

CUSTOM EDITION

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more

# St. Vrain Valley Schools

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



# FARM to SCHOOL

Creating a welcoming environment that supports the education & well-being of students through nutrition.  
- St. Vrain Valley Public Schools School Nutrition Program



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ST. VRAIN VALLEY SCHOOLS  
*academic excellence by design*

# FARMERS MARKET FRIDAYS

St. Vrain Valley Public Schools School Nutrition Program is proud to be participating in **Farmers Market Fridays** serving Colorado crops and celebrating local farmers.



Apples



Sugar Snap Peas



Plums



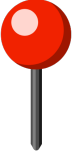
Carrots

Colorado

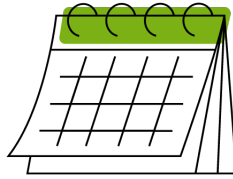
# Apples

Colorado apples are in season from **August - October**.

Most apples grown in Colorado are from **Delta county**.



## 4 Common Colorado Apple Varieties:



1. Gala
2. Jonathan
3. Jonagold
4. Honey Crisp

**2,500**



varieties of apples are grown in the United States.

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



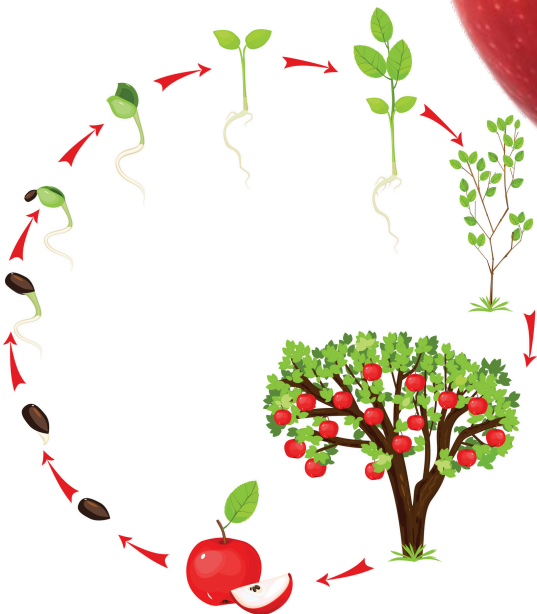
apples make **1** gallon of cider.



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 still all **HAND-PICKED**.





# Rogers Mesa Fruit



Rogers Mesa Fruit **packs & markets** fruit grown on **5 family farms**.



Rogers Mesa Fruit's produce is grown in **Western Colorado**.



The farms that grow for Rogers Mesa Fruit water their crops with **snow melt run-off**.



Supplies a **wide variety** of fruits.



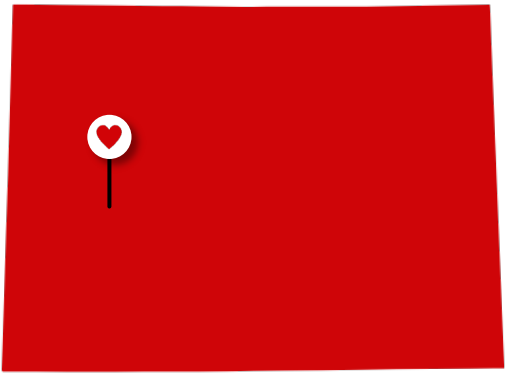
The 5 family farms Rogers Mesa Fruit works with are **Fortunate Fruit, First Fruits Organic Farm, Mesa Crest Farm, Mountain Spirits Orchard & Honeycrisp Orchard**.

These farms that grow for Rogers Mesa Fruit average **80 acres** each.

“Some of the **sweetest** fruits.”

**9981 3100 Road  
Hotchkiss, CO 81419**

**ROGERS MESA FRUIT** Co.



Colorado

# Sugar Snap Peas

Sugar snap peas grow well in **Colorado** due to their tolerance of **cooler temperatures**.

Sugar snap peas are known for

being **sweet!**

## 3 Main Types of Peas:

1. English Pea
2. Snow Pea
3. **Sugar Snap Pea**

Sugar snap peas are a **cross between** an English pea & a snow pea.



Sugar snap pea pods grow to be **2 - 4 inches in length** & usually contain **3 - 5 peas per pod**.

Sugar snap peas are **self-pollinating** plants.

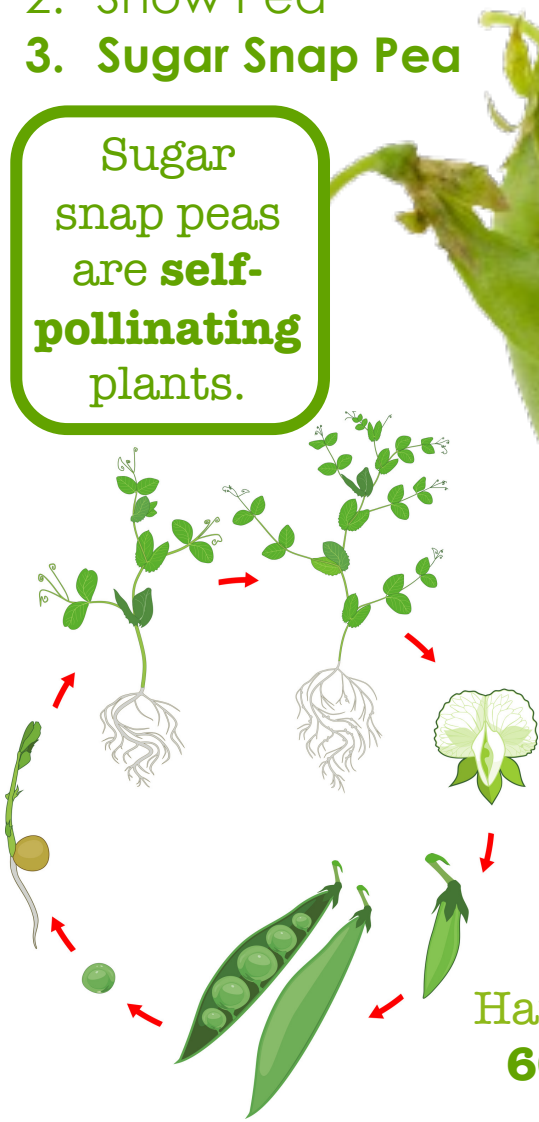
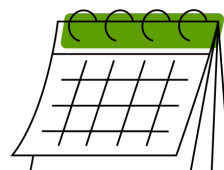


Peas are **cool-weather** crops that can tolerate **frost**.

Sugar snap peas contain **round** peas.

The **whole** sugar snap pea pod can be eaten.

Harvesting usually takes place **60 - 70 days** after planting.



# Sprout City Farms



Sprout City Farms is an **urban agriculture nonprofit organization.**



Meg Caley is the **“founder and farmer-in-chief”** of Sprout City Farms.

Sprout City Farms was started by a group of **farmers, researchers, teachers, business leaders & community members.**



**10,000 - 12,000 pounds** of produce grown each year.

Sprout City Farms is a group of **FOUR** farms.

Visitors are **always** welcome!

Focused on food **justice advocacy.**

Believe that a **thriving local food system** is the foundation for **healthy, resilient communities.**



PO Box 753  
Denver, CO 80207

**Sprout**  
City Farms

Colorado

# Plums



Most plums grown in Colorado are harvested during **July & August**.

Plums are the **2<sup>nd</sup> MOST** cultivated fruit in the world.

## 4 Common Varieties of Plums:

1. Damson
2. Greengage
3. Victoria Plum
4. Mirabelle Plum



**All varieties** of plums have a **unique color & flavor**.



Plums are grown on **EVERY continent** except Antarctica.

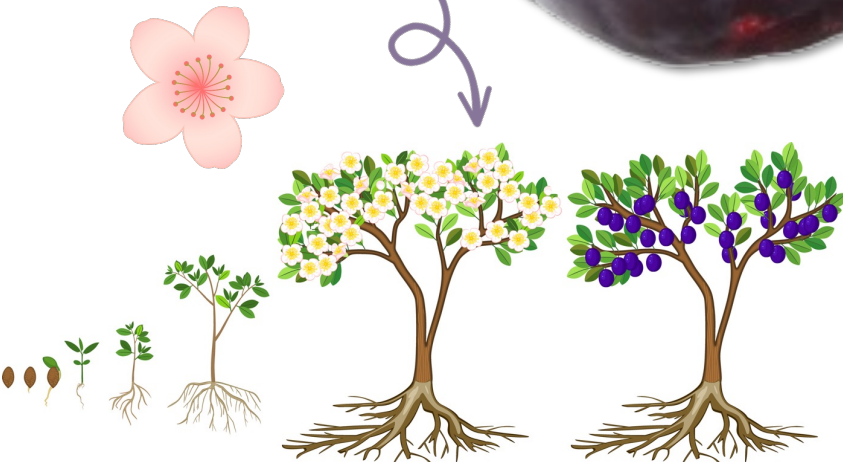
Dried plums are known as **“prunes.”**



The number of species to exist of plums is **unknown**.

Plums trees start to bloom in the **early spring**.

Plum trees can live for **20 – 30 years**.



Plum trees can grow to be **20 - 33 feet tall**.





# Ela Family Farms



Ela Family Farms established its first orchard in **1907**.



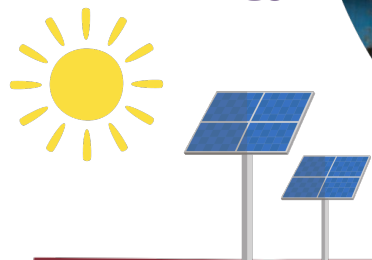
Ela Family Farms grows **50+ varieties** of **organic** tree fruits.

The farm is currently run by **4th-generation** farmer – **Steve Ela**.



Ela Family Farms grows **7 different varieties** of plums.

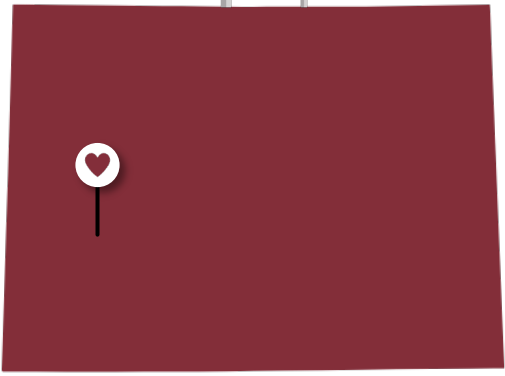
**80%** of their operations are run on **solar energy**.



A **ZERO** food waste business.

Ela Family Farms hosts a **grand farm tour** each year!

**30753 L Road**  
**Hotchkiss, CO 81419**



Colorado

# Carrots

Carrots grown in Colorado tend to be **sweeter** because of the climate.

Carrots are  
**88%**  
water.

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

Colorado's **Rocky Mountain climate** is ideal for carrots to reach full **ripening, color & flavor** potential.

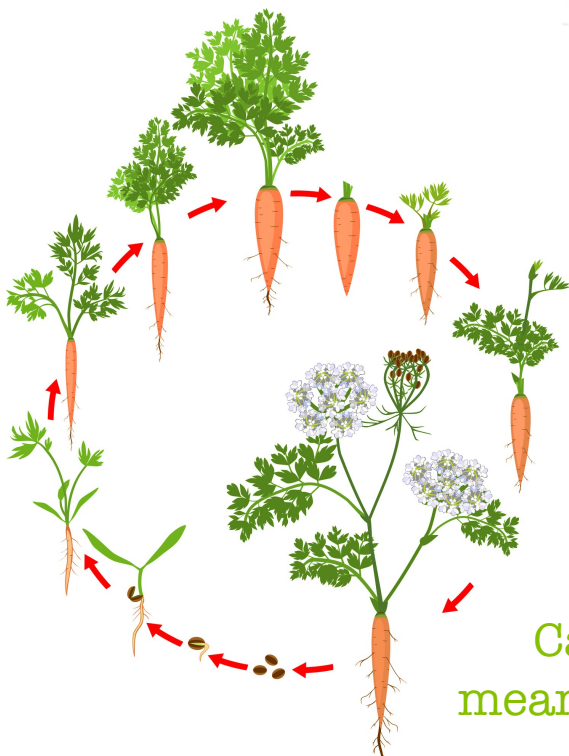
Carrots are the **2<sup>nd</sup> most popular** vegetable in the world.

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

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.



# Hungenberg Produce



Hungenberg Produce all started in 1908 with **Emily Hungenberg** and her **3 sons**.

Hungenberg Produce started out with only 7 acres of land and now is home to **4,000+ acres**.

**Fourth-generation** farmers and sons of **Paul Hungenberg** currently run the farm - **Jared, Jason & Jordan**.



Grow mainly **carrots & onions**.



Hungenberg Produce grow both **organic & conventional** carrots.



Hungenberg Produce **grow, pack & ship** their carrots.

**Sustainability** is a big part of Hungenberg Produce's mission.

31466 Weld Co Rd 39.5  
Greeley, CO 80631



Colorado

# Milk

Colorado is home to **300+** dairy farms & **200,000** dairy cows.

**5.3 BILLION** pounds of milk is produced in Colorado each year.

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

**6**

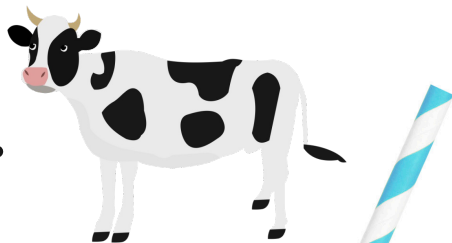
Breeds of Dairy Cows:

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

**Holstein** cows all have a **unique pattern of spots!**

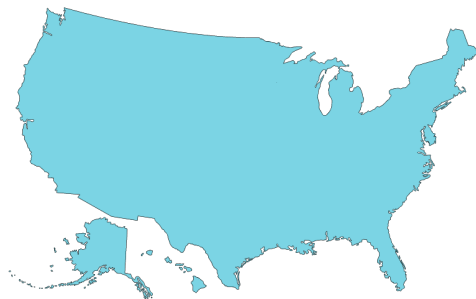
**1 cow** produces around **6 gallons** of milk per day.

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



Farmers measure milk in **pounds**.

**ALL 50** states have dairy farms!



The U.S. produces **~21 BILLION** gallons of milk each year.



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



# Royal Crest Dairy



Royal Crest Dairy was founded in **1927** by Mr. & Mrs. Sam Thomas.



Royal Crest Dairy was purchased by the **Miller family in 1965**.

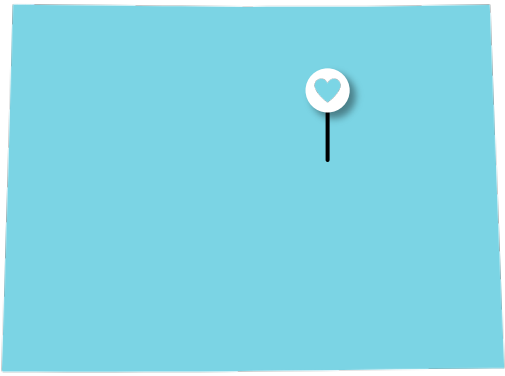
Royal Crest Dairy makes a **wide variety** of dairy products.



The dairy industry has been a part of the Miller family for **100+ years**.

Many of their deliveries are made to **homes**.

350 S Pearl St.  
Denver, CO 80209



Every delivery is dropped off **before 7 am**.

Royal Crest Dairy delivers milk **EVERY DAY!**



Colorado Agriculture

# LEARN <sup>+</sup> more



Barley



Corn



Peaches



Potatoes



Sugar Beets



Sunflowers



Wheat