

CUSTOM EDITION

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more

# San Diego Unified School District

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



# FARM to SCHOOL

“At its core, Farm to School is about establishing relationships between local foods and school children by way of including local products in school meals; incorporating local foods related curriculum.”  
– San Diego Unified School District



**San Diego Unified**  
SCHOOL DISTRICT

# FARMERS MARKET DAYS

San Diego Unified School District Food & Nutrition Services is proud to be participating in **Farmers Market Days** serving California crops and celebrating local farmers.



Avocados



Kumquats



Persimmons



Cara Cara Oranges



Stone Fruit



Golden Kiwifruit

California

# Avocados

CA produces ~ **400 MILLION** pounds of avocados per year.

California is the **LARGEST** producer of avocados in the U.S.

California is home to around **50,000 acres** of avocado orchards.



**30-60** ft tall.

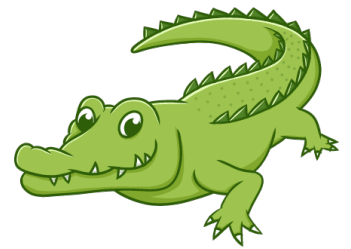
An avocado tree produces **60 lbs.** of avocados/year.

Avocados have the **most** fiber of any fruit!



**Hass** is the **most popular** variety of avocado.

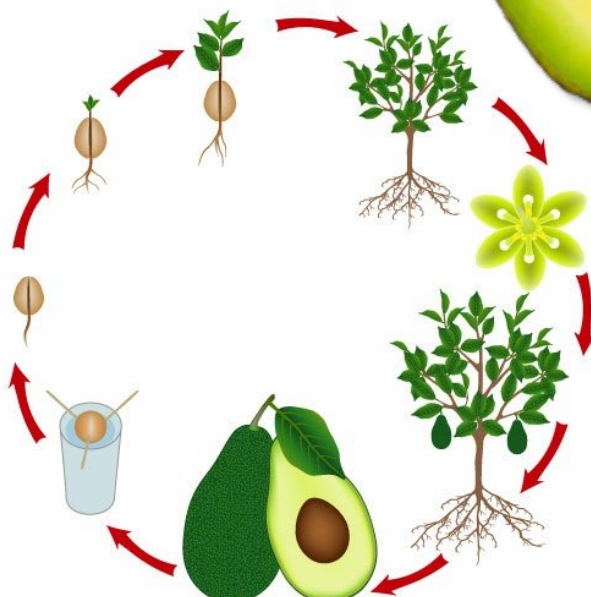
**“Alligator Pears”**



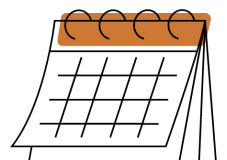
Avocados are a **FRUIT** – a “single-seeded berry”.

It takes a minimum of a **YEAR** to grow an avocado.

**In season ALL year long!**



Avocados ripen **AFTER** they are harvested.



# Stehly Farms



Started in 1920's, Stehly Farms is a multi-generation family farm.



Stehly Farms grow **organic** avocados & 100+ other crops in **Valley Center, California**.

Stehly Farms is now run by brothers **Jerome & Noel**.



**Hass and Reed** avocados grow on Stehly Farms.



Home to **4,000+** avocado trees.



Stehly Farms grows a **wide variety** of crops.

Stehly Farms is only **50 miles** from San Diego Unified!



**Stehly Farms**  
Organics



Valley Center, CA.



California

# Kumquats

Most kumquats grown in California are grown in the **southern region**.

## 2 Main Varieties of Kumquats:

1. Nagami
2. Meiwa

“**The little gold gem of the citrus family.**”

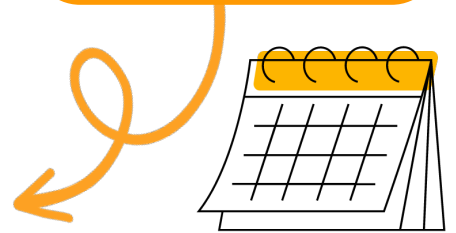


Kumquats grow on trees that range from **5 - 8 feet tall**.

**Nagami** kumquat trees are the **most planted** in the U.S.



The **peel** of a kumquat is the **sweetest** part of the fruit.

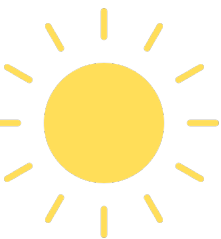


One kumquat tree can produce **THOUSANDS** of kumquats!

Kumquats are in season from

“**Golden Orange**” **November – April.**

Kumquat trees prefer to grow in **full sun.**



If you roll kumquats between your hands, they will release a natural oil that makes them **sweeter**.

Kumquat trees **flower** in late spring – early summer.



# Sahu Subtropicals



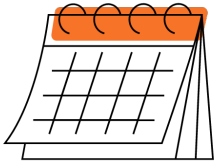
Sahu Subtropicals is an **organic** farm that specializes in **exotic fruit**.



Sahu Subtropicals is a **20-acre** farm.

Farmer **Ron Sahu** and his wife **Catherine** own Sahu Subtropicals.

Ron & Catherine started their farming journey in **2009**.



Sahu Subtropicals grows a **wide variety** of fruits.



Sahu Subtropicals farm specifically grows **nagami kumquats**.



Ron Sahu grew up in **India** where he discovered his love of tropical fruits.

Sahu Subtropicals is located only **50 miles** north of San Diego.



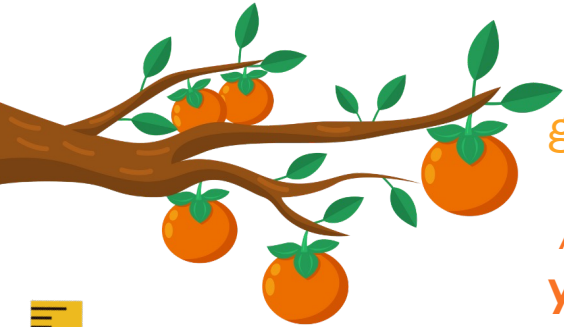
Rainbow, CA.



California

# Persimmons

Most persimmons grown in California are from **Fresno, Tulare & San Diego** counties.



The **majority** of all persimmons grown in the U.S. are from **California**.

A persimmon tree can take up to **7 years** before it starts producing fruit.

Persimmon trees can be **15 - 20 feet tall**.



This is a **fuyu** variety of persimmon.



Persimmons are native to **China**.



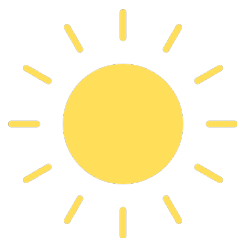
Persimmons can be **yellow, orange or red**.

**2** types of commercially grown persimmons: **hachiya & fuyu**.

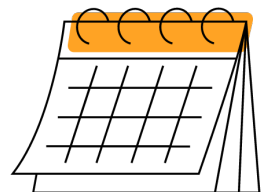


Persimmons are a part of the **berry** family.

Persimmons prefer to grow in **warm climates** with **full sun**.



Persimmons are in season from **Sept - Dec**.





# Sahu Subtropicals



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Farmer **Ron Sahu** and his wife **Catherine** own Sahu Subtropicals.

Ron & Catherine started their farming journey in **2009**.



Sahu Subtropicals grows a **wide variety** of fruits.



Sahu Subtropicals is home to **300 persimmon trees**.



Rainbow, CA.

Sahu Subtropicals is located only **50 miles** north of San Diego.

**ALL** of the persimmons grown on Sahu Subtropicals farm are grown for **YOU** at **San Diego Unified!**

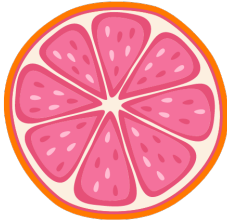
California

# Cara Cara Oranges

California is home to **140,000 acres** of land that grows oranges.

The most popular types of oranges grown in California are **Valencia & Navel**.

**600+** varieties of oranges.



**Cara Cara oranges** are a type of Navel orange that are **pink** inside!

**85%** of oranges are **juiced**.

Cara Cara oranges have a unique flavor with hints of **strawberries & roses**.

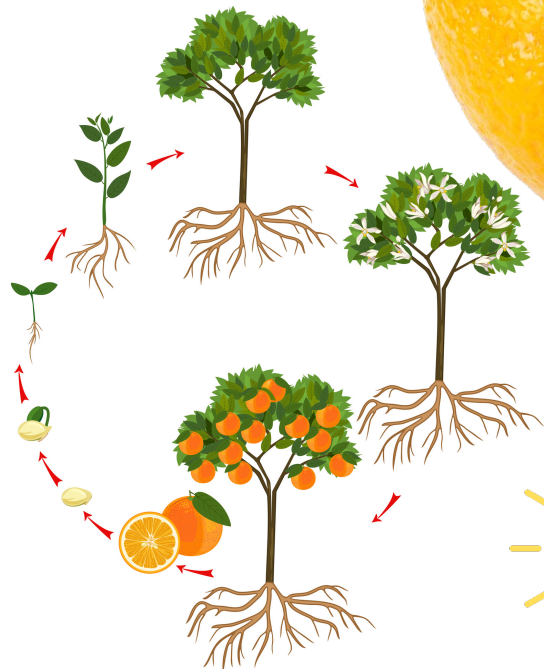
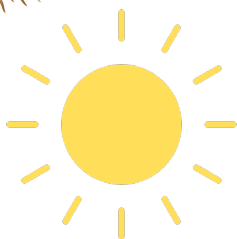


Most oranges are **harvested by hand**.



**Sub-tropical** areas have ideal climate for growing oranges.

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



# Wildwood Farms



Wildwood Farms is a **3-generation** family owned & operated citrus farm.

Wildwood Farms was started by **Mark Woods Sr.** and his 3 sons.



1 of the 3 sons  
- **Luke Woods.**

Wildwood Farms is home to **550 acres** of land.

Their ranch sits in **3 counties!**



The whole family involved in different areas of the operation - **farming, packing, storing & shipping.**



Wildwood Farms grows a **wide variety** of **citrus & stone fruit.**

"Wild side of fruit!"

# Wildwood



California

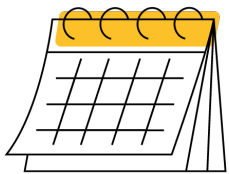
# Stone Fruits

California produces **more than 80%** of all the stone fruit grown in the U.S.

California is known as the **“Stone Fruit State”**

There are many types of stone fruit - **peaches, plums, nectarines, apricots, cherries, mangoes, lychees & more!**

Most stone fruits are in season from **late spring** through **early fall**.



Stone fruits skin tend to be **smooth** or **fuzzy**.

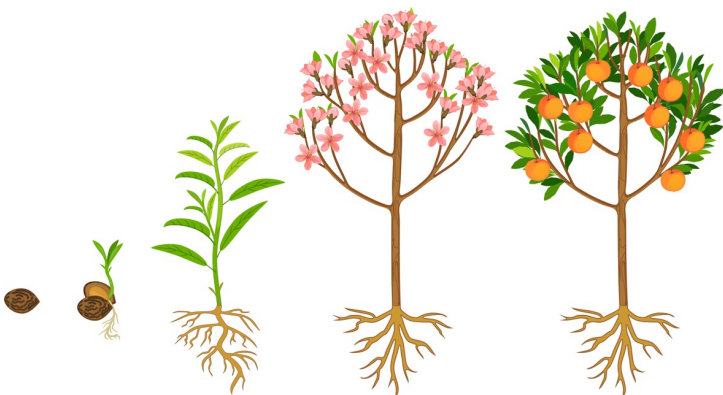
**ALL** types of stone fruits grow on trees.



The seed in the center of stone fruit are known as the **“pit”** or **“drupe.”**



**Peaches** are one of the **MOST** popular types of stone fruit.



The first fruit to be eaten on the **moon** was a stone fruit!

# Kingsburg Orchards



Kingsburg Orchards is a  
**5-generation family fruit farm.**



The **largest** family-owned stone fruit **grower**,  
**packer & shipper** in San Joaquin Valley, CA.

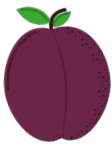
**George Jackson** is the owner of Kingsburg Orchards.

Kingsburg Orchards welcomes **visitors!**



**"5 Generations of Farming for Flavor"**

Kingsburg Orchards grows many **UNIQUE** varieties of fruit: **pluots**, **apple pears**, **apriums** & many more!



Laton, CA.

**200+** varieties of fruit are harvested each year.

A **pluot** is a hybrid of a plum & an apricot.

**KINGSBURG**  
ORCHARDS

California

# Golden Kiwifruit

98% of all kiwifruit grown in the U.S. comes from California.



Golden kiwifruit is **sweeter** than green kiwifruit.



The majority of kiwifruit grown in California is from **Sacramento and San Joaquin Valleys**.

Over **1 MILLION TONS** of kiwifruit is grown each year worldwide.

**ALL** kiwifruit is harvested by hand.



Most kiwifruit in California is in season from **Oct – May**.

Kiwifruit vines can produce fruit for up to **30 years**.

Kiwifruit has a very long growing season of **240 days**.



**Bees** are the main pollinators for kiwifruit.



Kiwifruits grow on vines that can reach up to **33 feet long**.



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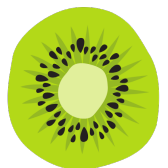
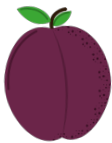
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Laton, CA.

**200+** varieties of fruit are harvested each year.

Kingsburg Orchards grows **golden & green** kiwifruits.



California

# Milk

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

**46%** of California milk goes into making California cheese.

6

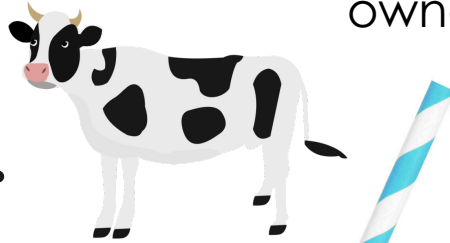
Breeds of Dairy Cows:

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.



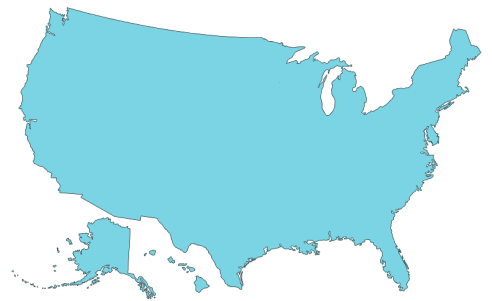
Farmers measure milk in **pounds**.

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.





# Hollandia Dairy



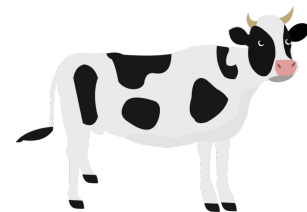
Hollandia Dairy is a **family** owned & operated dairy farm.



Hollandia Dairy was started in **1950** by **Arie & Maartje de Jong** and their **10 children**.

“The greatest strength of Hollandia Dairy is **family unity**.”

Hollandia Dairy has **4 dairy farms** with around **7,000 cows** at each.



Each cow is milked **3 times a day**.

One of the **OLDEST** independent dairy **producer & distributor** in California.



Grow their own **feed**.



**80,000 gallons** of milk delivered each day.

“From our cows to you!”



California Agriculture

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