delivered fresh every day.



Crystal Creamery's original name was **Crystal Cream & Butter**.

“Green Business of the Year” – 2023.



California Agriculture

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