

CUSTOM EDITION

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more

Tucson Unified School District

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



FARM to SCHOOL

“The Food Services Department provides quality and nutritious meals to students in a positive environment to support optimal learning and educational equity.”

- **Tucson Unified School District Food Services Department**



TUCSON UNIFIED
SCHOOL DISTRICT

FARMERS MARKET DAYS

Tucson Unified School District Food Services Department is proud to be participating in **Farmers Market Days** serving Arizona crops and celebrating local farmers.



Apples



Cherry Tomatoes



Lettuce



Bok Choy

Arizona

Apples

Arizona is known for growing **extra sweet** apples due to their **300+ days of sun** throughout the year.

4 Popular Varieties of Apples Grown in AZ:

1. Red Delicious
2. Gala
3. Fuji
4. Pink Lady



apples make **1 gallon** of cider.

Apples



the sun!

2,500



varieties of apples are grown in the United States.

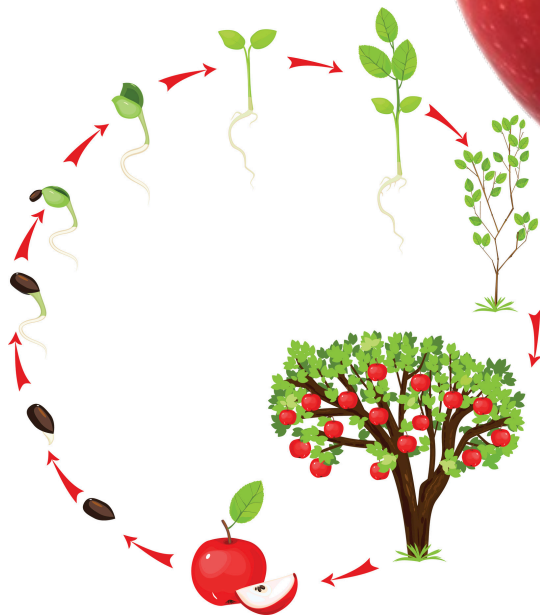
All of the U.S. produces **250 million bushels** of apples each year.



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.**



Briggs-Egger Orchard



Briggs-Egger Orchard is a **family**-owned and operated farm established in **1968**.

Lance & Melissa Egger currently run the farm.



Joe & Jean Briggs started the farm together in 1986.

500 TONS of apples harvested per year.



Briggs-Egger Orchard is grow all of their crops **organically**.

USDA certified organic since **1989**.

AZ



ALL commercially grown apples in AZ are grown on Briggs-Egger Orchard.

27207 S. Brookerson Rd.
Willcox, AZ 85643



Arizona

Lettuce

Between November – March, **90%** of America's lettuce is grown in Arizona.

95% of Arizona lettuce is grown in **Yuma County**.

Darker green lettuce leaves are **MORE** nutritious than lighter green leaves.

4 Main Types of Lettuce:

MOST

LEAST

Lettuce prefers to grow in **colder climates**.



Iceberg lettuce (also known as crisphead) is the most popular type of lettuce in the U.S.

Lettuce is a part of the **sunflower** family.



Lettuce is the **2nd** most popular vegetable in the U.S.

1. Butterhead
2. Crisphead
3. Looseleaf
4. Romaine



Lettuce is **95%** water.



Because of lettuce's water %, it must always be eaten **FRESH**.



Merchant's Garden

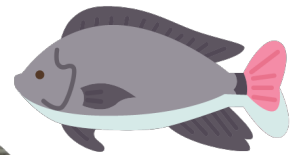


Merchant's Garden started in **2015** by **Bill Shriver** and his son **Chaz**.

Merchant's Garden uses an **aquaponics** system to grow their lettuce.

Aquaponics

is when a plants roots are suspended in nutrient-rich water rather than soil.



Tilapia fish are used to feed and nurture their growing plants.

Merchant's Garden grows butter lettuce, red & green leaf lettuce, frisée, basil & much more!

Visitors welcome on **Thursdays & Fridays!**



Merchant's Garden is located at what used to be a **TUSD school!**

**555 S. Tucson Blvd.
Tucson, AZ 85716**

**MERCHANT'S
GARDEN**

AZ



Arizona

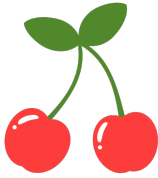
Tomatoes

Arizona is the **6th largest** greenhouse tomato producing state in the U.S.



3 Popular Types of Tomatoes:

1. Cherry
2. Grape
3. Roma



Tomatoes come in a variety of colors including **yellow**, **pink**, **purple**, **black** & **white**.

“Wolf peach”



Cherry tomatoes are known for their small size & abundance of flavor!



Botanically, tomatoes are a **fruit!**

Tomatoes are grown in **ALL** 50 states!

Over **10,000** varieties of tomatoes.

Tomatoes are at peak harvest **July - September**.

Tomatoes are a warm season crop that **love** the sun.



SouthWinds Farm



SouthWinds Farm is a small farm owned and run by **Joe Marlow**.



Visit them at the **Rillito Farmers Market** on Sundays!

SouthWinds Farms run almost entirely off of **solar energy!**



Southwinds Farms is dedicated to growing delicious, healthy foods using **organic & sustainable** methods.



SouthWinds Farms is on **8 acres** of land.



SouthWinds Farms grows a **WIDE** variety of crops.

AZ

**2404 E. Gingerbread Ln.
Benson, AZ 85602**

SOUTH *WINDS*
FARM

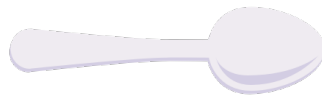
Arizona

Bok Choy

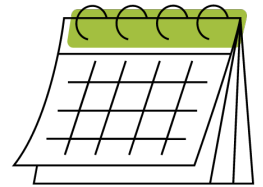
Arizona is one of the **top three** bok choy producing states in the U.S.

Bok choy is grown in Arizona during the **fall & winter** months.

Bok choy is also known as "**Chinese cabbage.**"



"**Soup spoon**"



Bok choy has been a staple in Asian cuisine for **centuries.**



Bok choy prefers to grow in **cooler climates.**

Bok choy is native to **China.**

Bok choy is a **cruciferous** vegetable & a member of the Brassica family.

Bok choy takes around **45 days** to mature after being planted.



Related to **broccoli!**

Bok choy is

95%
water.

Bok choy is ready to harvest when it reaches **12 - 18 inches tall.**



Bok choy grows best in **partial shade** with only **3 - 5 hours** of sunlight a day.

Tucson Unified School District

Manzo Elementary School



Manzo Elementary Schools is home to TUSD's Flagship School Garden.

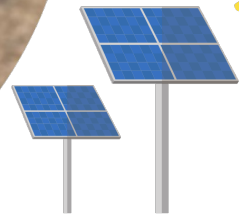


Manzo Elementary School's garden produces **hundreds of pounds** of produce each year!

Students sell their harvested crops at their **"Manzo Market."**



Manzo Elementary School is home to an **aquaponic garden** & an **agrivoltaic garden**.



Students transform cafeteria food scraps into **nutrient-rich compost** to fuel their garden's soil.

Crops grown & harvested by your peers!

2012 U.S. Green Building Council Green Schools Award

855 N Melrose Ave.
Tucson, AZ 85745

escuela **MANZO**



Arizona

Milk

Arizona's dairy industry is currently the state's **largest agriculture commodity**.

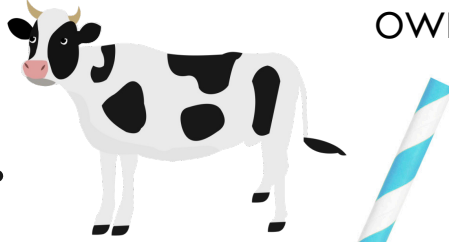
AZ is home to just about **100** dairy farms.

Arizona's largest dairy farm has around **10,000 active milk cows**.

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

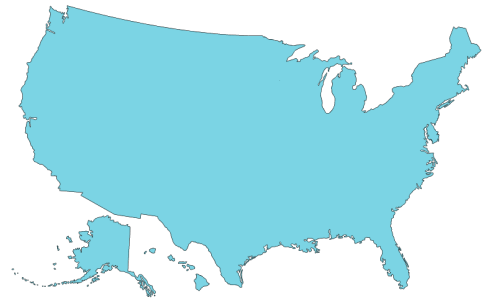
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Breeds of Dairy Cows:



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!**

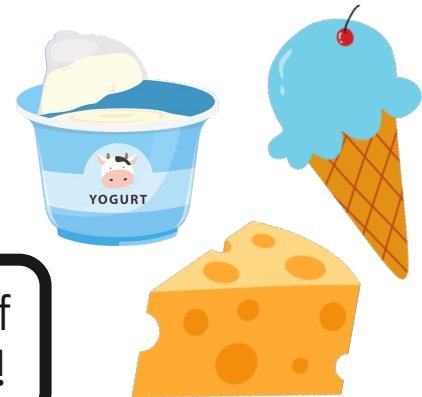
1 cow produces around **6 gallons** of milk per day.

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!

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

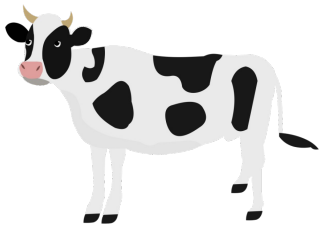


Shamrock Farms



Shamrock Farms all started in **1922** by **W.T. McClelland** hand delivering milk.

Shamrock Farms is home to **10,000** dairy cows.



Shamrock Farms (& their cows) **LOVE** visitors!

“Making sure all our animals are well looked after is the number 1 priority at Shamrock Farms.” – Brock AKA **Cow Whisperer**



Every month, Shamrock Farms provides **80,000** pounds of dairy to local food banks.

Shamrock Farms cows graze **OPEN** pastures.

AZ



Shamrock Farms offers both **organic** & **traditional** milk.

2228 N. Black Canyon Hwy.
Phoenix, AZ 85009



Arizona Agriculture

LEARN ⁺ More



Apricots



Arugula



Barley



Broccoli



Cabbage



Cantaloupe



Cauliflower



Chiles



Corn



Dates



Lemons



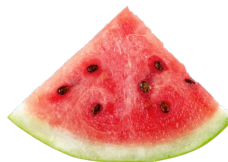
Lettuce



Milk



Spinach



Watermelon



Wheat