

CUSTOM EDITION

LEARN⁺™
more

Sacramento City Unified Schools

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



FARM⁺ to SCHOOL

“Our farm to school program connects students to local food and to the farmers and producers who grow the nutritious and delicious foods in our school meal program.”

– **Sacramento City Unified School District Food Service Department**



FARMERS MARKET FRIDAYS

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



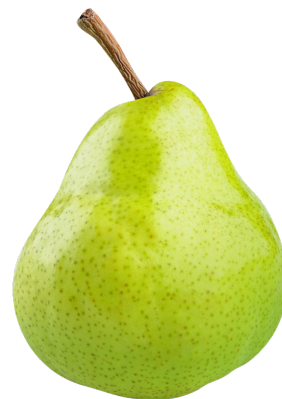
Grapes



Apples



Carrots



Pears

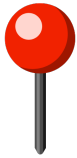
California

Grapes

99% of all commercially grown grapes in the U.S. come from California.

90+

varieties of grapes are grown in California.



The majority of grapes from California are grown in the **Southern Central Valley**.

Grapes grown in CA are in season from **May - January**.

One vine produces around **40 clusters** of grapes.



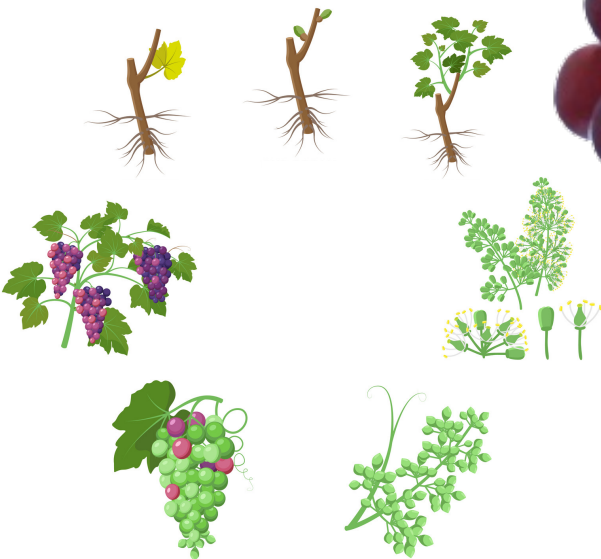
America's oldest grapevine is **400 years old**...located in North Carolina.

Each cluster contains around **75** grapes.



Grapes are a type of **berry!**

Grapevines can reach up to **50 feet** in length.



Colors of grapes: **red**, **green**, **white**, **black**, **purple**, **blue** & **gold**.



HMC Farms



HMC Farms is a **fifth-generation family farm** founded in 1987.



HMC Farms was started by **Harold McClarty & Mike Jensen.**

The **tradition of farming** has been a part of the **McClarty family** for over **135 years.**

HMC Farms also grows **peaches, nectarines & plums!**

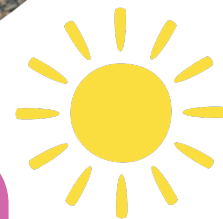


HMC Farms started with **40 acres** of land in 1887.

HMC Farms brought grapes to **school lunch** in **1979** with their Lunch Bunch grape clusters.



HMC Farms is one of the largest **solar power** users in the industry.



HMC
FARMS®

California

Apples

Apples are grown on **25,000+** acres throughout California.

California is the **5th** largest apple producing state in the U.S.

4 Types of Apples CA Specializes In:

1. Gala
2. Fuji
3. Granny Smith
4. Pink Ladies

21% of apples are juiced.

2,500

varieties of apples are grown in the United States.

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



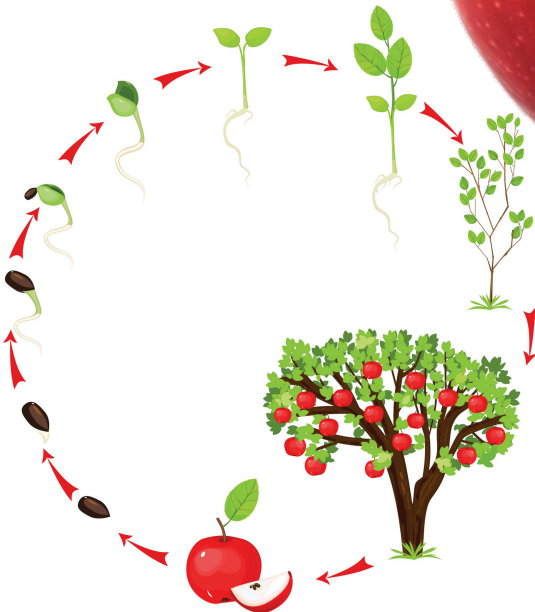
apples make **1** gallon of cider.



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 **HAND-PICKED.**



Peterson Farms



Peterson Farms was started by **Earl Peterson** & his wife **Linda** in **1972**.



Peterson Farms supplies **over 6** varieties of apples.



Peterson Farms **FIRST** farm was located in **Oceana Co, Michigan**.



150 MILLION pounds of fresh → frozen fruit processed each year.



Peterson Farms apples come from **600+** farmers across the U.S.



Peterson Farms is one of the **LEADING** processors of fresh-cut apples in the U.S.



Peterson Farms also supplies **blueberries**, **cherries** & **peaches**.



Stockton, CA.



California

Carrots

85% of all carrots grown in the U.S. come from California.

Carrots are **88%** water.

Carrots take **4 months** to complete growing.

Around **61,000 acres** of carrots are harvested in California each year.

Carrots are the **second most popular** vegetable in the world, after potatoes.

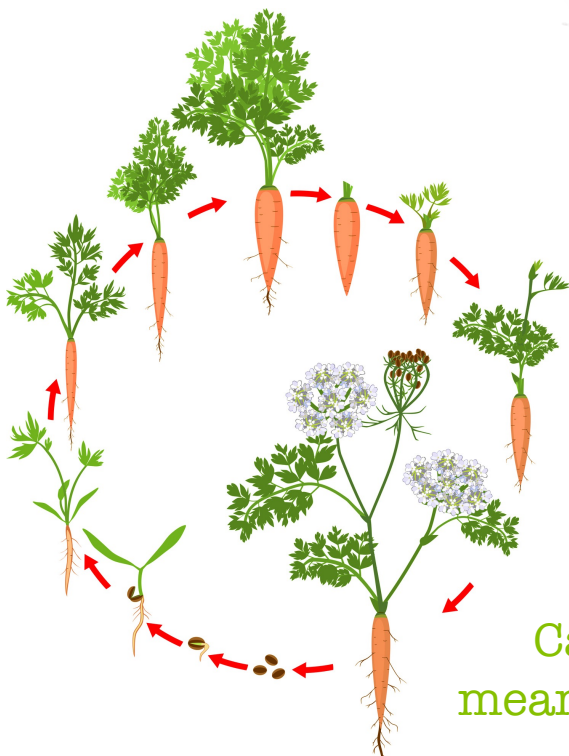
2,000 carrot seeds fit in **1 teaspoon**.

Carrots thrive in overall **cooler** temperatures.

Carrots can survive entire **WINTERS** underground!

The world record for the longest carrot is over **19 feet!**

Carrots are **biennials**, which means they have a 2-year life cycle.



Bolthouse Farms



Bolthouse Farms was started by the Bolthouse family in **1915** in **Grant, MI.**

In 1938, William Bolthouse decided to focus on the production & distribution of **carrots.**

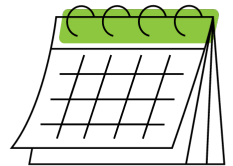
The **FIRST** place to process "baby carrots."



Bolthouse Farms opened another farm in California in **1973** to allow them to produce carrots **year-round.**



Their invention of baby carrots **DOUBLED** carrot consumption in the U.S.



Grow both **organic** & **conventional** carrots.

Bakersfield, CA.

Bolthouse Farms is known for their **carrot juice!**



Bolthouse Farms

California

Pears

California is home to around **60 pear farms**.

The average size for a pear farm in California is **130 acres**.

Pears used to be called "**butter fruit**" because of their soft texture.

Over **3,000** varieties of pears.



The majority of pear farms in California are **family owned**.



Pears ripen best **after** they are picked.

Pear tree **wood** is often used to make musical instruments.



Pears are a part of the rose family.



Pears prefer to grow in **cooler** climates.



The most **fragile** fruit.

30-40 ft. tall trees.



ALL pears are picked by **HAND**.

Common types of pears: **Anjou, Bartlett, Bosc, Comice & Forelle**.

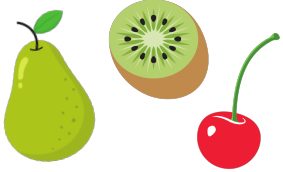
Stillwater Orchards



Stillwater Orchards is a **family owned & operated** farm that started in **1860**.

Stillwater Orchards has been a family farm & business for **6 generations** (and counting).

Stillwater Orchards was founded by **David Osborn**.



Stillwater Orchards grows **pears, cherries & kiwifruit**.



Stillwater Orchards **grows, packs & ships** all of their produce.



In the 1860s, gold miners would bid **gold nuggets** in exchange for their pears.



Stillwater Orchards is located on the **Sacramento River Delta**.

Courtland, CA.

DAVID J. ELLIOT & SON
Stillwater Orchards
THE STANDARD OF QUALITY SINCE 1860

California

Milk

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

46% of California milk goes into making California cheese.

6

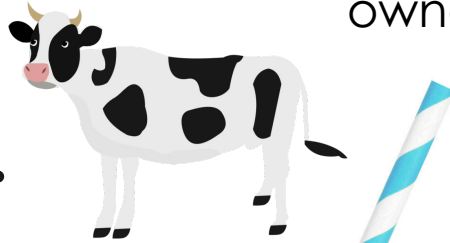
Breeds of Dairy Cows:

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.



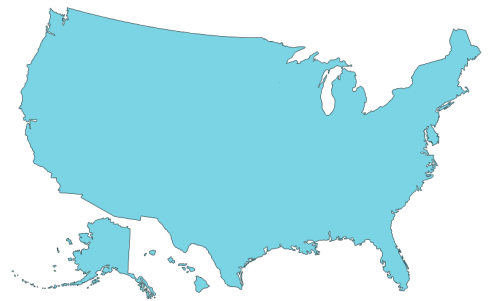
Farmers measure milk in **pounds**.

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

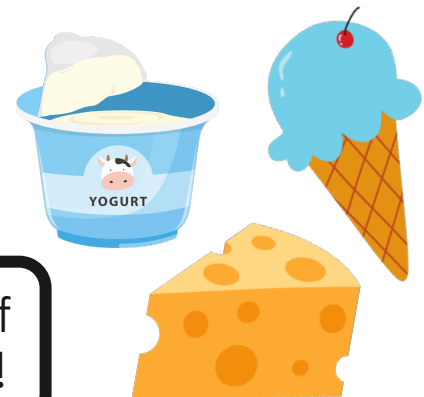
California is home to **1,100+** dairy farms.

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.





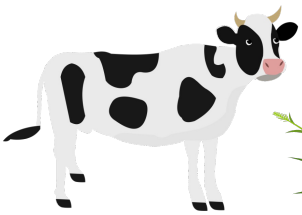
Producers



Producers is a **multi-generational family farm & business** that started in 1932.

Producers is owned & ran by the **Shehadey family**.

The **health & wellbeing** of the cows are a **TOP priority** at Producers.



Producers grow their own **feed** for their cows.

A **hands-on** dairy family.



Producers milk can be **processed, packed & delivered** all in the **same day!**

“Good dairy is easy to make. Great dairy is an art.”



Producers[®]
SINCE 1932

Nourishing Lives One at a Time

California Agriculture

LEARN

More



Apples

Celery

Limes

Raspberries

Apricots

Cherries

Milk

Rice

Artichokes

Cucumbers

Nectarines

Spinach

Arugula

Dates

Okra

Squash

Asparagus

Dragon Fruit

Olives

Strawberries

Avocados

Garlic

Oranges

Sunflowers

Bell Peppers

Green Beans

Passion Fruit

Sweet Corn

Blueberries

Grapefruit

Peaches

Sweet Potatoes

Broccoli

Grapes

Pears

Tangerines

Brussels Spouts

Honeydew

Persimmons

Tomatillos

Cabbage

Kiwifruit

Plums

Tomatoes

Cantaloupe

Kumquats

Pluots

Watermelon

Carrots

Lemons

Potatoes

Wheat

Cauliflower

Lettuce

Pumpkins