

CUSTOM EDITION

LEARN⁺™
more

Urbandale Community School District

Teaching Kids About Iowa Agriculture - Food, Farmers & Fun!



FARM to SCHOOL

“Our Farm to School vision is a connection between students, community, and the local food system by integrating access to fresh, local foods in school meals, experimental hands-on learning opportunities, and building support through the power of procurement.”
- **Urbandale Community School District**



Balanced

Nutrition ● Mindset ● Wellness

FARMERS MARKET FRIDAYS

Urbandale Community School District School Nutrition Program
is proud to be participating in **Farmers Market Fridays**
serving Iowa crops and celebrating local farmers.



Yogurt



Cabbage

Balanced 

Nutrition • Mindset • Wellness



Apples



Sweet Potatoes

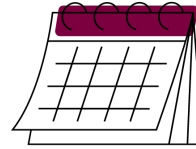
Iowa

Yogurt

Yogurt is a **dairy** product made from **fermented milk**.

The bacteria used to make yogurt are known as ***yogurt cultures***.

Yogurt was introduced in the United States in the **early 1990s**.



MANY different types of yogurt:

- Traditional
- Greek
- Australian
- French
- Icelandic



Greek yogurt is made from **straining** traditional yogurt.

Yogurt cultures are known as the “**good bacteria**” responsible for yogurt’s **health benefits**.



Yogurt is a **superfood!**

Yogurt takes **6 - 8 hours** to make.

Greek yogurt has almost **2 times more protein** than traditional yogurt.

Yogurt is a great source of **protein, calcium & potassium**.

Yogurt helps build strong **bones & muscles**.



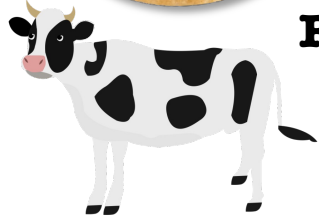


Country View Dairy



Country View Dairy is a **family owned & operated** dairy farm that started in **2002**.

Country View Dairy was started by the **Raspen** family - **Dave, Carolee & their 5 kids**.



The **health & wellbeing** of their cows is a high priority.

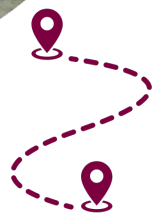
All-natural farmstead yogurt.

15197 230th St.
Hawkeye, IA 52147



Country View Dairy specializes in making **yogurt**.

The Raspen family moved from **Michigan to Iowa** to start their dairy farm.



The **ONLY** yogurt producer in Northeast Iowa.



Iowa

Cabbage

In Iowa, cabbage thrives when grown in the **fall**.



Cabbage grows best in a lot of **sunlight**.

Cabbage is a “**cold-weather veggie**”.

Cabbage is one of the **OLDEST** vegetables in existence...has been harvested for over **6,000** years!

Peak season is from **November** to **April**.



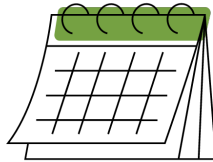
Average plant is **4 - 6 feet** tall.



Types of Cabbage:

1. Early
2. Late

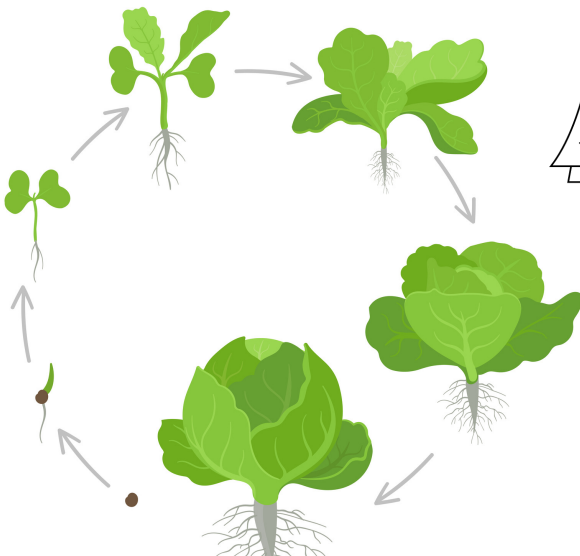
Early cabbage takes **45 days** to mature, and late cabbage takes **87 days**.



400+ varieties of cabbage.

The most **popular** varieties of cabbage:

1. **Green Cabbage**
2. **Red Cabbage**
3. **Savoy Cabbage**



Organic Greens LLC



Organic Greens LLC has been producing **organic crops** since **1998**.

James Nisly is a **leader** in the **Farm to School** movement.

Organic Greens LLC was started by **James Nisly**.



Organic Greens LLC was inspired by James Nisly's **love for his community**.

“Produce with integrity.”



Organic Greens LLC crops are a part of many local **school lunches**.

2316 133rd St.
Kalona, IA 52247



Organic Greens LLC grows **sprouts, greens & field crops**.

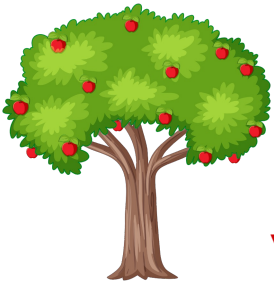


Iowa

Apples

Red Delicious apples were first discovered in Peru, Iowa in 1872.

One of the **most popular** varieties of apples in the U.S.



Iowa is home to **1,000+** acres of apple orchards.

Iowa grows **many varieties** of apples.

21% of apples are juiced.



36 apples make **1** gallon of cider.

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.**



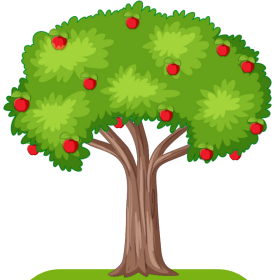
Iowa

Deal's Orchard



Deal's Orchard is a **family owned & operated** farm that was founded in **1917**.

Deal's Orchard was started by **Frank Deal** and has continued through **5 generations**.



Deal's Orchard has **40+ acres** of apple trees.

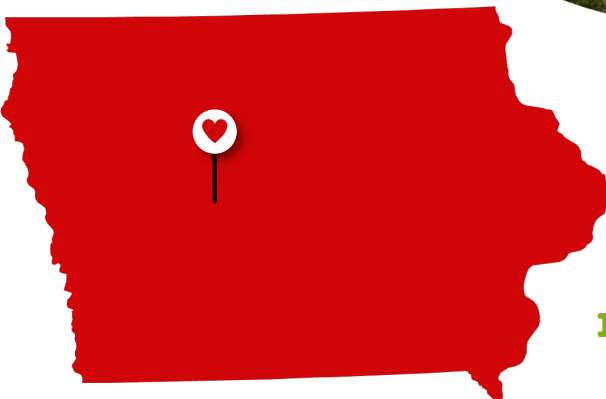


The Deal family!



Deal's Orchard grows **over 25 different varieties** of apples.

**1102 244th St.
Jefferson, IA 50129**



Award winning apple cider!

“Deal's Orchard was built on **hard work, perseverance & relationships** with our customers.”



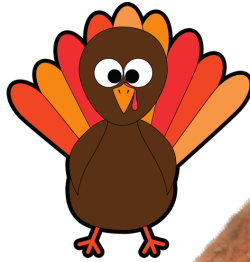
Iowa

Sweet Potatoes

Many sweet potatoes grown in Iowa are grown on **raised beds**.

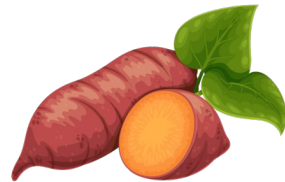
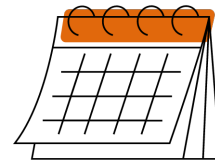


Sweet potatoes are a popular **Thanksgiving** side dish.



Raised beds help keep the **soil temperature warm** enough for the sweet potatoes to grow.

Sweet potato roots are harvested **90-120** days after planting.



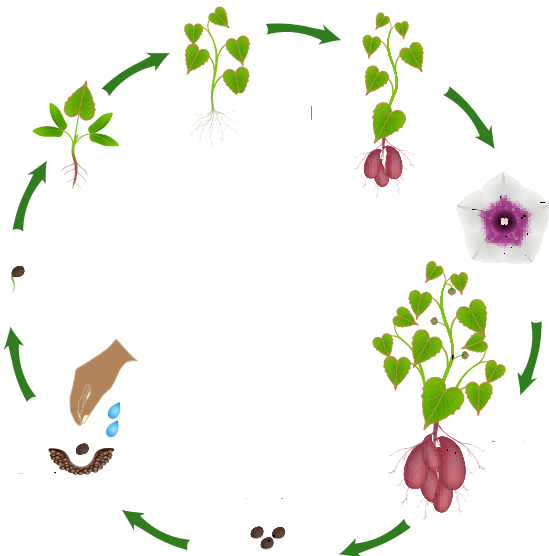
F E B R U A R Y

National Sweet Potato Month

A **root** vegetable.



Jewel is the most popular variety of sweet potato.



Sweet potatoes are in season **YEAR-ROUND!**

Sweet potatoes can be **orange, yellow, red, white** or **purple**.



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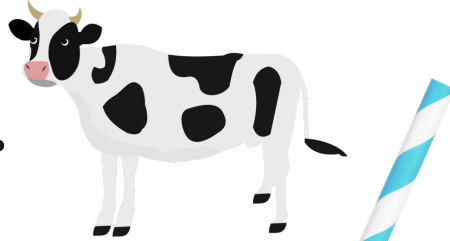


Iowa is home to around **240,000** dairy cows.

5.7 BILLION pounds of milk is produced in Iowa each year.

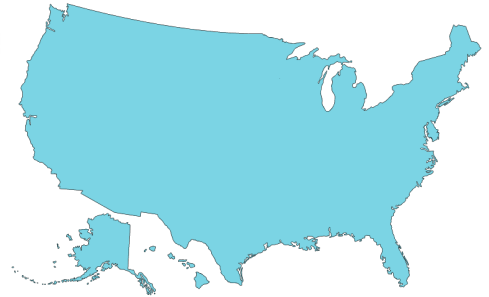
Nearly **98%** of U.S. dairy farms are family owned & operated.

6 Breeds of Dairy Cows:



ALL 50 states have dairy farms!

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



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



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

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

Farmers measure milk in **pounds**.

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

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



Anderson Erikson Dairy



Anderson Erikson Dairy was founded by Iver Erikson & Andy Anderson in 1930.



AE Dairy is currently run by Iver's granddaughter, **Miriam**.

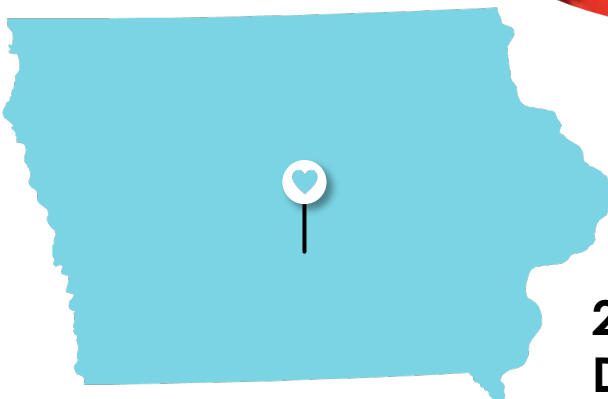


AE Dairy is committed to consistent **quality & innovation**.

All AE Dairy comes from **LOCAL** Iowa dairy farmers.



AE Dairy taste-tests their products **weekly**.



Dairy

2420 E University Ave
Des Moines, IA 50317



AE Dairy makes **200+** dairy products.

Iowa Agriculture

LEARN more



Cabbage



Corn



Oats



Soybeans